

Community Resources



bit.ly/resources-ut

Crisis:

Call 911

[\(welfare check, transport to hospital, etc.\)](#)

Go to a hospital emergency room if needed

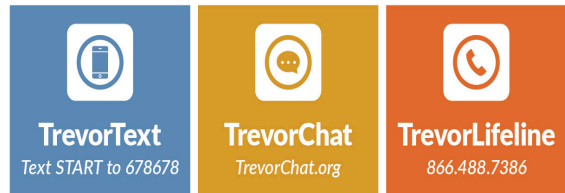


<https://www.veteranscrisisline.net/>

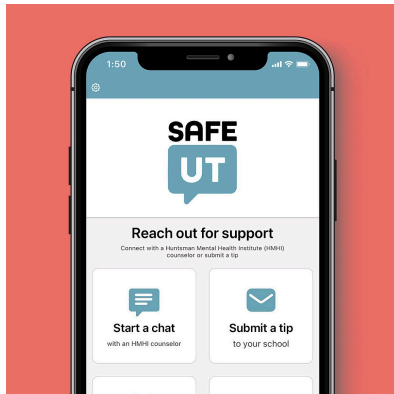


<https://988lifeline.org>

GET HELP 24/7:



TTY 1-800-799-4889



SafeUT 24-hours/day:

Download APP at the Apple/Google Store

Real-time crisis intervention and a confidential tip line; responds to all chats, texts, and calls

CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

Crisistextline.org

Wasatch Behavioral Health Crisis Services - Receiving Center

Support and crisis behavioral health care. Open 24-hours a day. 1175 E 300 North in Provo. (Parkview Campus).

<http://www.wasatch.org/blog/crisis-services/>

Provo 24-hour crisis line: Call **988**

Mobile Crisis Outreach Team

MCOT is for Utah residents who are having a mental health challenge.

Tips for parents talking about

suicide with teens. [What to say, what not to say - Mayo Clinic](#)

Utah Domestic Violence LINKLine

1-800-897-LINK (5465)

<https://www.udvc.org/>

Rape Recovery Center

raperecoverycenter.org/

24/7 Crisis Line: 801-467-7273

Find Help:

Find a Therapist/Provider (filter by insurance, specialty, etc.)

www.psychologytoday.com/us/therapists/ut/utah-county

<http://www.lgbtqtherapists.com>

<https://www.theblackclinicians.com>

Helpful Apps and websites by category

(Anxiety, bullying, abuse, depression, etc.)

<https://www.crisistextline.org/resources>

Resources by Zip Code or by County

(food, housing, mental health, legal, etc.)

<https://211utah.org>

Wasatch Behavioral Health (Medicaid)

American Fork: 801-763-5010 or

Provo: 801-373-4769

www.wasatch.org

Community behavioral health center offering an array of programs and services for children, teens, and adults

UVU Community Mental Health Clinic

<https://www.uvu.edu/community-clinic>

communityclinic@uvu.edu

(801) 863-4780

BYU Comprehensive Clinic

801-422-7759

<https://comprehensiveclinic.byu.edu>

Coping Skills

[99 Coping Skills](#)

[Hearing Voices?](#) [Symptoms of Psychosis?](#)

*The Saprea Retreat and other resources (Formerly Haven Retreat)

<https://saprea.org>

Free educational video courses

<https://parentguidance.org/>

Uninsured/Sliding Scale

-School-Based Grant - ask school social worker

<https://www.mountainlands.org/>

-[Department Human Services Locator](#)

National Alliance for Mental Illness

(NAMI) Utah County Support Group

<https://www.namiut.org/about/affiliates>

Angela Petersen (801) 400-3516

Aspen Grove Behavioral Hospital

<https://aspengrovehospital.com>

1350 E 750 N St, Orem, UT 84097

(801) 852-2273

Treatment for addictions, emotional, and or behavioral problems

American Foundation for Suicide Prevention

<https://afsp.org>

Find support, find help, take action

Live On Utah

<https://liveonutah.org>

Warning signs, get help, safety plans, means restriction

Hotlines:

National Suicide Prevention Lifeline

988

Sexual Violence Crisis Line

1-888-421-1100

Utah Domestic Violence

1-800-897-LINK(5465)

Child Abuse/Neglect

1-855-323-DCFS(3237)