

OREM POLICE DEPARTMENT

MENTAL HEALTH RESOURCE GUIDE

IMMEDIATE CRISIS RESOURCES

[Suicide & Crisis Lifeline](#)

988- text or call

Crisis workers available 24/7 in English and Spanish

[Safe UT App](#)

uofuhealth.org/safeut

Text HOPELINE to 741741

Free access to licensed counselors who provide 24/7 crisis counseling and intervention or general emotional support.

[Mobile Response- SAFE FAM](#)

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

hs.utah.gov/smr

For any child, parent, or caregiver with any problem at any time. Mobile Response Team will come to the home and create safety plans, connect you to helpful resources, and minimize the impact of the immediate crisis. Longer term stabilization services are also available.

[U of U Health Crisis Line](#)

uofuhealth.org/crisis

801-587-3000

Crisis line and mobile outreach team through the University of Utah Neuropsychiatric Institute.

[Veteran Crisis Line](#)

1-800-273-8255 or text 838255

VetranCrisisLine.net

Confidential crisis help for Veterans and their families

MENTAL HEALTH RESOURCES

[National Alliance on Mental Illness \(NAMI\)](#)

801-323-9900

Improves the lives of those with mental illnesses and their families through connection to resources, therapy/support groups, and general helpline questions. They offer peer-to-peer, family-to-family, home-based, and youth progression programs.

Wasatch Behavioral Health

www.wasatch.org

1175 E 300 N Provo, UT

801-373-4760

Behavioral health center providing a variety of services designed to meet the needs of children, youth, adults and their families. Services include, but are not limited to, individual/family/group therapy, substance use disorder counseling, case management, residential services, 24 hour crisis response, prevention, and more.

Public Guardian Office

801-538-8255

195 N 1950 W Salt Lake City Ut

Provides guardian services for adults who are unable to make life decisions for themselves due to various conditions including aging-related illness, intellectual disabilities, brain injuries, and mental illness.

Aspen Grove Behavioral

801-852-2273

1350 E 50 N Orem Ut

Offers a number of inpatient and outpatient services for adolescents ages 12–17 or adults struggling with psychiatric issues, chemical dependency or a dual diagnosis of both.

Bristol Health

801-903-5903

1125 W Center Street Orem Ut

Provides medication, therapy, psychological & pharmacological testing for common mental disorders. Runs an after-hours Mental Health Urgent Care (5pm-10pm) every day for meds and therapy needs after hours for \$139.

Restoring Hope (Counseling & Trauma Healing)

www.restoringhope.com

801-692-3197

85 N Center St, American Fork, UT 84003

Family owned and operated counseling center certified in multiple approaches such as EMDR, Cognitive Behavioral Therapy, Neurofeedback, etc. and takes most major insurances (listed on website).

Center for Couples & Families

<https://www.utahtherapy.com/>

801-477-0041

1426 East 820 North, Orem UT 84097

Offer individual, family, child, and couples therapy with a wide range of therapists with specialty training. They take most major insurances (no medicare or medicaid) and have offices in Orem, South Jordan, and Spanish Fork. Telehealth appointments are also available.

Ascent Mental Health

Med. Management, therapy clinic, psychiatrist office

801-609-2448

contact@ascentMH.com

822 S 1040 W #3B Payson, UT 84651

American Foundation for Suicide Prevention

thiatt@afsp.org

385-497-1680

afsp.org/utah

Life Launch Centers

833-803-3883

<https://www.lifelaunchcenters.com/>

Located in Orem, they offer Intensive Outpatient Programs, virtual clinical services, and moderate/long-term maintenance outpatient services for all ages. They have options for group sessions, individual sessions, and family sessions and take major insurances and off-network insurances on a case by case basis.

The OCD & Anxiety Treatment Center

www.theocdandanxietytreatmentcenter.com

801-298-2000

With locations in South Jordan, Bountiful, and one under construction in Orem; they treat a variety of common disorders and conditions such as PTSD, OCD, Panic disorder, Anxiety disorders, phobias, body dysmorphic. They use exposure-based therapy in their Intensive Outpatient Programs.

Deer Hollow

<https://deerhollowrecovery.com>

(888) 5WE-KNOW

12608 S. 125 W. Ste.B Draper, UT 84020

Deer Hollow Treats Trauma Differently Than All Other Mental Health Centers Because we treat the core of your trauma first you are able to more fully recover and heal from mental health issues including: PTSD, Depression, Anxiety, Suicidal Thoughts, Substance Abuse, and Behavioral Addictions. Deer Hollow offers inpatient, outpatient, and recovery housing options. Deer Hollow specializes in Law Enforcement and First Responders.

TRANSIENT SERVICES

Food & Care Coalition

299 E 900 S Provo UT

801-373-1825

Visit www.foodandcare.org or call the number for more details. They serve the homeless community of Utah county by providing resources for food, showers, laundry, hygiene, and other basic necessities.

Open Monday-Friday from 8:30 am- 5:00 pm

Community Action

801-373-8200

815 S Freedom Blvd #100 Provo UT 84601

Non-profit organization that offers a range of services for low income families

Homeless Services Hotline

801-990-9999

Call for shelter and assistance in your area

Provo Transitional Services Office

801-818-6156

1415 N State St Provo UT 84604

Provides temporary assistance for transients and homeless individuals including immediate needs such as food, clothing, and transportation. Does not provide cash for utilities, rent deposits, rental assistance or medical bills. Will need to provide a valid form of ID.

Geraldine E King Women's Center (Females only)

801-893-6678

801-990-9999 (bed availability number)

131 E 700 S Salt Lake City UT 84111

The Roadhome Resource Center

801-359-4142

1415 South Main St Salt Lake City, UT 84115

Private nonprofit social services agency that assists individuals and families experiencing homelessness in Salt Lake County and along the Wasatch Front.

Midvale Family Resource Center

801-569-1201

529 W 7300 S Midvale UT

Emergency shelter with office and communal spaces, dining and cooking facilities, a dorm-style sleeping area, and access for people with disabilities.

Lantern House

801-621-5036

269 W 33rd St Ogden UT

Largest 24 hour shelter in Utah- offers meals and lodging for those who need it.

CHILDREN & ADOLESCENT RESOURCES

Mobile Response- SAFE FAM

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

hs.utah.gov/smr

For any child, parent, or caregiver with any problem at any time. Mobile Response Team will come to the home and create safety plans, connect you to helpful resources, and minimize the impact of the immediate crisis. Longer term stabilization services are also available to teach parents and equip them with the tools to keep their families safe and reduce the need for outside services.

Help Me Grow Utah (United Way Program)

801-691-5322

helpmegrowutah.org

Statewide information and referral network service available to families who are pregnant or have young children at no cost to them. They do personalized parenting support, screenings, activities, and connection to resources (parenting classes, therapy, etc)

Child Protective Services (DCFS)

1-855-323-3237

www.dcfhs.utah.gov

For instances of physical, sexual, or emotional abuse against a child. Reports can be made on the website or on their hotline.

Boys & Girls Club

801-371-6247

bgca.org

Multiple local locations (can be found on their website) that provide after school programs for children of all ages. Structured programs and more access to resources for low income families are available.

Children's Justice Center

801-851-8554

315 S 100 E Provo Ut

For children who have witnessed or been victims of abuse. Interview, resource connection, and case management are offered to ensure child safety.

Family Support & Treatment Center

801-229-1181

1255 N 1200 W Orem Ut

24/7 crisis respite service for children under 12 when their families need support during stressful situations.

Family Haven

Provides 24/7 nursery for children under 12, offers at home/traditional parenting courses and educational programs and services for personal safety, sexual abuse, depression and suicide prevention.

1255 N 1200 W Orem, UT 84057

801-229-1181

Family-haven.org

TEENAGE & YOUNG ADULT RESOURCES

Vantage Point

801-373-2215

1189 E 300 N Provo UT

Short-term facility for youth (10-17) who have run away, have conflicts at home, are homeless, or high risk. Structured classes through Alpine School District, activities, and therapy are provided in partnership with Wasatch Behavioral Health.

Tough Love

801-371-8447

Intermountain Healthcare program that provides parental help for difficult teenagers and offers familial support.

OASIS Ascent

385-410-4544 (admissions)

<https://oasisascent.com/>

122 N 600 W Provo UT

Short-term residential treatment center for teens age 12-17 with locations in Millcreek and Provo. They offer 30-90 day programs and work with most major medical insurances (and will do single service case arrangements for insurances out of network on request)

Charlie Health

1-866-540-1828

<https://www.charliehealth.com/>

Comprehensive teen and young adult mental health treatment completely online within 24 hours. Offers individual, group and family therapy using a wide array of virtual treatments. Their programs span 9-12 weeks with flexible options to accommodate schedules. Each client is paired with a personalized therapist who has training to address their specific needs. They also have treatment programs and groups specifically for LGBTQIA+ young adults and teens that includes a free parental support group.

YouthCare

801-396-5391

www.youthcare.com

12595 S Minuteman Drive Draper UT

Treatment center for teens (11-18) suffering with mental illness and/or addiction. They offer individualized treatment programs in a home-like environment to meet the needs of each unique child through residential programs, academic programs, and day treatment programs.

Provo Canyon School

801-491-3910

www.provocanyon.com

They can help treat girls (14-18) and boys (12-18) with a range of disorders like trauma, anxiety, ADHD, ODD, impulsive behaviors, mood disorders, attachment disorders, and substance abuse disorders. They accept major insurances as well as TriCare and have locations in Springville and Provo. They specialize in alternative therapies like recreation therapy, EMDR, DBT, and specialized group therapies.

FOOD RESOURCES

Food & Care Coalition

299 E 900 S Provo UT

801-373-1825

Meal times: 8:30 am- 9:30 am, 12 pm- 1 pm, 4:30 pm- 5:30 pm

Tabitha's Way Food Pantry

920 E State Rd American Fork UT 84003

801-692-1881

Free School Meals (Breakfast/Lunch) in Summer

1-866-348-6479

To find participating schools, go to www.fns.usda.gov/summerfoodrocks or text 'Summer Meals' to 97779

Department of Workforce Services (Food Stamps)

Apply online at jobs.utah.gov/mycase or in person at any employment center. A hardcopy of the form can also be mailed to you upon request.

AUTISM RESOURCES

Autism Council of Utah

www.autismcouncilofutah.org

Non-profit organization that conducts evaluations & diagnoses, offer treatment and therapy, host events, issue grants, and run support groups.

UVU Autism Center- Melisa Nellesen Center

www.uvu.edu/autism

801-863-7620

Works to improve the quality of life for those living and working with Autism Spectrum Disorder by providing education and training to professionals, providing evidence-based services and education, and fostering a community of belonging. They host events, do inclusive therapies and activities, as well as community outreach and education.

Brain Balance

www.OurBrainBalance.com

801-899-4949

For children with behavioral, social, or academic challenges to refocus and balance their brain through movements, specific therapies, and structures play programs.

Kids On The Move

www.kotm.org

801-221-9930

475 Hospital Dr, Orem, Ut

Provides services throughout Utah to support families with young children with special needs. They offer a number of independent operating programs such as the Autism Center, Child Care, Early Head Start, Early Intervention, and Respite Care.

ABS Kids

www.abskids.com

801-935-4171

1140 W. 1130 S. Suite B20 Orem, Ut

Provides services for children on the autism spectrum by using ABA therapy (in-home and at the center), community involvement, and psychological assessments and evaluations.

United Angels Foundation

www.unitedangels.org

801-877-2852

1411 W. 1250 S. Suite 310 Orem, Ut

Non-profit, parent-to-parent support group with the goal to support parents and families of children with special needs. Examples of services include: newborn visits; parent lunches; online chat forums; youth and family activities; parent education seminars; and more.

Utah Parent Center

www.utahparentcenter.org

801-272-1051

5296 S Commerce Drive, Suite 302 Murray, Ut

Mission of the UPC is to help parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community. They provide peer support, valuable training and effective advocacy based on the concept of parents helping parents.

Valley Behavioral Health

www.valleycares.com

801-263-7100

Valley Behavioral Health offers a number of day treatment programs and services for children and youth ages 6 to 17 years old. Day treatment is therapeutic programming that is offered Monday through Friday during school hours. Our programs provide a safe and healing environment for your child to work through mental and behavioral health symptoms that cause problems in the home, at school, or in the community. Day treatment is more intensive than outpatient treatment but less intensive than hospitalization.

Matt's Place (Primary Children's Subsidiary)

801-614-8400

190 S Main St suite b, Centerville, UT 84014

Matt's Place will assist families and individuals ages 3-21 work through challenging behavioral disorders in a day treatment setting, intensive outpatient programming, and outpatient appointments.

Utah Parent Center

Provides service to students with special needs in state custody

385-910-4750

melissa@utahparentcenter.org

www.utahparentcenter.org

Utah Family Voices

For people with special care needs. Free individual consultants, workshops, training, resources, referrals and parent to parent support.

801-272-1068

(toll free) 800-468-1160

(spanish) 801-272-1067

HOUSING & UTILITY RESOURCES

Boys & Girls Club of Utah County

385-483-1920

Provides housing assistance for families experiencing homelessness. Includes rental assistance, back pay/fee payments, housing application fees, utility assistance, and other housing related services.

Eligibility requirements:

- Either be experiencing homelessness or at risk of homelessness
- Have at least one child under the age of 18 (in highschool)
- Have at least one US citizen or Legal Permanent Resident
- Meet income guidelines/receive government assistance (food stamps, medicaid, etc.)

Utah County Housing

240 E Center Street Provo, UT 84606

801-373-8333

Apply at www.housingu.org/section-8/

To get on the waitlist, the head of the household will need to complete the application and submit a photo ID and Social Security Card.

Provo City Housing Authority

688 W 100 N Provo, UT 84601

801-900-5676

Hours: Monday-Thursday 7 am- 6 pm

www.provohousing.org

Print off the application and take it (or mail it) in with a social security card to get on the waitlist.

Home Energy Assistance Target (HEAT) Program

801-229-3855

Assists with gas and electric bills (open from November- April)

Community Action

801-373-8200

Rental deposit and rent payment assistance

Weatherization Office of Utah County

801-344-5184

Helps low income families and individuals reduce energy costs

United Way

211

Utility bill assistance and/or financial support for much-needed home repairs

DRUG/SUBSTANCE ABUSE

Alcoholics Anonymous (AA)

801-375-8620

Supports alcoholics and their families to help them overcome alcoholism.

Narcotics Anonymous (NA)

www.nautah.org

801-810-4081

Confidential peer support groups for those struggling to overcome drug addiction.

Fit To Recover

801-410-8988

1221 S 1840 W, Orem, UT 84058

Fit To Recover is a community that helps people in sobriety connect with one another and seek balance in their lives. We achieve this through our core foundational pillars: Fitness, Nutrition, Community Service, and Creative Arts. They have locations in Salt Lake and Orem.

Addict II Athletes

[385- 236-3131](tel:385-236-3131)

1875 S State St Suite T500

"Addict II Athlete is a non-profit action orientated addiction and mental health recovery program that will assist anyone affected. Our mission is to establish and maintain recovery by promoting

lifestyle changes through erasing negative behaviors and replacing them with things of greater value. Recovery Support Group"

Brighton Recovery Center

844-479-7035 / 801-479-7035

4905 S 900 E Murray, UT

Brighton Community Center (BCC) is designed to address the pervasive issues of recovery in ways that have not existed in Utah until now. BCC is a 42-bed sober living and outpatient treatment program, modeled on a hybrid structure of staff and resident-run programming.

Foothill Treatment Center

801-851-7652

3281 N Main Street Spanish Fork Ut

No insurance required, low income assistance given. Run by Wasatch Behavioral Health

NexStep Medical Detox

801-607-1189

1429 N 1200 W Orem Ut

Medical detox center for alcohol, heroine, opiates, and benzos. They accept all major insurance plans and are in-network with BlueCross / BlueShield, Beacon Health, Cigna Behavioral Health, TriWest, and the University of Utah Health Plans.

Odyssey House

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

801-322-3222

344 E 100 S Salt Lake City Ut

Non-profit substance abuse treatment facility with male, female, and school-based programs.

House of Hope

<https://houseofhopeut.org/>

801-373-6562

1726 S Buckley Lane Provo Ut

Substance abuse transitional housing for women and children. Multiple locations available and emergency beds reserved.

Wasatch Recovery

801-901-0024

www.wasatchrecovery.com

With programs in Sandy and Cottonwood Heights, they offer a holistic approach with evidence-based practices in residential treatment, day treatment, intensive outpatient treatment,

and sober living. They also provide social detox to manage the initial symptoms of withdrawal from drugs or alcohol.

Wasatch Behavioral Health

801-852-3779

Dual diagnosis therapy group to address substance abuse disorders that have co-occurring mental health disorders. Created to educate and teach life skills that can aid with recovery, cope with stressors, and incorporate healthy behavioral changes. Located at The Food & Care Coalition (299 E 900 S Provo UT). Call to schedule a screening appointment.

GERIATRIC/ELDERLY SERVICES

Mountainland Aging & Family Services

www.mountainland.org/aging

586 E 800 N Orem Ut

801-229-3804

Provides services for aging individuals to help with social, physical, and transitional needs. This includes Medicare counseling, Meals on Wheels, caregiver support, in-home programs and support, utility payment assistance, health programs, etc.

Adult Protective Services

1-800-731-7897

For instances of physical, sexual, or financial abuse and caretaker neglect against elderly individuals.

Public Guardian Office

801-538-8255

195 N 1950 W Salt Lake City Ut

Provides guardian services for adults who are unable to make life decisions for themselves due to various conditions including aging-related illness, intellectual disabilities, brain injuries, and mental illness.

DISABILITY RESOURCES

Ability 1st Utah

801-373-5044

www.Ability1stUtah.org

Provide services for people with varying disabilities to assist them in being independent. Programs include independent living skills, advocacy, peer support, housing transition, and assistive technology.

Public Guardian Office

801-538-8255

195 N 1950 W Salt Lake City Ut

Provides guardian services for adults who are unable to make life decisions for themselves due to various conditions including aging-related illness, intellectual disabilities, brain injuries, and mental illness.

Division of Services for People with Disabilities (DSPD)

801-374-7005

www.dspd.utah.gov

DSPD provides support for people with disabilities to lead self-determined lives by overseeing home and community-based services for people who have disabilities. Resources include day services, community living, and supported employment services.

RISE Services Inc

801-373-1197

www.riseservicesincut.org

Create opportunities for and with children, adults, and seniors with special needs so they can lead productive lives. Programs include day services, after school programs, employment services, foster care, supported living services, etc.

Eaton Alliance

801-768-0608

679 N 1500 W Orem Ut

Offers services to help youth and adults with intellectual and developmental disabilities as well as traumatic brain injuries. Resources include group homes, host homes, supported living care, and day/after-school programs.

VETERAN RESOURCES

Veteran Crisis Line

1-800-273-8255 or text 838255

VetranCrisisLine.net

Confidential crisis help for Veterans and their families

SPANISH RESOURCES

Centro Hispano

801-655-0258

Provides therapy groups and services for Spanish-speaking individuals

Iniciativa Latina

385-286-9011

Course and services for the welfare and emotional well-being for the family. Educational shops and classes. Life coaching. Group support. Professional references for mental health, both individual and family. Services all in Spanish.

Worldwide Chaplains

1597 S State St Orem (Casa de Oracion)

Marco Dominguez 385-246-3927

Certified chaplains who serve the community. They are mostly Spanish speaking but can provide services in English. They are Christian but act as a Non-Denominational service when called to assist. They can provide emergency shelter, clothing, and food if necessary.

MISCELLANEOUS SERVICES

Encircle LGBT Family & Youth Center

91 W 200th S Provo UT

801-610-6720

www.encircletogether.org

They host group and individual therapy, activities, and online services to help LGBTQ+ youth who are at risk.

Hoarding Cleanup

Address Our Mess

<https://www.clutterhoardingcleanup.com/cleanup-teams/locations/utah>

Clean up crew resources as well as specialized therapists to assist in the process

Dahlias Hope (After Trafficking Services)

Provides outpatient clinical therapy, case management, recreational therapy, animal-assisted therapy, educational resources, medical resources, life skill training, vocational resources and transitional housing for victims of trafficking.

801-885-6294

DahliasHope.org

Ride United (United Way)

United Way partnered with Lyft to provide free/subsidized rides within Utah County. Needs to be scheduled ahead of time.

Call 211 for scheduling and more information

The Trevor Project

American nonprofit organization focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth. They offer confidential assistance by trained counselors via phone, text, and website chats.

Lifeline: 1-866-488-7386

TrevorText: text TREVOR to 1-202-304-1200

TrevorChat: via thetrevorproject.org

Trans Lifeline

Trans Lifeline is the nation's only crisis and peer-support hotline, staffed by trans people, for trans people. Callers will never have emergency services called on them without their consent.

1-877-656-8860

LGBT National Senior Hotline

We provide a confidential safe space where seniors can speak about their unique issues concerning sexual orientation or gender identity/expression. This includes coming out issues, family dynamics, relationship concerns, elder abuse, HIV/AIDS anxiety, safer sex information, suicide, and much more.

1-888-234-7243

Affordable Connectivity Program

Federal program partnered with the City of Orem that helps families and individuals who are struggling to pay for internet services. Eligible households can receive a discounted rate up to \$30/month toward broadband and data services or \$100 one time purchase of a laptop, desktop, or tablet from participating providers if they contribute to the overall cost (\$10-\$50).

Apply at www.ACPBenefit.org

Bridle Up Hope

1925 N 2000 E Mapleton UT 84664

801-427-3047

www.bridleuphope.org

Horse-assisted therapy designed to help all girls and women (12+) with anxiety, depression, abuse, trauma, or loss of hope. They use a three step method where women will learn to ride horses, develop life skills from the 7 Habits program, and serve in the barn and build relationships with each other.

Soul Inception

<https://soulinception.com/>

385-412-SOUL

980 E 800 N Suite #201 Orem, UT

Soul Inception is a Wellness center located in Orem, Utah by the mouth of Provo Canyon, providing a sanctuary for your Mind, Body, and Soul. Offering Full-Body Walk-in Cryotherapy, Full Spectrum Infrared Saunas with Color Light Therapy, Himalayan Salt Cave with PEMF Therapy (Pulsed Electromagnetic Field), and Custom Virtual workouts inside Infrared Sauna.