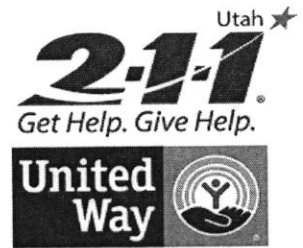


# Mental Health Resources



*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. Each patient provided with individualized treatment plan; 801-851-7118.

**Utah County Drug and Alcohol Treatment** provides outpatient treatment for youth and adults, medium intensity residential treatment for adults, and substance abuse intervention; 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 of Mental Illness** ensures the dignity and improves the lives of those who live with mental illness and their families through support, education and advocacy; 385-208-1796.

## **COUNSELING/ THERAPY**

**BYU Comprehensive Clinic** provides quality low-cost counseling services for children, adults, couples and families. Open to the community; 801-422-7759.

**The Family Support and Treatment Center** offers several services, such as individual counseling, family counseling, and child abuse counseling.; 801-229-1181.

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

**Summit Community Counseling** provides counseling services for all ages including adults, adolescents, couples, family, elderly and LGBT counseling; 801-266-2485.

**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.

## **EATING DISORDERS**

**BYU Comprehensive Clinic** offers a process group and support group for anyone who is struggling with eating disorders; 801-422-7759.

**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.

**Family Counseling Center** provides subsidized counseling and treatment for eating disorders, as well as other counseling services; 801-261-3500.

### **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.  
families to overcome alcoholism; 801-375-8620.

**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** supports alcoholics and families to overcome alcoholism; 801-375-8620.

**AutismLink** connects people and resources through a nationwide database of information and opportunities for inclusion for families of children with autism spectrum disorders; [www.autismlink.com](http://www.autismlink.com).

**Breathe: Suicide Loss Support Group** offers monthly support group for those who have been affected by suicide. Call 801-380-1439, or visit Facebook page for meeting times and location.

**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.

### **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.

**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.

Revised September 2017

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