



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

Mental Health First Aid

# Community Mental Health Resources

## National Resources

### National suicide prevention lifeline

1-800-273-TALK (8255)

24/7 line for suicide intervention

### National Suicide Prevention Text line

Text 741741

24/7 texting line for suicide intervention

### myStrength

<https://appv2mystrength.com/go/udhs/>



UtahDHS

Free online tool to help you live your best life.  
Find help for stress, anxiety, chronic pain,  
and more.

### Alcoholics Anonymous

866-641-9190

Support groups for adults with an alcohol  
problem

### Tobacco Quit Line

800-784-8669

Get help to recover from a tobacco  
addiction

### Su Familia (National Hispanic Family Health Helpline)

866-783-2645

Health information and referrals for Hispanic  
families

### Domestic Violence Information Line

801-521-5544

An anonymous line to receive help for  
domestic violence

### 988

Dial 988 (going live July 2022)

911 equivalent for behavioral health crises.

### Trevor Project Lifeline

866-488-7386

Lifeline for LGBTQ persons in crisis

### Maternal Mental Health Hotline

The hotline is accessible by phone or text at  
1-833-9-HELP4MOMS (1-833-943-5746) in English  
and Spanish. TTY Users can use a preferred  
relay service or dial 711 and then  
1-833-943-5746.

## Utah Resources

### SAFE UT App

Free downloadable app to instant message  
and communicate with professionals, provide  
tips relating to suicide and suicide intervention

### National Alliance on Mental Health (NAMI) Utah

435-787-4165

Meetings, classes, and support for people with  
mental illness and their families

### Live On! Campaign

[liveonutah.org](http://liveonutah.org)



Statewide effort to prevent suicide by  
promoting education and providing resources

### Stabilization and Mobile Response

1-833-SAFE-FAM (723-3326)

Free crisis intervention for people ages 20 and  
younger in the home

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## Utah Resources cont.

### Caring Connections

<https://nursing.utah.edu/grief-support-groups>



Virtual support groups to help with grief and loss of a loved one.

### Warm Line

833-SPEAKUT (773-2588)

Talk to someone who has been there and understands; a certified peer support specialist.

### Behavioral Health Services Navigation

833-442-2211

Free for anyone who needs support; call 7 am-7 pm, 7 days a week to help find access to behavioral health resources

### Unite Us

(385) 500-4903

Trained care coordinators to connect you to any needed resource (medical care, mental health services, food, utility, rent assistance, etc.)

### Heart t' Heart

435-512-2108

[www.heart-t-heart.org](http://www.heart-t-heart.org)



Christian Support Group for addiction or codependency

### Intermountain Specialized Abuse Treatment Center

801-866-8900

Abuse therapy for all ages, in individual and group settings.

### UNI Crisis Line

801-587-3000

24/7 line for crisis intervention, emotional support, problem-solving. Spanish or other languages are available.

### my3 App

[schools.utah.gov/prevention/suicide](https://schools.utah.gov/prevention/suicide)



Safety Planning App

### American Foundation for Suicide Prevention

<https://afsp.org/chapter/utah>



### Rape Recovery Center

801-467-7273

24/7 crisis line for reporting sexual assault, receiving support, and other resources



## Cache and Rich Counties

### The Family Place

435-752-8880

Multiple resources to support families including therapy, education, Kid's Place. Free Youth and Adult Mental Health First Aid trainings monthly.

### Bear River Mental Health

435-752-0750 or [brmh.com](http://brmh.com)



Therapy services

Community Directory for Cache County  
[brhd.org/services/other](http://brhd.org/services/other)

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## Cache and Rich Counties cont.

### **CAPSA**

435-753-2500

[www.capsa.org](http://www.capsa.org)



24/7 support phone line, therapy, education, and shelter for domestic violence and sexual assault services

### **Cache Valley Unified Support Program**

Miranda Fowler (435) 792-6605 or Takesha

Durrant (435) 792-6545

Non-clinical caseworkers that help individuals navigate resources in the community to find help for mental health or substance use



### **Cache/Rich Drug Task Force**

435-716-9000

Drug prevention, information, and training

### **Family Institute of Northern Utah**

435-752-1976

[finu.org](http://finu.org)



Counseling for children, child/parenting group classes

### **Bear River Division of Substance Abuse**

435-792-6420 (after-hours crisis line: 435-881-0358)

**Counseling, crisis line, group and individual programs, outpatient, educational programs for substance misuse**

### **Cache Valley Community Health Center**

435-755-6061

Medical, dental, and mental health services on a sliding fee scale, as low as \$15 per visit

### **Logan River Academy**

435-755-8400

Adolescent residential treatment facility.

### **Bear River Clubhouse**

435-753-9046

Mental health services for adults and children who are Medicaid eligible

### **Family Life Center**

435-797-1501

Counseling for individuals and couples.

Spanish services available

### **LDS Family Services**

435-752-5302

Counseling, addiction recovery, support for couples and single pregnant women

### **New Discoveries Clubhouse**

435-213-3666

Offers social support services to people with mental illness

### **Cache Valley Veterans Association**

435-213-9098, 24/7 Suicide Crisis Line: 435-938-2087

Help and support for local veterans

### **Cache County Opioid Alternative Resource Directory**

[https://bluetoad.com/](https://bluetoad.com/publication/?m=55179&l=1&p=&pn=)

[publication/?m=55179&l=1&p=&pn=](https://bluetoad.com/publication/?m=55179&l=1&p=&pn=)



Comprehensive resource guide for mental health and substance use professionals in Box Elder, Cache, and Rich Counties

### **Cache Youth Resource Center**

435-755-2888

Drop-in center for LGBTQ youth ages 14-23 to receive educational services, counseling, food, clothing, etc.

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### Cache Community Food Pantry

cachefoodpantry.com



Food assistance to ensure nobody goes hungry

**National organization (with a Utah chapter) focused on eliminating loss of life due to suicide**

### Utah Naloxone

utahnaloxone.org



Free monthly trainings, information about naloxone and opioids, and free naloxone kits.

### CPSS

dsamh.utah.gov/peer-support



Applications and information from the Utah Department of Human Services for Certified Peer Support Specialists

### Tooele County

#### Veterans Crisis Line

800-273-8255 (press 1) or text 838255  
Suicide or mental health crisis line for veterans

#### Valley

801-263-7100  
Comprehensive behavioral health services in Tooele for crisis and non-crisis

### Iron County

#### SUU CAPS

www.suu.edu/caps/



University Counseling and Crisis services and resources

### Southwest Behavioral Health Center

www.sbhc.us



Behavioral Health Services for mental health and substance use

### Cedar City Mental Health

cedarcitymh.com



Group for Cedar City area to provide education and awareness of community resources



### Idaho

#### Compassionate Care Family Services

208-766-2389  
Mental health and substance use treatment facility in Preston, ID.

#### Healthy Care Solutions

208-852-0169  
Mental health services in-person and via telehealth in Preston, ID.

#### Idaho Suicide Prevention Hotline

208-398-HELP (4357)  
24/7 Suicide hotline for Idaho

#### NAMI Idaho

208-520-4210  
Meetings, classes, and support for people with mental illness and their families in Idaho