

Mental Health Resource Guide

Crisis Support Resources

University Neuropsychiatric Institute (UNI)

501 Chipeta Way

Salt Lake City, UT 84115

801-587-3000

Youth in immediate crisis and those who have complex mental health issues are treated in an inpatient treatment unit. The Child Unit (ages 5–12) and the Adolescent Units (ages 13–18) address the patient’s medical, psychological, and social needs in a safe, protected environment.

Following a comprehensive diagnostic evaluation, a team of child-adolescent psychiatrists, social workers, psychologists, and nurses develop an individual treatment plan centered on: stabilization, solution-focused treatment, and triage to a less restrictive level of care. Treatment also includes individual and family therapy, medication management, and experiential therapies.

Kidstar is a daily treatment program for children 5–12 years of age that assists in clarifying the diagnosis of children with emotional and behavioral challenges. The treatment team includes board certified child/adolescent psychiatrists, psychologists, social workers, expressive therapists, and an education specialist. Together they create an individualized treatment plan for each child.

Payment: Medicaid and most health insurance plans

UNI Crisis Line

P-801-587-3000

Services are available 24/7 both locally and statewide as the Utah affiliate for the National Suicide Prevention Lifeline (1-800-273-8255). Our licensed clinicians provide: prompt and compassionate crisis intervention, suicide prevention, information and referrals, follow-up services, emotional support and assistance to individuals experiencing emotional distress or psychiatric crisis

UNI Mobile Crisis Outreach Team (MCOT)

P-801-578-3000

Triaged through the CrisisLine, UNI MCOT provides a free, prompt, face-to-face response to any resident of Salt Lake County who is experiencing a behavioral health crisis.

Youth and adult services teams are available 24/7 and offer consultation and support to: individuals, families, schools, treatment providers, and first responders

National Suicide Prevention Lifeline

P: 1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Family Support Center
1760 West 4805 South
Taylorsville, UT 84129
P-801-955-9110

The Family Support Center is happy to offer FREE Crisis Nursery care for children ages 0-11 in three locations: Sugarhouse, Midvale and West Valley. Reasons for care can include: child(ren) at risk of abuse or neglect, family crisis/emergencies, stress/respice breaks, treatment, medical appointments, legal appointments, work obligations and more.

Youth Services
Safe Place Program
177 West Price Avenue (3610 S)
Salt Lake City, UT 84115
P- 385-468-4528

Youth Services manages the nationwide program called Safe Place in Utah, which is dedicated to helping youth in trouble with a safe place to go for help and/or shelter.

More than 90 Safe Place sites are spread throughout Salt Lake County in public places such as libraries, fire stations and recreation centers. Locations can be spotted by the yellow Safe Place sign on the building or in the window. Employees at Safe Place sites are trained to call Youth Services if a youth is asking for help. A Youth Services employee will speak with the youth on the phone and if desired transport the youth to our facilities.

Any youth can access this help either by going to a Safe Place site or coming directly to the Youth Services Juvenile Receiving Center, or text SAFE and their location to 69866.

Community Mental Health Counseling

Jewish Family Services
495 East 4500 South, Suite 100
Salt Lake City, Utah 84107
P- 801-746-4334

Counseling is the cornerstone of Jewish Family Service's programs. We provide mental health services on a sliding fee scale allowing us to reach people at all income levels. Counseling continues safely by virtual meetings.

Payment: sliding fee scale

Maliheh Clinic
941 East 3300 South
P-801-266-3700
Salt Lake City, UT 84106

We provide a broad range of medical and mental health services with a primary focus on Routine Health Maintenance, Patient Education, and Preventative Care. We are the primary care providers for over 5000 individuals in our community, providing regular visits, labs, screenings, childhood immunizations and patient education.

Payment: To be eligible for services the child must be uninsured (no Medicaid, Medicare or PCN) and have a household income of under 150% of Federal Poverty Level

NAMI Utah
1600 West 2200 South, Suite 202
West Valley City, UT 84119
P-801-323-9900

For parents of youth and teens with a mental health condition. Basics is a free, 6-week course for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics provides the opportunity to connect with others in similar circumstances.

NAMI Family & Friends is a free 90-minute seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. The seminar is led by trained people with lived experience of supporting a family member with a mental health condition.

Salt Lake County Youth Services
177 West Price Avenue (3610 S)
Salt Lake City, UT 84115
P-385-468-4500

Counseling Services include immediate crisis counseling for youth and families, as well as short-term 60-day counseling intervention, and longer-term mental health counseling. Ongoing mental health counseling for youth and families needing longer term services are available for Medicaid qualified youth. This service is available both as a facility-based service and as an intensive home-based service.

Teen and Family Counseling is available at the Salt Lake and Riverton Offices. Family therapists are generally available Monday-Friday from Noon to 8 PM. Limited weekend appointments.

Payment: sliding fee scale; no-one is turned away for services

Valley Behavioral Health
1141 East 3900 South
Salt Lake City, UT 84124
P-888-949-4864

Children's Outpatient Services are available for youth with a mental health diagnosis from infancy through age 18. For clients aged 12 and older, we also offer substance use services including those focused on co-occurring disorders. Outpatient services offered include assessments, family, individual and group therapy, crisis intervention, abuse and trauma treatment and medication management. We also work closely with DCFS for assessment and treatment.

Payment: sliding fee scale and grants to cover unfunded children

Volunteers of America (VOA) Cornerstone Counseling
447 West Bearcat Drive
Salt Lake City, UT 84115
P-801-355-2846

Volunteers of America, Utah offers individual, dyad, and family therapy for young children, tweens, and teens. Our goal is to provide support in helping to build strong family relationships between parents and children. And, to reduce behavior problems both at school and in your home.

Payment: child must have Medicaid to be eligible for services

Family Counseling Center
650 E 4500 S Suite 300
Murray, Utah 84107
P-801-261-3500

The Family Counseling Center provides affordable, professional, outpatient mental health services to individuals, couples and families. It is the only agency in Salt Lake County whose mission is to serve the mental health and substance abuse needs of low to no-income, uninsured clients. Through its “Community Cares” program, services are offered on a sliding fee scale based on annual income, allowing each person to pay what he or she can afford. A majority of Family Counseling Center clients are the uninsured, middle-income or “working poor” families who are ineligible for welfare services or similar programs because they are employed but are still unable to afford the expense of counseling.

Payment: Medicaid, private insurance or sliding fee scale

Latino Behavioral Health Services
3471 South West Temple
Salt Lake City, UT 84115
P-801-355-4447

LBHS offers professional, low cost therapy in Spanish and English. These services include child, individual, couples, and family counseling and substance use disorder treatment. Professional therapy helps many clients with grief from separation or loss, divorce, relationship problems, anxiety, depression, post-traumatic stress disorder, bipolar disorder, and other problems.

Payment: Medicaid and sliding fee scale

The Church of Jesus Christ of
Latter-Day Saints Family Counseling
724 East 2100 South
Salt Lake City, UT 84106
P-801-487-0499

Family Services provides short-term professional counseling for individuals, couples, and families. Services need to be authorized by a bishop, stake president, or mission president.

Sacred Circle Healthcare
660 South 200 East Suite 250
Salt Lake City, Utah 84111
P-801-359-2256

Sacred Circle Healthcare is a health division of the Confederated Tribes of the Goshute Reservation. Sacred Circle Healthcare is proudly owned and operated by the Goshutes. We work with patients who struggle with ADHD, alcohol problems, anger, addiction, depression, stress, PTSD, acculturation, weight issues and much more. Medicaid provides the most coverage for mental health of all the different programs. That means you don't have to worry about getting the treatment you need.

Payment: Medicaid, Medicare and flexible payment options for non-insured individuals

Domestic Violence Resources

LINKline

1-800-897-LINK (5465)

The Statewide Domestic Violence Info-line will LINK you to free help, including counseling, shelter, transportation, advocacy, and other services. Free and confidential help and support for victims and survivors of domestic and intimate partner violence is available 24/7:

Holy Cross Ministries

860 East 4500 South, Suite 204

Salt Lake City, UT 84107

P-385-257-2406

Immigrant victims of domestic abuse form an especially vulnerable segment of our community due to various factors which can be further exacerbated by the individual's immigration status. In response to this need, and with the support of the Utah Office for Victims of Crime, Holy Cross Ministries' bilingual, bi-cultural therapists support victims of crime on their paths to recovery by providing holistic support through counseling services.

Salt Lake Area Family Justice Center at the YWCA

310 East 300 South

Salt Lake City, UT 84111

Monday-Friday 9-4pm

Free, confidential walk-in services for victims of domestic violence, sexual assault, elder abuse, and stalking. We offer crisis intervention, protective orders, victim's legal assistance, safety planning, sexual assault nurse exams, short-term counseling, housing support, refugee advocacy services, immigration assistance, economic empowerment, case management, and more.

Women in Jeopardy Crisis Shelter at the YWCA

24 Hour Crisis Line 801-537-8600 or Toll-Free 855-992-2752

A safe, confidential, 181-bed licensed shelter with private family or double rooms, providing supportive services including meals, case management, support groups, and access to community resources. Services offered to women with or without dependent children.

Utah Legal Aid Society

205 N. 400 W.

Salt Lake City, UT 84103

P-801-328-8849

We are a law firm giving low-income families affordable legal representation and assistance in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic violence.

Early Childhood Resources

Centro de la Familia de Utah

525 South 300 West

Salt Lake City, Utah 84101

P-801- 521-4473

Centro offers a variety of Head Start programs with different enrollment qualifications. Our dedicated Family Service Specialists will work personally to understand your family's needs and identify the best enrollment options. To speak to a Family Service Specialist please call our offices at 801-521-4473 or email us at info@cdfs.org

The Children's Center
350 South 400 East
Salt Lake City, Utah 84111
P- 801-582-5534

The Children's Center's clinical team provides care for parents and caregivers who are concerned about toileting accidents, sleep and appetite issues, and early speech and language delays. In addition, we see children who are struggling to manage their emotions and exhibit prolonged temper outbursts; children who are unable to get along with peers in childcare or preschool, or families struggling to get back on track during or after a separation or divorce. The Children's Center provides comprehensive mental health care to enhance the emotional well-being of infants, toddlers, preschoolers, and their families.

Grief and Loss Resources

The Sharing Place
1695 East 3300 South
Salt Lake City, UT 84106
P-801-466-6730

Grief support groups meet twice a month for 90 minutes per session. Groups are organized by ages and circumstances, which are identified during the initial family consultation. TSP currently hosts grief support groups at three locations: The Sharing Place, Sharing Place West in Taylorsville, and Mount Jordan Middle School. These three locations serve more than 500 children, teens and their parents each year. The Sharing Place operates at capacity, and therefore may have to place the family on a waiting list.

Payment: free

In-Home Mental Health Resources

Hopeful Beginnings
3280 W. 3500 S.
West Valley City, UT 84119
P-801-979-1351

Hopeful Beginnings specializes in providing world-class counseling, therapeutic services and case management services within the convenience and comfort of our client's home. We will work with you to coordinate the highest level of care and attention in conjunction with you and your family's schedule.

Hopeful Day Treatment is a short-term, intensive day treatment program that provides therapeutic behavioral skills training and reinforcement, cognitive behavioral therapy, and wrap around client and family support.

Payment: ??

Utah Youth Village
5800 South Highland Drive
Salt Lake City, Utah 84121

P-801- 272-9980

Families First is Utah’s premier evidence-based, in-home, parent skill-based intervention designed to teach parents and youth skills to change the unwanted behaviors occurring in the home, and to improve family functioning. Through its service, Families First seeks to promote child safety, child permanency, child well-being and adult well-being. In addition to contracted referrals from Utah Juvenile Courts, Division of Child and Family Services (DCFS), Juvenile Justice Services (JJS), insurance companies, many of the referrals we receive are from healthy families who are simply looking for more effective ways to communicate and impact their children and their behaviors.

Payment: sliding fee scale and scholarships available

LGBTQ Resources

Encircle

331 S. 600 E.

Salt Lake City, UT 84102

encircletogether.org

P-801-610-672

Is an LBGQT + family resource center that seeks to deepen and enrich the conversation among communities of faith and LGBTQ+ people. By teaching individuals to love themselves and empowering families, Encircle helps cultivate an environment where LGBTQ+ individuals can thrive. Our programs and services meet people wherever they are in their lives with cultural competency and sensitivity, using community partnerships, best practices, and innovative techniques. Programs include a safe space, therapy, friendship circles and writing/art workshops.

The Family Acceptance Project

www.familyproject.sfsu.edu

email-fap@sfsu.edu

The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children.

Utah Pride Center

1380 S. Main Street

Salt Lake City, UT 84115

801-539-8800

The Community Counseling Center specializes in psychotherapy for LGBTQ+ people and welcomes all cultures, ethnicities, sexual orientations and gender identities. We also host a variety of discussion, support and 12-step groups. To make an appointment or for more information, please email: therapy@utahpridecenter.org

Payment: most insurance plans are accepted and offer our services on a sliding scale, based on ability to pay.

Homelessness Resources

Youth Services

Homeless Program

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P-385-468-4487

The Homeless Youth Walk-In Program is located at the west entrance of the Juvenile Receiving Center. The program provides 24-hour services to homeless youth. No ID is required to access the free services. 24-hour services available to youth up to age 17 include: overnight shelter, food, laundry and shower facilities and counseling. Contact: JD Green, Crisis Services Program Manager at 385-468-4487.

Volunteers of America

Youth Resource Center

888 South 400 West

Salt Lake City, UT 84101

P-801-364-0744

Volunteers of America, Utah's Youth Resource Center is a drop-in resource center and emergency shelter for all youth aged 15-22 at-risk or experiencing homelessness. The center provides essential basic need items, 3 hot meals a day, pantry food, showers, laundry, life-skills groups, housing and employment case management, dental and medical care assistance, with access to mental health services on-site.

Payment: free

Immigrant Resources

Comunidades Unidas (CU)

1750 W. Research Way, Suite 102

West Valley City, UT 84119

Phone: (801) 487-4143

CU clients receive personalized and affordable immigration services from our DOJ (Department of Justice) certified representatives. The clinic offers a range of services and support for those looking to apply, renew, or update their immigration status. We offer immigration services at a low cost, some fee waivers might be available.

Holy Cross Ministries

860 East 4500 South, Suite 204

Salt Lake City, UT 84107

P-801-261-3440

Holy Cross Ministries is dedicated to helping immigrant families participate in the community and gain self-sufficiency. Recognizing that there are limited accessible resources for low-income families in Utah, The Legal Immigration Program operates Utah's first and largest U visa program for victims of crime and has helped over 10,000 men, women and children gain some type of legal status since opening in 2000.

International Rescue Committee

221 South 400 West

Salt Lake City, Utah

P-801-328-1091

The International Rescue Committee provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants to thrive in America.

Utah Health & Human Rights

650 E. 4500 South, Suite 220

Murray, UT 84107

P- 801-363-4596

UHHR is the only organization in Utah to provide co-located and highly-specialized mental health, medical, legal, and case management services to refugees and asylum seekers who have survived torture and severe war trauma. UHHR's Torture and Severe War Trauma Treatment Program helps improve physical and mental health, encourages social integration, and assists survivors in becoming self-sufficient

Utah Immigration Collaborative (UIC)

P-801-382-9027

Monday-Thursday 8-4

The UIC strives to streamline and improve access to legal assistance for low-income refugees, asylees, immigrants and other displaced persons currently living in Salt Lake County.

Medication Management Resources

Impact Mental Health

515 East 4500 South

Suite G220

Salt Lake City, UT 84107

P-801-590-9557

Impact Mental Health provides: psychiatric evaluations, medication management and limited therapy and referrals to additional community resources. Although Impact Mental Health provides timely access to services we are not a crisis center. New clients call the main number and select option 2 to complete an intake Monday through Thursday 8am to 8pm and Friday 8am to 2pm.

Payment: To qualify for services as an Impact Mental Health patient you must be uninsured (no Medicaid, Medicare or PCN) and have a household income at or below 150% of Federal Poverty Level.

Parent Support & Education Resources

Centro de la Familia de Utah

525 South 300 West

Salt Lake City, Utah 84101

P-801- 521-4473

Nuevo Día is an after-school program targeting Hispanic youth ages 9-12 from at-risk backgrounds, and their parents. This six-month program includes a preventive curriculum which establishes life-skills training and increases parent-child communication to minimize the risks of gang participation. This program operates twice a year.

Sponsored by the Utah Health Department, Safe Dates provides students 13 to 18 years of age with the tools and knowledge necessary to have healthy relationships as well as to recognize and know what steps to take when relationships are abusive.

Family Support Center
1760 West 4805 South
Taylorsville, UT 84129
P-801-955-9110

Family Support Center offers free emergency care for children, free in-home parenting support, community classes on parenting and step-families, low-cost individual and family counseling, and much more!

Payment: Medicaid and United Behavioral Health and have a limited sliding-fee scale for those without insurance who meet financial criteria.

Jordan Family Education Center
Located at River's Edge School
319 West 11000 South
South Jordan, UT 84095
P-801-565-7442

The JFEC offers free parenting classes to anyone in the community, counseling is only for students of Jordan Valley School District. The Jordan Family Education Center offers many classes on Tuesday, Wednesday and Thursday evenings. The topics include: anger, anxiety, attention deficit, autism, blended families, parenting skills, suicide prevention, grief and dealing with adolescences.

Utah Family Voices
www.utahfamilyvoices.org
P-801-272-1068

Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. We can provide you with one-on-one assistance as well as resources and information sheets.

Utah Parent Center
230 West 200 South
Salt Lake City, UT 84101
P-801-272-1051

The mission of the Utah Parent Center (UPC or Center) is to help parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community.

We accomplish our mission by providing accurate information, empathetic peer support, valuable training and effective advocacy based on the concept of parents helping parents. *The term parent is broadly defined to include anyone serving in that role.

Youth Services
177 West Price Avenue (3610 S)
Salt Lake City, UT 84115
P-385-468-4500

Youth Services has a team of Family Resource Facilitators whose mission is to help parents and/or primary caregivers with children experiencing mental health and/or substance abuse challenges which are resulting in trouble at school, with the law and/or that put the child at risk of out of home placement. Facilitators act as family peer support for families and offer a unique perspective, having utilized the mental health system either themselves or for a family member. Services and support include information to access community resources and local support groups and are provided at no cost to the families

Learn more about our new Online Prevention Classes! Classes can be attended with a smartphone, tablet or laptop(laptop preferred).

Payment: Accepts most insurance plans with access to grants to help with deductibles or families without financial means. There may be a waitlist due to demand for services.

Private Mental Health Counseling Resources

www.psychologytoday.com

Psychologytoday.com is a comprehensive website that helps you identify a mental health practitioner based off your insurance, presenting issue, age of client, faith and/or type of therapy desired.

Sexual Abuse Resources

***Children's Justice Center
Salt Lake County
257 11th Avenue & B Street
Salt Lake City, Utah 84103
P-385-468-4560***

The Salt Lake County Children's Justice Center Program is a comfortable, child-friendly atmosphere where children and teens receive coordinated services during the child abuse investigative process. Over 3,200 children, teens and family members walk through our doors every year seeking help and healing for: Physical abuse, sexual abuse, sexual exploitation, date rape, sexual assault, kidnapping, internet exploitation, witness to domestic violence, witness to a violent crime, or drug endangerment.

***University of Utah Health Pediatrics
Safe and Healthy Families
81 N. Mario Capecchi Drive
Salt Lake City, UT 84113
P-801-662-3606***

The Center for Safe and Healthy Families (SHF) is a program through Primary Children's Hospital that provides medical and mental health services to suspected victims of child abuse and neglect and their families. The therapy team at Safe and Healthy Families is trained in working with children who have suffered trauma such as physical or sexual abuse as well as children with behavioral problems. They provide outpatient therapy on a weekly basis for children and their families.

Sexual Assault Resources

The Rape Recovery Center

2035 South 1300 East

Salt Lake City, UT 84106

P-801-467-7282

Rape Recovery Center maintains a 24-hour crisis line, short and long-term counseling, and an array of therapy and support groups, serving over 1,000 clients on an annual basis. Open support groups and art therapy groups require the survivor to complete an intake assessment prior to accessing services.

Payment: \$0-\$75 suggested sliding fee scale, depending on household income of the client

Utah Coalition Against Sexual Assault

284 West 400 North

Salt Lake City, Utah 84103

P-801 746-0404

The Utah Sexual Violence Crisis Line is a safe, confidential service offered to sexual violence survivors anywhere in the state. When you call the 24-hour sexual violence crisis line, you'll be routed to a local UCASA affiliate organization in your area based on the first six digits of your phone number. Please call Utah's 24-hour Sexual Violence Crisis Line at 1-888-421-1100 to be connected with a qualified advocacy team member at a sexual violence service provider in your area.

Any survivor of sexual assault who completed a forensic exam and is interested in the status of their sexual assault kit. Survivors may also use the information line to make specific requests about the notification process. For more information, please contact Anna Walker, Utah's SAKI Advocate at (801) 893-1145 or amwalker@utah.gov

Substance Abuse Resources

Youth Services

Substance Abuse Treatment

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P-385-468-4500

Serves up to 8 youth ages 14-17 with 20 hours of individualized therapeutic services. Teen Substance Abuse Treatment is available at Youth Services Salt Lake and West Jordan Offices. Youth Services Substance Abuse Program includes a Substance Abuse Evaluation and four levels of treatment:

Payment: Accepts most insurance plans with access to grants to help with deductibles or families without financial means. There may be a waitlist due to demand for services.

Odyssey House

Adolescent Residential Program

344 S. 100 S.

Salt Lake City, UT 84111

P-801-322-3222

Residential Treatment-Odyssey House is known for working with teens who have challenging behaviors and attitudes. Our core treatment model, the Therapeutic Community, is the best method to help teens understand how their negative actions impact not only their own lives but the people around them. Through this model, teens learn healthy communication skills, how to keep a structured schedule, responsibility for yourself and others, and how to engage in healthy relationships.

High school education is a core focus of Odyssey's teen inpatient program. Odyssey Academy is an on-site, accredited high school managed by Salt Lake City School District. Minimum length of stay is 30 days, average length of stay is 3-6 months.

Payment: Most insurance plans accepted, Medicaid and multiple government contracts to help people who either don't have the funding or who have limited funds to help pay for care. Although this is a valuable resource for many people, the wait list can be very lengthy.