

[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:

- 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; 385-881-0170.

Utah Valley Drug Prevention Coalition provides access to services for those who struggle with substance abuse and addiction; 801-851-7181.

Alliance Clinical Services provides individual and group counseling for substance abuse; 801-763-7775.

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; 801-854-7374.

National Alliance on Mental Illness improves the lives of those who live with mental illness and their families. They provide free educational classes; 801-323-9900.

NAMI HelpLine is available M-F, 10 a.m. – 10 p.m. ET. Call 800-950-6264, text “HELPLINE” to 62640 or chat online. In a crisis, call, or text 988 (24/7).

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. 801-691-5336.

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.

Family Haven 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 or 801-852-2131.

Aspen Grove Behavioral Hospital provides counseling services and inpatient/outpatient care for individuals 12 to 17 years struggling with mental illness or substance abuse. Medicaid, Medicare, Tri-care and most insurances are accepted; 801-852-2273.

Center for Change offers treatment for a variety of severe eating disorders. Provides inpatient and outpatient therapy, residential treatment, and follow-up care; 888-298-1042.

MENTAL HEALTH EVALUATIONS/ASSESSMENTS

BYU Comprehensive Clinic offers free child and family check-ups. \$80-\$500 psychological assessments and \$500 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.



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visit our
website

Aspen Grove 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, as well as family and friend support groups; 385-210-0320.

Compassionate Friends provides support groups for parents, grandparents and adult siblings who have recently experienced the death of a child; 801-712-8818.

Narcotics Anonymous provides peer support groups for those struggling with overcoming drug addiction; 877-479-6262.

National Alliance on Mental Illness provides support groups for individuals with mental illness and their family members; 801-323-9900.

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; 988 x1

EMERGENCY/ CRISIS

HMHI 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 HOME 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; Call 988.

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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