

Mental Health Resources



United Way 2-1-1 is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.

ADDICTION/ SUBSTANCE ABUSE

Addiction and Psychological Services provides outpatient mental health and substance abuse services including educational classes and counseling:

- American Fork.....801-847-7272
- Orem.....801-222-0603
- Spanish Fork.....801-794-2350

Project Reality offers a variety of services designed to provide comprehensive, therapeutic treatment for those struggling with substance abuse. Primarily treats patients suffering from opioid use disorders; 801-851-7118.

Utah County Department of Drug and Alcohol Prevention and Treatment provides access to services for those who struggle with substance abuse and addiction; 801-851-7128.

Alliance Clinical Services provides individual and group counseling for substance abuse; 701-763-7775.

Institute for Cognitive Therapy provides substance abuse treatment services for adolescents and adults; 801-802-8608.

House of Hope provides residential treatment services for pregnant women and women who are trying to reunite with their children; 801-373-6562.

ADVOCACY AND AWARENESS

Hope 4 Utah provides suicide training and prevention efforts for school districts, leaders and community members; 801-342-3444.

National Alliance on Mental Illness improves the lives of those who live with mental illness and their families. They provide free educational classes; 385-208-1796.

EveryDay Strong provides tools to build resilience in children who are anxious or depressed. You can find their trainings, webinars, handbooks, and other useful content at www.everydaystrong.org.

COUNSELING/THERAPY

BYU Comprehensive Clinic provides affordable mental health services to local community members. These services include counseling, psychological and neuropsychological assessment and support groups; 801-422-7759.

The Family Support and Treatment Center offers several services, such as individual counseling, family counseling, and child counseling for those who have been affected by trauma; 801-229-1181.

Mountainlands Family Health Center offers individual therapeutic sessions. Fees based on sliding scale if eligible; 801-429-2000.

Utah Valley Psychiatry and Counseling Clinic provides outpatient counseling services for children and adults. Accept CHIP, Medicare, and private insurance. Sliding scale fee is available if eligible; 801-357-7525.

Wasatch Wellness Recovery Clinic is a no-fee clinic for individuals who are uninsured or underinsured. The clinic offers group therapy, case management, psychiatric evaluations; 801-852-3789.

Provo Canyon Behavioral Hospital provides counseling services for individuals 12 years and older. Medicaid, Medicare, Tri-care and most insurances are accepted; 801-852-2273.

EATING DISORDERS

Center for Change offers treatment for a variety of severe eating disorders. Provides inpatient and outpatient therapy, residential treatment, and follow-up care; 801-224-8255.



2-1-1 Utah



211utah.org

Access 2-1-1 Utah on Instagram, online, and apps available for download.

MENTAL HEALTH EVALUATIONS/ ASSESSMENTS

BYU Comprehensive Clinic offers free child and family check-ups. \$50 psychological assessments and \$400 neuropsychological assessments; 801-422-7759.

Wasatch Mental Health offers walk-in assessments and intake for Medicaid patients only. Held every Monday, Tuesday and Thursday at 8 am and 12 pm; 801-373-9656.

Provo Canyon Behavioral Hospital provides a free suicide risk assessment available 24 hours a day, 7 days a week; 801-852-2273.

Highland Springs Specialty Clinic provides comprehensive mental health evaluations; 1-800-403-0295.

SUPPORT GROUPS

Alcoholics Anonymous of Utah supports alcoholics and families to overcome alcoholism; 801-484-7871.

Utah Support Advocates for Recovery Awareness works to empower people in all stages of addiction recovery; 385-210-0320.

Compassionate Friends provides support groups for parents, grandparents and adult siblings who have recently experienced the death of a child; 801-471-7011.

Narcotics Anonymous provides peer support groups for those struggling with overcoming drug addiction; 801-810-4081.

National Alliance on Mental Illness provides support groups for individuals with mental illness and their family members; 385-208-1796

VETERANS

Provo Veterans Center offers support groups and bereavement counseling, and other related services; 801-377-1117.

Veteran Crisis Line provides a 24/7 crisis line for veterans; 800-273-8255.

EMERGENCY/ CRISIS

Crisis Line of Utah County is a 24-hour confidential hotline available to anyone who is experiencing a crisis; 801-691-5433.

UNI Crisis Line provides 24-hour phone service staffed by mental health professionals; 801-587-3000.

Crisis Text Line provides confidential and free crisis support and relief with trained crisis counselors; text START to 741-741.

National Suicide Prevention Lifeline is a 24-hour, toll-free and confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress; 1-800-273-8255.

Wasatch Mental Health - Crisis Services can be accessed by anyone through the Recovery Outreach Center or the 24-hour Crisis Line; 801-373-7393.

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For more information and assistance, call 2-1-1 or text your zip code to 898211.