

# MENTAL HEALTH RESOURCE DIRECTORY

## BOX ELDER, CACHE, & RICH COUNTIES

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# INTRODUCTION

This directory is intended to promote mental wellbeing. The resources included are not endorsed by the Bear River Health Department. Always verify information listed with that specific agency.

## Uninsured and in Crisis?

Anyone experiencing a mental health crisis has access to crisis services through Bear River Mental Health, regardless of insurance status or inability to pay. Call #435-752-0750 and be sure to say you are “in a crisis” to access services. There are also many other resources in this directory that have options for uninsured individuals.

## Insurance

**Private Insurance:** This includes most insurance companies. Some providers can only bill select insurance companies. Contact your insurance company to verify mental health benefits and in-network providers. In addition, most provider’s offices are happy to assist you with billing questions.

**Medicaid:** This is a federal-state sponsored insurance assistance program. It serves low-income people of every age. Patients usually pay no part of costs for covered medical expenses. A small co-payment is sometimes required.

**Medicare:** This is a federal insurance program that primarily serves people over the age of 65, whatever their income. It also serves younger disabled individuals and dialysis patients. Patients pay part of costs through deductibles for hospital and other costs. Small monthly premiums are required for non-hospital coverage.

**Uninsured:** This means an individual has no health insurance.

**Underinsured:** This means individuals do not have mental health benefits or adequate mental health coverage under their insurance provider.

# Behavioral Health Network

Uninsured or underinsured individuals might qualify to receive free psychotherapy or substance abuse treatment through the Behavioral Health Network.

Contact the social worker at the Logan Regional Hospital Behavioral Health Unit at #435-716-5602 to learn more. This is a confidential line and voicemails are accepted.

## **HELPING YOURSELF:**

- Reach out to family & friends for support.
- Connect with professional help.
- Believe there is hope and help for you!

## **HELPING OTHERS:**

- When you think someone is struggling, ask them about it.
- Show them you care, help them find treatment.
- Get Advice from the National Suicide Prevention Hotline by calling 1-800-273-8255.
- Become trained as a QPR Suicide Prevention Gatekeeper. These 1 hour trainings are free, and given upon request by an instructor at the Bear River Health Department at 435-792-6500.

## **LEARN MORE ABOUT MENTAL HEALTH:**

[www.samhsa.gov](http://www.samhsa.gov)

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

[www.mentalhealth.gov](http://www.mentalhealth.gov)

[www.nimh.nih.gov/health/topics/index.shtml](http://www.nimh.nih.gov/health/topics/index.shtml)

# MENTAL HEALTH PROVIDERS



## Addo Recovery

40 W 1250 N suite 3C, Logan, UT • 435-363-2987

[www.addorecovery.com/utah](http://www.addorecovery.com/utah)

**Services:** Assessment and treatment for general mental health. Specializes in process addictions and trauma disorders.

**Provider:** Tyler Patrick, LMFT.

**Cost:** Accepts major insurances. Self-pay options and payment plans are available.

## Aller, Ty LMFT

545 W 435 N Providence, UT • 435-753-1600 ext 101

**Services:** Child behavioral problems, individual, couples and family therapy, parent-child relationships, and LGBTQ therapy.

**Providers:** Ty Aller, LMFT; Lauren Sondergaard, LMFT; David Christian, LMFT; Nicky Jardine, LMFT.

**Cost:** Accepts major insurances. Self-pay option available.

## Anderson, Kent PhD

545 W 465 N suite 130, Providence, UT • 435-752-7627

*Se Habla Español*

**Services:** Counseling for individuals with depression, anxiety, PTSD, and eating disorders.

**Cost:** Accepts most major insurances and Medicare; Medicaid is not accepted. Financial/payment arrangements are available. Out-of-pocket discounts available for self-pay.

## Associated Psychotherapists

120 N Main Street, Brigham City, UT • 435-723-2881

[www.associatedpsych.com](http://www.associatedpsych.com)

*Se Habla Español*

**Services:** Therapy for individuals, couples, and families. See website for more details.

**Providers:** Dr. John Christensen, LMFT; Dr. John Arrington, LMFT; Jason J. Williams, LMFT; Cyndi Tangren, LCSW; Christie Powell, LCSW; Tyler Beckstrand, LCSW.

**Cost:** Accepts most major health care plans and they are providers for many Employee Assistance Programs (EAP). Cash rate is available. Cash, check, all major debit/credit cards, and benefits cards accepted for payment.

**Bear River Health Department- Substance Abuse**

**655 E 1300 N, Logan, UT • 435-792-6420**  
**817 W 950 S Brigham City, UT • 435-695-2076**  
[brhd.org/services/counseling-services/](http://brhd.org/services/counseling-services/)  
*Se Habla Español and Other Language Services*  
**Services:** Substance abuse and mental health counseling. Adult, youth, and women services available for counseling. DUI, MIP, and substance abuse education available as well as urinalysis, drug court, and mental health court. Anger management classes available to the public.  
**Cost:** A sliding fee scale is available and insurance is accepted.

**Bear River Mental Health**

**663 W 950 S, Brigham City, UT • 435-734-9449**  
**440 W 600 N, Tremonton, UT • 435-257-2168**  
**90 E 200 N, Logan, UT • 435-752-0750**  
**Rich County (by appointment only) • 800-620-9949**  
[www.brmh.com](http://www.brmh.com)  
*Se Habla Español*  
**Services:** Psychologist testing, assessments, behavior management, crisis services, psychotherapy, medication management, and other services.  
**Cost:** Services provided to Medicaid eligible, individuals with serious mental illness, mental health court participants, other priority populations, and to any individual experiencing a mental health crisis. Funding options available for children/youth. A sliding fee schedule may apply.

**Behavioral Mental Health Services DBA Comprehensive Treatment Clinic**

**40 W Cache Valley Blvd. suite 10A, Logan, UT • 435-787-2272**  
[www.comprehensivetx.com](http://www.comprehensivetx.com)  
**Services:** Assessment and treatment for general mental health. Specialization in sex addictions, pornography addictions, other process addictions, and trauma disorders.  
**Providers:** Matthew Hedelius, LCSW, PsyD, CSAT; A. Todd Freestone, LCSW, PsyD, CSAT; Christopher Wade, CSW; Jacob Stacy, MSW.  
**Cost:** In network with Blue Cross Blue Shield, Select Health, Tall Tree, and PEHP. For out of network clients, a cash rate is available.  
**Admission:** Accepts children, adolescents, young adults, and adults.

**Box Elder Community Health Center**

**200 N Main Street Brigham City, UT • 435-723-7999**  
[www.blchc.org](http://www.blchc.org)  
**Services:** Counseling for depression, anxiety, PTSD, trauma, pornography, anger management, coping with acute and chronic health conditions, marital/couple problems, parenting concerns, and other addictions or mental health conditions. Services also offered via telehealth.  
**Providers:** Jacob C. Hunsaker, LAMFT; Suezan Johnson, LCSW; Philip Archibald, LCSW.  
**Cost:** Charges based on a sliding fee scale. Payment plans are available. Discount available for payments paid on same day of service.

**Box Elder Family Support Center**

**276 N 200 E, Brigham City, UT • 435-723-6010**  
**1386 S Main St. Garland, UT • 435-730-5898**  
[befsc.org](http://befsc.org)  
*Se Habla Español*  
**Services:** Family, individual, and couples counseling. In-home family parenting assistance available. Provides a case management program. Crisis nursery is available for anyone in Box Elder County that needs a respite break or has a crisis. Immunization records and picture ID required for the crisis nursery.  
**Providers:** Katie Bonds, CSW; Jill Scharrenberg, Parent Advocate.  
**Cost:** All services are free to those who do not have insurance or Medicaid. Crisis nursery is available to children 0-11 years of age.  
**Admissions:** Only families who are uninsured or underinsured are eligible for the mental health services. Anyone with a child under 12 is eligible for the crisis nursery services.

**Cache Valley Community Health Centers**

**1515 N 400 E suite 104, North Logan, UT • 435-755-6061**  
**517 W 100 N suite 110, Providence, UT • 435-755-6075**  
[www.bearlakecommunityhealthcenter.org](http://www.bearlakecommunityhealthcenter.org)

**Services:** Counseling for depression, anxiety, PTSD, trauma, pornography, anger management, coping with acute and chronic health conditions, marital/couple problems, parenting concerns, and other addictions or mental health conditions.

**Providers:** Jacob C. Hunsaker, LAMFT; Suezan Johnson, LCSW; Philip Archibald, LCSW; Juliet Tietjen, LAMFT.

**Cost:** Accepts some insurances, payment plans available based on a sliding fee scale. Discount available for payments paid on same day of service.

**Cache Valley Counseling**

**585 W 100 N suite F, Providence, UT • 435-535-3169**  
**2600 N Main Street, North Logan, UT • 435-213-9660**  
[www.cvcounselingservices.com](http://www.cvcounselingservices.com)

**Services:** Individual, couple, family and group therapy. Therapeutic yoga available at the Providence location.

**Providers:** Chelsea Petersen, LMFT; Heather Ballingham, ACMHC; Julie Dymock, AMFT; John Brailsford, Phd LMFT; Becklynn Spotten, ACMHC; Spencer Dutson, AMFT; Sadie Croshaw, Yoga Instructor.

**Cost:** Payment is due at time of service. Depending on insurance, reimbursement for services may be available. Ecclesiastical payment is also accepted.

**Campbell, Sue PhD, MFT**

**2751 S 1070 W, Nibley, UT • 435-760-1788**

**Services:** Individual, couple, family and parent/child counseling for depression and anxiety. Also provides counseling for relationship issues.

**Cost:** Accepts crime victims, EAP's from some insurances, and partial sliding-fee scales are available for those who qualify. Self-pay option is available and ecclesiastical payment is accepted.

**Admission:** All ages.

**CAPSA - Citizens Against Physical and Sexual Abuse**

**308 W 1000 N, Logan, UT • 435-753-2500**  
[www.capsa.org](http://www.capsa.org)

**Services:** Individual, family, and couple therapy for survivors of domestic violence and sexual assault, anxiety, depression, personality disorders, PTSD, and relationship issues.

**Providers:** Counseling provided by licensed and trauma informed team of therapists.

**Cost:** Free, regardless of insurance status.

**Admission:** Non-offenders, all ages, all sexes, & LGTBQ.

**Capstone Counseling**

**851 N Main St., Logan, UT**  
**550 N Main St., Logan, UT • 801-341-0411**  
[www.capstoneprograms.com](http://www.capstoneprograms.com)

**Services:** Outpatient therapy for individuals and groups, couples counseling, domestic violence counseling, and evaluation/assessment services. Offers educational classes such as anger management, parenting, prime for life, and cognitive reconstruction classes.

**Cost:** Accepts most major insurances; Medicaid or Medicare are not accepted. Self-pay option and payment plans are available. Contact for more information on discounts.

**Admission:** Adults, ages 18 or older.

**Christensen, Travis LCMHC**

**60 E Center St., Logan, UT • 435-994-8367**  
*Se Habla Español*

**Services:** Individual, couple, and group therapy.

**Cost:** Accepts most major insurances. Self-pay option is available. Accepts ecclesiastical payment.

**Admission:** Individuals, ages 5 or older.

**Chuck Sharp Counseling CMHC**

**431 W 200 N, Brigham City, UT • 435-225-1132**  
*French Services*

**Services:** Counseling and therapy for all ages.

**Cost:** Accepts most insurance. Self-pay option is available.

**Comprehensive Treatment Clinic**

**40 W Cache Valley Blv. suite 10A • 435-787-2272**  
[www.addictionshealing.com](http://www.addictionshealing.com)  
**Services:** Assessments, partner/spouse treatment, biofeedback therapy, nuerofeedabck therapy, individual/group psychotherapy, phone consultation, sexual behavior evaluation, mental health evaluation, modified IOP for sexual compulsivity, and marital and family therapy.  
**Providers:** Matthew Hedelius, PsyD, LCSW; Todd Freestone, LCSW; Jacob Stacy, LCSW; Chris Wade, LCSW.  
**Cost:** Accepts most insurances. Cash rate is available.

**Covenant Sex Therapy**

**130 S. Main Street, Logan, UT • 385-312-9844**  
[www.covenantsextherapy.com](http://www.covenantsextherapy.com)  
**Services:** Sexual pain disorders, sexual desire disorders, general sexual dysfunction, sexual behaviors and pornography or sex addiction. Couple therapy, and mood disorder therapy.  
**Provider:** Bryan Kubricht, PhD, LMFT.  
**Cost:** Accepts some insurances. Out of pocket pay, and clergy pay are also available.

**Family Institute of Northern Utah**

**175 E Pioneer Ave., Logan, UT • 435-752-1976**  
[www.finu.org](http://www.finu.org)  
*Se Habla Español*  
**Services:** Outpatient mental health services provided for couples, individuals, and families. We address issues including depression, anxiety, PTSD, family violence, survivors of crime, thinking errors, etc. Emergency on-call therapist available 24/7.  
**Providers:** Jeannine Nielson, MS, LMFT; Bryan Ramboz, PhD, LMFT; Allison Hale, CSW; Alex Hansen, LCMHC; Kevin Barlow, MS, LMFT; Tracy Sorensen, LCMHC.  
**Cost:** Accepts most major insurances and Employee Assistance Programs. Medicaid or Medicare not accepted. Self-pay option with a sliding fee is available for some services.  
**Admission:** Accepts clients ages 12 and older.

**The Family Place**

**1525 N 200 W, Logan, UT • 435-752-8880**  
**10 N 600 E, Hyrum, UT • 435-752-8880**  
**502 S Main St., Smithfield, UT • 435-752-8880**  
[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)  
**Services:** Counseling for children, individuals, couples, and families for general mental health needs, with speciality in trauma. Crisis counseling and group therapy are also available.  
**Providers:** Reece Nielson, LMFT; Analee Pacheco, LCSW; Patricia Winn, CSW; Reyna Perry, CSW; Sharon Bingham, LMFT; Diane Calloway-Graham, PhD; AnnaMarie Koopman, CSW; Jud Christensen, LMFT; Madison Elliott, CSW; Jessi Shipley, CSW.  
**Cost:** Accepts most insurances. Self-pay discounts and sliding-fee scales available depending on income and family size. Clergy-pay is also available. Some obtainable free services to eligible individuals and families.  
**Admission:** No age limit.

**Fraleigh, Lisa DO**

**965 S 100 W suite 204, Logan, UT • 435-213-3797**  
**Services:** Counseling for gender confusion, depression, addiction, anxiety, PTSD, eating disorders, and developmental delays.  
**Cost:** Accepts most major insurances. Medicaid and Medicare are not accepted. Self-pay option available at \$300 for initial visit, \$150 after initial visit.  
**Admission:** Children and adolescents up to age 20.

**Gunn, Miriam LMFT**

**270 N Main St., Logan, UT • 435-770-6025**  
[www.miriamgunn.com](http://www.miriamgunn.com)  
**Services:** Therapy for individuals. Specializes in anxiety, depression, and trauma. Equine assisted therapy, eye movement desensitization and reprocessing (EMDR), and life coaching are also offered.  
**Cost:** Accepts Bluecross Blueshield, and PEHP insurances. Medicaid and Medicare are not accepted. Self-pay option is available.

**Irman-Miles, Terri LCSW**

**18 N 200 E suite 311, Tremonton, UT • 435-452-2025**  
[www.milescounselingservices.com](http://www.milescounselingservices.com)  
**Services:** Counseling for individuals, couples, and families with anxiety, depression, relationship issues, PTSD, etc. Crisis intervention is also offered.  
**Cost:** Accepts some insurance. Contact for more information. Self-pay rate is available at \$105 per session. Check, credit card, or cash are accepted.  
**Admission:** Individuals, ages 18 or older.

**Jones, Stacy PhD**

**95 W 100 S suite 102, Logan, UT • 435-753-1600 ext. 101**  
**Services:** Individual, couple, and family therapy. Specialization in attachment-based, cognitive behavioral, dialectical, EMDR, and family or marital therapies.

**Krambule, Sandy LMFT**

**580 N Main St. suite 250C, Logan, UT • 435- 881-7966**  
**Services:** Counseling for children, adolescents, couples, and families for anxiety, depression, problem solving, etc.  
**Cost:** Accepts some insurance, contact for more information, Medicaid and Medicare are not accepted. No sliding fee scale is offered. Out-of-pocket discount for self-pay on the day of service is offered.

**LDS Family Services**

**175 W 1400 N suite A, Logan, UT • 435-752-5302**  
**\*Also in Brigham City by arrangement**  
[www.providentliving.org/lds-family-services](http://www.providentliving.org/lds-family-services)  
*Se Habla Español*  
**Services:** Counseling to individuals, couples, and families. Also offers addiction recovery and support for young, pregnant women.  
**Providers:** Brock Alder, LCSW; Cathy Anderson, LMFT; Jared Bohman LCSW; Elizabeth Lund, LCSW; Jeff McBride LMFT; Brian Ramboz, LMFT; Amber Shepherd, MSW; Paul Sinley, LMFT; Patricia Sjeldsted, MSW; Dan Sorensen, MSW; Jared Taylor, LCSW; Brad Kelstrom, LCSW; Kwin Willis, LMFT.  
**Cost:** Call for details and options.  
**Admission:** Accepts all ages.

**Logan Psychiatry**

**Intermountain Budge Clinic, 1350 N 500 E, Logan, UT • 435-716-1280**  
*Se Habla Español or Other Language Services*  
**Services:** Outpatient therapy for individuals and medication management.  
**Providers:** Sam Weber, MD; Darrell A. Roberge, DO; Tyler J. Christensen, PhD; Angela M. Martinez, LCSW; Ken Weigand, PsyD; Eric M. Barker, MD.  
**Cost:** Accepts most major insurance. Private pay is \$75 on the day of visit, and payment plan/financial assistance is available.

**Midtown Community Health Center**

**550 E 1400 N suite Y, North Logan, UT • 435-752-7060**  
**Services:** Individual and family therapy for depression, anxiety, abuse, trauma, anger management, couple/parenting concerns, etc.  
**Cost:** Starts at \$15.  
**Admission:** Must be underinsured or uninsured to qualify for services.

**Miggin, Dan LMFT**

**75 W 100 S suite 120, Logan, UT • 435-554-1041**  
[therapists.psychologytoday.com/279355](http://therapists.psychologytoday.com/279355)  
**Services:** Treats most individual mental health problems through the use of brief therapy strategies. Specializes in treating marital issues such as hurtful communication habits, addictions, or even affairs. Provides premarital counseling to help couples get off to a good and healthy start.  
**Cost:** Accepts SelectMed, Blue Cross Blue Sheild insurance and is reimbursable as an "out-of-network" provider for all other insurances.  
**Admission:** All ages, including youth.

**Mt Logan Clinic**

**246 E 1260 N, Logan, UT • 435-750-6300**  
[www.mtloganclinic.com](http://www.mtloganclinic.com)  
**Services:** Individual, marital, family, or group therapy, comprehensive psychological evaluation, etc.  
**Providers:** Bruce Johns, PhD, PC; Kyle Hancock, PhD; Jeremy C.Hilton, LCSW; Sara Boghosian, PhD; Kendal Pritchard, CMHC; Brad Stokes, CRC.  
**Cost:** Contact for billing questions.

**North Logan Therapy Associates**

**186 E 1800 N, North Logan, UT • 435-213-3062**

[www.Northlogantherapy.com](http://www.Northlogantherapy.com)

**Services:** Therapy for individuals, couples, families, adolescents and adults. Visit their website for information about each therapist and their specialty.

**Providers:** Camille Petersen, LMFT; Candace Spendlove, LMFT; Charity Goodrich, LCMHC; Jennifer Walker, LAMFT; Dana Jackson, LCSW; Heather E. Olsen, LCSW; Jan Wimmer, LCSW, ASUDC; LeAnn Durfey, LCSW; Pamela K. King, LMFT; Maureen Killila, LCMHC; Melanie Elder-Stoddard, LCSW; Miriam Gunn, LMFT; Tricia Danielson, LMFT; Megan Oka, LMFT.

**Cost:** Call for information on insurance and pricing for each individual therapist.

**Peak Mental Health**

**965 S 100 W suite 103, Logan, UT • 435-994-9754 • 435-890-0198**

[www.Peakmentalhealth.net](http://www.Peakmentalhealth.net)

**Services:** Individuals, couples, and family counseling. See website for more details in specializations.

**Providers:** Shani Jensen, LCSW; Julie Swensen LCSW.

**Cost:** Accepts most insurance, average cost is \$120-\$150 per session. Contact for details.

**Price, Cristine CMHC**

**130 S Main St. suite 215, Logan, UT • 435-915-6915**

[www.cristineprice.com](http://www.cristineprice.com)

**Services:** Outpatient therapy for individuals and groups.

**Cost:** Accepts most major insurances; Medicaid and Medicare are not accepted. Out-of-pocket discounts for self-pay are available.

**Priestley Mental Health**

**75 S 1st W, Preston, ID • 208-852-2370**

*Se Habla Español*

**Services:** Psychotherapy for individuals, families, and couples. Case management services, skills building CBRS, peer and family support, and EAP services available if eligible.

**Providers:** David Priestly, LCSW; Karen Hull, LCSW; Dallas Spencer, LCSW; Cami Fellows, LCSW; Krista Carlson, LMSW; Trent Alder, LMSW; Angelika Gutenberger, LPC.

**Cost:** Accepts most major insurances and Idaho Medicaid and Medicare. Self-pay option is available. Payment from ecclesiastical leaders is accepted. Accepts all major credit cards.

**Spendlove, Alan CMHC**

**1635 N 200 E, North Logan, UT • 435-213-9977**

**Services:** Individual, couple, or family therapy for critical incidents, PTSD, and personality disorders. Therapy for parents of kids with childhood trauma also available.

**Cost:** Accepts most major insurances. A sliding scale fee is available for those without insurance.

**Admission:** Must be 17 or older.

**Trice, Jill LCSW**

**1755 N 400 E suite 103, North Logan, UT • 435-760-6721**

**Services:** Individual, couple, and family therapy. Specializes in anxiety, depression, and addictions.

**Cost:** Accepts most major insurance; Medicare is accepted. Out-of-pocket discounts for self-pay are available.

## USU Marriage and Family Therapy Clinic

**750 N 950 E, Logan, UT • 435-797-7430**  
[www.scce.usu.edu/services/marriage-family-therapy](http://www.scce.usu.edu/services/marriage-family-therapy)  
 email: [sorensonmft@usu.edu](mailto:sorensonmft@usu.edu) • *Se Habla Español*

**Services:** Therapists are Master’s students. Individual and family outpatient therapy, marriage and family therapy, group therapy, child play therapy, evaluations for mental health, substance abuse, domestic violence, psycho-sexual, certified programs for anger management, sex offender treatment, Department of Workforce referrals, divorce/meditation education, and theft interventions.

**Cost:** Fees are determined on a sliding fee scale based on income and family size. No one will be denied services due to inability to pay.

## USU Department of Psychology - Behavioral Health Clinic

**3rd floor, Sorensen Center Logan, UT • 435-797-3401**  
[scce.usu.edu/services/psychology](http://scce.usu.edu/services/psychology)

**Services:** Individual and child counseling. Also offers learning disability, ADHD and IQ testing. Bachelors, Masters or PhD program student counselors provide counseling services under the supervision of licensed counselors.

**Cost:** Does not accept insurance. Charges are based on sliding fee scale based on family size, income, and poverty rates.



# CRISIS SERVICES



### Bear River Valley Hospital Emergency Department

**905 N 1000 W, Tremonton, UT • 435-207-4500**  
[www.intermountainhealthcare.org](http://www.intermountainhealthcare.org)  
*Se Habla Español and Other Language Services*

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**Services:** On call, 24-hour coverage for crisis.

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**Cost:** Accepts most insurance. Accepts patients without insurance. Self-pay option is available.

### Bear River Mental Health

**90 E 200 N, Logan, UT • 435-752-0750**  
[www.brmh.org](http://www.brmh.org)  
*Se Habla Español*

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**Services:** Mental health crisis hotline available 24 hours a day, where you will be directly forwarded to a therapist.

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**Cost:** Free.

### Box Elder Family Support Center

**276 N 200 E, Brigham City, UT • 435-723-6010**  
[utahfamilysupport.org/brigham/index.html](http://utahfamilysupport.org/brigham/index.html)  
*Se Habla Español*

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**Services:** Crisis nursery, emergency child care, and crisis counseling. Picture ID and child immunization record required for crisis nursery.

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**Cost:** All services are free.

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**Admission:** Children, ages 0-11, who live in Box Elder County.

### Brigham City Community Hospital

**950 S Medical Dr., Brigham City, UT • 435-734-9471**  
[www.brighamcityhospital.com](http://www.brighamcityhospital.com)  
*Se Habla Español or Other Language Services*

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**Services:** An on call crisis worker is available for any situation including deaths, tragedies, or psychiatric situations. Tele-crisis services are available 24/7.

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**Cost:** Accepts most insurances, and Medicare and Medicaid. Out-of-pocket discounts for self-pay are available. Charity policy for those who cannot pay is available.

### Cache Pride Center

**596 E 900 N, Logan, UT • 435-363-5473**  
[cachepridecenter.org](http://cachepridecenter.org)

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**Services:** Therapist on call for crises and crisis care. Temporary assistance available. See website for full details.

### CAPSA - Citizens Against Physical and Sexual Abuse

**308 W 1000 N, Logan, UT • 435-753-2500**  
[www.capsa.org](http://www.capsa.org)  
*Se Habla Español*

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**Services:** Emergency shelter for abuse and sexual assault victims, counseling, a 24-hour crisis hotline, and case work assistance available.

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**Cost:** Free.

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**Admission:** Must be fleeing domestic or sexual assault/violence; verbal, mental, or physical.

### Family Promise

**814 W 800 S, Salt Lake City, UT • 801-961-8622**  
[www.fpsl.org](http://www.fpsl.org)

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**Services:** Temporary shelter for homeless families.

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**Cost:** Free.

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**Admission:** Homeless families only. Shelter is drug-free. No pets allowed. There is a waitlist for admission.

### Logan Regional Hospital- Emergency Department

**1400 N 500 E, Logan, UT • 435-716-1000**  
[intermountainhealthcare.org/](http://intermountainhealthcare.org/)  
*Se Habla Español or Other Language Services*

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**Services:** 24-hour emergency care to anyone; cannot refuse emergency care.

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**Cost:** Accepts most major insurances, and Medicaid and Medicare. Out-of-pocket discounts for self-pay are available.

### New Hope Crisis

**435 E 700 S, Brigham City, UT • 435-723-5600 or 877-723-5600**

[www.newhopecrisiscenter.com](http://www.newhopecrisiscenter.com)

*Se Habla Español*

**Services:** Available 24-hours for emergency situations. Provides crisis shelter and protective orders. Call day or night and ask for an advocate.

**Cost:** Free.

**Admission:** Victims of domestic violence or sexual assault- must contact advocate directly.

### Ogden Rescue Mission

**2775 Wall Ave., Ogden, UT • 801-621-4360**

**Services:** Shelter, meals, and a clinic.

**Cost:** Free.

**Admission:** Must present a photo ID.

### Pregnancy Resource Center of Salt Lake City

**644 S 900 E, Salt Lake City, UT • 801-363-5433**

**24 Hour Hotline: 800-712-HELP (4357)**

[www.pregnancyresource.net](http://www.pregnancyresource.net)

**Services:** Medical services such as pregnancy verification, limited obstetrical ultrasounds, sexual health information about STIs/STDs, and appropriate medical referrals. Options counseling, Life Steps (parenting classes), Stepping up (mentoring for Dads), Pathway to Hope (post-abortive support), and Reality Check (abstinence-based sexual health and relationship education) are also offered.

**Cost:** Free and confidential.

**Admission:** Contact to see if you qualify for admission.

### The Family Place

**1525 N 200 W, Logan, UT • 435-752-8880**

**10 N 600 E, Hyrum, UT • 435-752-8880**

**502 S Main St., Smithfield, UT • 435-752-8880**

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

*Se Habla Español*

**Services:** 24-hour emergency care is available for children 11 and under. 24-hour crisis hotline. Face-to-face crisis counseling is also available during regular business hours.

**Cost:** All services are free.

**Admission:** Emergency care for children ages 0-11.

### The Family Support Center

**1760 W 4805 S, Taylorsville, UT • 801-955-9110**

**3663 S 3600 W, West Valley, UT • 801-967-4259**

**777 W Center St. (7720 S), Midvale, UT • 801-255-6881**

**2020 Lake St. (740 E), Salt Lake City, UT • 801-487-7778**

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

**Services:** Offers a crisis nursery for children up to age 11. In West Valley, there is a 24/7 crisis nursery. In Taylorsville, anger management, domestic violence, parenting, and blended families classes are available. Also offer Life Start Village Program for single parents.

**Cost:** Crisis nursery is free. Contact for information on classes.

**Admission:** Child must be healthy and parents must have legal custody of children.

### YCC Family Crisis Center

**2261 Adams Ave., Ogden, UT • 801-394-9456**

**24/7 Hotline: 801-392-7273**

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

*Se Habla Español*

**Services:** Domestic violence shelter for men and women. Parenting classes, rape counseling, self-esteem classes, and men and women domestic violence classes are also provided. Contact YCC Family Crisis Center for times of classes.

**Cost:** Free. There is a \$25 deposit for the 10- week parenting course.

**Admission:** For the classes, you must register before the classes begin.

# RESIDENTIAL TREATMENT



## Avalon Hills

175 E 100 N, Logan, UT • 435-755-0434

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

**Services:** Treats and assists adolescent females and adult women in overcoming a full range of eating disorders.

**Cost:** Contact for more information.

**Admission:** Adolescent females and adult women.

## Brighton Recovery Center

6000 S 1075 E, South Ogden, UT • 801-479-7035

[www.brightonrecoverycenter.com](http://www.brightonrecoverycenter.com)

**Services:** Residential treatment for substance abuse and dual diagnoses. Intensive outpatient services are also offered.

**Cost:** Accepts insurance; Medicaid and Medicare are not accepted. Out-of-pocket discounts for self-pay, and financial arrangements are available.

**Admission:** Criteria based on clinical review. Contact for more information.

## Catalyst

970 S 1025 W, Brigham City, UT • 435-723-4600

[www.catalystrtc.com/](http://www.catalystrtc.com/)

**Services:** Residential treatment center specializing in young men who struggle with low self-esteem, anxiety, depression, and substance addiction, misuse, and abuse.

## Logan River Academy

1683 S Hwy 89/91, Logan, UT • 435-755-8400

[www.loganriver.com](http://www.loganriver.com)

*Se Habla Español or Other Language Services*

**Services:** Adolescent residential treatment facility offering mental health services, education services, and residential care services.

**Cost:** Accepts most major insurances. Public funding is accepted. Self-pay option is available.

**Admission:** Visit website for more admission criteria.

### Paradise Creek Recovery

40 W 1250 N #10a, Logan, UT • 855-442-1912

[www.paradisecreekrecovery.com](http://www.paradisecreekrecovery.com)

**Services:** Offers a 28- day residential treatment program for process addictions, especially sex addictions.

**Cost:** Unable to bill insurance. Financing options are available.

**Admission:** Accepts males 18 years or older.

### Synergy Youth Treatment Center

4473 W 13400 N, Cornish, UT • 435-213-3123

[info@synergy4youth.com](mailto:info@synergy4youth.com)

[synergyyouthtreatment.com/](http://synergyyouthtreatment.com/)

**Services:** Mild to moderate residential home. See "About" section on website for more information.

**Cost:** Contact center for pricing information.

**Admission:** Boys between ages of 13-18. Contact for more information.

### Triumph Youth Services

62 S 950 W, Brigham City, UT • 435-538-5064

[www.triumphyouthservices.com](http://www.triumphyouthservices.com)

**Services:** Residential treatment services for boys 13-21 for substance abuse, mental health issues, as well as behavioral issues.

**Cost:** Accepts most insurances; Medicaid and Medicare are not accepted. Financial arrangements are available. No discounts available.

**Admission:** Boys, ages 13-21.

### Uinta Academy

3746 S 4800 W, Wellsville, UT • 435-245-2600

[uintaacademy.com](http://uintaacademy.com)

**Services:** Inpatient residential treatment that includes psychiatric services for individual, family, or group. Equine therapy and therapeutic daily milieu are also available.

**Cost:** Self-pay. Contact for details.

**Admission:** Girls only.

# USU STUDENT SERVICES



## Access and Diversity Center

**Taggart Student Center, Room 315, Logan, UT • 435-797-1728**

**access@usu.edu**

[www.usu.edu/accesscenter/](http://www.usu.edu/accesscenter/)

*Se Habla Español*

**Services:** A safe and reliable place for students. LGBTQA, multicultural, and non-traditional programs are available to help promote access, enhance students' educational experience, partner for retention, foster responsible citizenship, and develop diverse student leaders.

## Bear River Health Department

**655 E 1300 N, Logan, UT • 435-792-6500**

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

*Se Habla Español*

**Services:** Scheduled counseling sessions, help line, advice for friends or family members of those who may be struggling.

**Cost:** \$50 per session or \$70 if an evaluation is needed. Have the ability to bill insurance.

**Admission:** Adults and youth over 8.

## Counseling and Psychological Services (CAPS)

**Utah State University, Taggart Student Center Room 306, Logan, UT • 435-797-1012**

[www.usu.edu/counseling/services/](http://www.usu.edu/counseling/services/)

**Services:** Counseling and therapy.

**Admission:** Counseling, therapy, crisis appointments, consultation, group workshops, and online resources for USU students enrolled in at least nine credit hours.

## Disability Services

**Disability Resource Center, University Inn Room 101 Logan, UT • 435-797-2444**

[www.usu.edu/drc](http://www.usu.edu/drc)

**Services:** Provide academic, personal, and career counseling to assist students with disabilities in the development of personal and financial independence. Other support services also provided.

**Admission:** Applicants are evaluated on an individual basis according to compliance with the Rehabilitation Act of 1973, the Americans with Disabilities Act or on other program resources that are available.

## Student Health Services

**Student Health Services, 850 E 1200 N, Logan, UT • 435-797-1660**

[www.usu.edu/health/](http://www.usu.edu/health/)

**Services:** Convenient and cost-effective health care for students at Utah State University. Provides psychiatric services as well as counseling and therapy. Provides on and off campus referrals for treatment, drug abuse screenings, facts/statistics, and signs to recognize that you might be at risk.

**Cost:** Professional services are covered by the Student Health Fee, which is paid with tuition. Laboratory testing, x-rays, or medications from the pharmacy are at a reduced nominal cost, payable by insurance.

**Admission:** Accept referrals or self-admittance.

## Sexual Assault and Anti-Violence Information Office

**Taggart Student Center Room 311, Logan, UT •**

**Hotline: 435-797-RAPE (7272)**

[www.usu.edu/saavi](http://www.usu.edu/saavi)

**Services:** Safe and confidential counseling, advocacy, and information to ANYONE at USU who is a survivor of or has questions about sexual assault, rape, dating violence, domestic violence, stalking, hate crime, hazing, etc.

**Cost:** Free for students, faculty, and staff at USU.

**Admission:** Self-referral or referral from staff, police, or CAPSA.

# SUPPORT GROUPS



## Adult Grief Support Group

**Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716-5081**

**Email: [shannon.rhodes@imail.org](mailto:shannon.rhodes@imail.org)**

**Services:** Monthly open discussion on the first Wednesday at 5:30 PM.

**Cost:** Free.

**Admission:** Open group for adults ages 18 or older.

## Alcoholics Anonymous

**Various Locations, Various times**

Find a meeting in your area on the web: [www.utahaa.org/meetinglist.html](http://www.utahaa.org/meetinglist.html)

**Services:** 12-Step program where members share experiences to support recovery from alcohol addiction. See website for meeting time location and information.

**Cost:** Free.

## Brigham Suicide Prevention Coalition

**35 S Main Street, Brigham City, UT • 435-720-3174 • 435-720-3239 (text or call)**

**Email: [brighamsuicideprevention@gmail.com](mailto:brighamsuicideprevention@gmail.com)**

**[brighamsuicideprevention.org](http://brighamsuicideprevention.org)**

**Services:** Mental health and suicide related support groups, and suicide prevention trainings. Typically meet the 1st and 3rd Thursday of every month, but can change from month to month, contact for more information.

**Cost:** Free.

**Admission:** Anyone who has been affected by suicide.

## Cache Pride Center

**596 E 900 N, Logan, UT • 435-363-5473**

**[cachepridecenter.org](http://cachepridecenter.org)**

**Services:** Preteen support group Tuesday from 5-8 pm for LGBTQIAP+ ages 10-14; Teen support group Fridays from 5-8 pm for LGBTQIAP+ ages 14-18. Parent support groups and other adults groups also available. See website for full details.

**Cost:** Free.

**Admission:** Preteen 10-14, Teen 14-18, and adult groups.

**CAPSA - Citizens Against Physical and Sexual Abuse**

**308 W 1000 N, Logan, UT • 435-753-2500**

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

*Se Habla Español*

**Services:** Educational and therapy support groups for adults and children survivors of domestic violence and sexual assault. Women groups, "BrainWise" children group, life skills; teen groups.

**Cost:** Free.

**Admission:** Children: 8-11, teen:14-17, and adults.

**Forget-Me-Not**

**Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716-5081**

[shannon.rhodes@imail.org](mailto:shannon.rhodes@imail.org)

**Services:** Children's grief workshop.

**Cost:** Free.

**Admission:** Individuals, ages 6-18.

**Grief Relief**

**The Gables of Brigham City, 997 S 800 W, Brigham City, UT •**

**Gillies Funeral Chapel: 435-723-5236**

[www.gfc-utah.com](http://www.gfc-utah.com)

*Se Habla Español*

**Services:** Support group for any type of loss. Group meets twice a month on Wednesday from 6:00-7:30 PM in the Community Room. Please enter the building through the West door.

**Cost:** Free.

**Heart t' Heart**

**450 E 100 S Room 10, Hyrum, UT • 435-512-2108**

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

**Services:** 12-Step recovery resource for any addiction; any faith is welcome. Developed by the Church of Jesus Christ of Latter Day Saints. Enter through southeast door. Online meetings also available. See website for more details.

**Cost:** Free.

**Mending Moments**

**Logan Library-Juniper Room, 255 N Main St., Logan, UT • 435-938-1620**

[www.facebook.com/mendingmomentscommunity/](http://www.facebook.com/mendingmomentscommunity/)

**Services:** Support group run by suicide loss survivors. Connect with others who have similar experiences to offer support and understanding for individuals dealing with loss from suicide.

**Cost:** Free.

**Narcotics Anonymous**

**Northern Utah Area, various location and times • 877-479-6262**

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

**Services:** Support group for drug addiction. For meeting times and locations, see website.

**Cost:** Free.

**National Alliance for the Mentally Ill (NAMI)**

**Brigham City, UT • 801-323-9900 or 877-230-6264**

**90 E 200 N, Logan, UT • 435-787-4165**

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

[www.namiut.org/find-resources-by-county/](http://www.namiut.org/find-resources-by-county/)

**Services:** Various support groups for people with mental illness and their families. Contact for more details for specific support groups. For the Logan office, enter on the North side and down the stairs.

**Cost:** Free.

**Admission:** Adults, ages 18 or older.

**Peaceful Healing**

**AquaWorx, 209 S 300 W Second Floor, Logan, UT • 435-716-8541**

**Services:** Sponsored by Sunshine Home Health & Hospice. Opened-ended support group for grief, loss, and bereavement. Offered every Monday from 3:30-4:30 PM. Stroke survivors support group are also held at AquaWorx-call for information.

**Cost:** Free.

**The Family Place**

**1525 N 200 W, Logan, UT • 435-752-8880**

**10 N 600 E, Hyrum, UT • 435-752-8880**

**502 S Main St., Smithfield, UT • 435-752-8880**

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

**Services:** Workshops on mindfulness and self-care, group therapy, and other resources to help provide support and healing to victims of abuse or trauma.

**Cost:** Free.

# HOT LINES



## Adult Protective Services

**800-371-7897**

[daas.utah.gov/adult-protective-services/](https://daas.utah.gov/adult-protective-services/)

**Services:** Report abuse, neglect, or exploitation of vulnerable adults.

## Bear River Health Department-Substance Abuse Help Line

**Logan: 435-881-0368**

**Box Elder: 435-730-2793**

**Services:** 24-hour help/information line and substance abuse support.

## Bear River Mental Health

**Box Elder: 435 452-8612**

**Cache/Rich: 435-752-0750**

*Se Habla Español or Other Language Services*

**Services:** Mental Health Emergency intervention and assistance.

## CAPSA- Citizens Against Physical and Sexual Abuse

**308 W 1000 N, Logan, UT • 435-753-2500**

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

*Se Habla Español*

**Services:** 24-hour crisis counseling for abuse and sexual assault victims: verbal, mental, or physical.

## Child Abuse and Neglect- DCFS

**855-323-3237**

[dcfs.utah.gov/](https://dcfs.utah.gov/)

*Se Habla Español*

**Services:** Report an abuse or suspected abuse situation.

## Child Find of America- Parent Hotline

Parent help: 800-716-3468

Location services: 800-I-AM-LOST

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

**Services:** Conflict management, skill building, conflict intervention, co-parenting, runaway/throwaway children, and location services.

**Childhelp National Child Abuse**

**800-422-4453 or 800-4-A-Child**  
[www.childhelp.org/](http://www.childhelp.org/)  
**Services:** Reporting child abuse, receiving information on child abuse, or to speak with a Childhelp counselor.

**Crisis Text Line**

**Text "HOME" to 741-741**  
[www.crisistextline.org/textline/](http://www.crisistextline.org/textline/)  
**Services:** 24/7 counseling for suicide or ANY crisis moment.

**National Alliance on Mental Health Illness-Utah**

**801-323-9900**  
[www.namiut.org](http://www.namiut.org)  
**Services:** Educates about mental illness, offers resources to those in need, and insist that mental illness become a high national priority. Offers an array of peer education, training programs, and initiatives. Provides services for family members, individuals, health care providers, and the general public.

**National Parent Helpline**

**855-427-2736 or 855-4A PARENT**  
[www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)  
**Services:** Emotional support, information, and empowerment for parents/caregivers.

**National Suicide Prevention Lifeline**

**800-273-8255 (TALK)**  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)  
**Services:** 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Rape Recovery Center Crisis Hotline**

**801-467-7273**  
[www.raperecoverycenter.com/](http://www.raperecoverycenter.com/)  
**Services:** 24-hour crisis line for reporting sexual assault/rape, receiving support, and accessing other resources.

**South Valley Services Domestic Violence Helpline**

**801-255-1095 Ext. 0**  
[svsutah.org/](http://svsutah.org/)  
**Services:** Domestic violence support shelter.

**The Family Place Information and Referral Service**

**435-752-8880**  
[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)  
*Se Habla Español*  
**Services:** 24-hour parenting crisis hotline for questions about parenting, concerns about children, and emergency situations. Crisis counseling for victims of abuse/crime.

**UNI Crisis Line**

**801-587-3000**  
[healthcare.utah.edu/uni/clinical-services/crisis-diversion/](http://healthcare.utah.edu/uni/clinical-services/crisis-diversion/)  
*Se Habla Español or Other Language Services*  
**Services:** 24/7 hotline providing crisis intervention, emotional support, problem solving, referral to available resources, and risk assessment.

**Utah Domestic Violence Link Line**

**800-897-5465 (LINK)**  
[www.udvc.org/resources/get-help-now.html](http://www.udvc.org/resources/get-help-now.html)  
**Services:** 24/7 helpline for those who are in danger from domestic violence.

**Utah Poison Control**

**800-222-1222**  
[poisoncontrol.utah.edu/](http://poisoncontrol.utah.edu/)  
**Services:** 24-hour poison crisis support, information, and educational resources.

**Veterans Crisis Line**

**800-273-8255 (TALK) & Press 1 or Text 838255**  
[www.veteranscrisisline.net/Chat](http://www.veteranscrisisline.net/Chat)  
**Services:** The Veterans Crisis Line connects veterans in crisis, their families, and friends with qualified professionals who understand military culture and can help confidentially.

# OTHER RESOURCES



## \*211 Information & Referral

**Dial \*211 (with most phone providers) or 888-826-9790**

[www.uw.org/211/](http://www.uw.org/211/)

*Se Habla Español or Other Language Services*

**Services:** Information on employment, emergency shelter/housing, support groups, food assistance, and any other human resources.

## American Association of Suicidology

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

**Services:** Referral links and support for attempted suicide survivors, clinicians who have lost a patient or loved one to suicide, and for individuals who have lost loved ones to suicide.

## American Foundation for Suicide Prevention

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

**Services:** Suicide prevention education, support, and research.

## Bear River Association of Governments (BRAG)

**170 N Main St. Logan, UT • 435-752-7242**

[www.brag.utah.gov](http://www.brag.utah.gov)

*Se Habla Español*

**Services:** Variety of services for older adults, veterans, family caregivers, or those who are homeless. Housing assistance for lower income households, home weatherization, and winter utility assistance.

## Box Elder Family Support Center

**276 N 200 E, Brigham City, UT • 435-723-6010**

**1386 S Main St., Garland, UT • 435-730-5898**

[utahfamilysupport.org/brigham/index.html](http://utahfamilysupport.org/brigham/index.html)

*Se Habla Español*

**Services:** Family life education classes and in-home classes.

**Cost:** All services are free with the exception of one education class.

**Admission:** For classes, those eligible are families in Box Elder County with children under the age of 18, regardless of income.

**Brigham Suicide Prevention Coalition**

**35 S Main Street, Brigham City, UT • 435-720-3174 • 435-720-3239 (text or call)**  
**Email: [brighamsuicideprevention@gmail.com](mailto:brighamsuicideprevention@gmail.com)**  
[brighamsuicideorevention.org](http://brighamsuicideorevention.org)  
**Services:** Support groups, volunteer opportunities to increase awareness of suicide prevention locally.  
**Admission:** Anyone interested in suicide prevention.

**Cache Suicide Prevention Coalition**

**Facebook: @CacheSPC**  
**Instagram: @cache\_spc**  
**Email: [cachespc@gmail.com](mailto:cachespc@gmail.com)**  
**Services:** Support groups, and volunteer opportunities. A group of community volunteers who meet monthly to help increase awareness of suicide prevention in their local community.  
**Admission:** Anyone interested in suicide prevention.

**CAPSA - Citizens Against Physical and Sexual Abuse**

**308 W 1000 N, Logan, UT • 435-755-2500**  
[www.capsa.org](http://www.capsa.org)  
*Se Habla Español*  
**Services:** Emergency shelter, support network, support and safety planning, housing program, order of protection, 24/7 support phone line, and volunteering opportunities.  
**Cost:** Free.

**Center for Persons with Disabilities**

**765 N 990 E, Logan, UT • 435-797-1981**  
[www.cpdusu.org](http://www.cpdusu.org)  
*Se Habla Español or Other Language Services*  
**Services:** Services for children and adults with developmental delays and disabilities.  
**Cost:** Varies depending on program or service; see website for more information.  
**Admission:** Varies; see website for more information.

**Center for Pregnancy Choices**

**90 N 100 E suite 140, Logan, UT • 435-752-1222**  
[www.centerforpregnancychoices.com/](http://www.centerforpregnancychoices.com/)  
**Services:** Confidential peer counseling related to pregnancy.  
**Cost:** All services are free.

**Cancer Survivor Network, The American Cancer Society**

**800-227-2345**  
[www.cancer.org/csn](http://www.cancer.org/csn)  
**Services:** Connects survivors and provides sharing of resources and information.

**Department of Workforce Services**

**180 N 100 W, Logan, UT • 866-435-7414**  
**138 W 990 S, Brigham City, UT • 866-435-7414**  
[www.jobs.utah.gov](http://www.jobs.utah.gov)  
*Se Habla Español*  
**Services:** Financial assistance, emergency assistance, Medicaid, SNAP program, child care subsidy, stake employment information, job board, and job training.

**Help Me Grow Utah**

**901-691-5322**  
[www.helpmegrowutah.org](http://www.helpmegrowutah.org)  
*Se Habla Español*  
**Services:** Information on general child development and parenting topics, referrals to community resources (intervention agencies, family therapy, literacy support, mentoring/tutoring programs, etc.), developmental screening questions, and more.  
**Admission:** Children, ages 0-8.

**Juvenile Mental Health Court**

**43 N Main St., Brigham City, UT • 435-434-4600**  
**135 N 100 W, Logan, UT • 435-750-1296**  
**Services:** Identify and coordinate appropriate treatment services, ensure compliance with appropriate treatment services, recognize and reward progress, provide sanctions, provide skills classes for youth and parents, and provide credit for community service.  
**Admission:** Must be in the court jurisdiction.

### King, Pamela LMFT

270 N Main St., Logan, UT • 435-557-0567

[www.solutionpay.net](http://www.solutionpay.net)

**Services:** Speaker/trainer on healthy relationships and organizational behavior.

**Cost:** Contact Pamela King.

### Life Line for Attempt Survivors

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

**Services:** Support resources for attempted suicide survivors, their families, friends, and therapists. Therapists and support group finder, crisis line, and suicide survivor videos/stories also are available.

### Live Through This

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

**Services:** Attempted suicide survivor support and prevention education. Referral links for suicide crisis text line, transgender suicide lifeline, e-mental health services, LGBTQ youth, suicide prevention, attempted suicide survivors, families, and friends support/education are available.

### Logan Family Center

50 S 400 E, Logan, UT • 435-755-5171

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

**Services:** Lending library for childrens books, parenting books, & toys. Love & Logic classes for parents. Preschool and summer camps with parent involvement.

**Cost:** Free.

### Now Matters Now

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

**Services:** Free online video based public resource providing dialectical Behavioral Therapy or DBT for those considering suicide.

### Options for Independence

106 E 1120 N, Logan, UT • 435-753-5353

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

*Se Habla Español*

**Services:** Services to individuals with any type of disability, at any range. Some services include self-advocacy and self-empowerment support groups, assist with transportation by loaning equipment (a deposit is required), autism support group, independence support group, guidance and support, and a community integration program.

**Cost:** Most services are free; contact for more information.

### Pregnancy Care Center

142 S 100 W suite 101, Brigham City, UT • 435-723-0500

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

*Se Habla Español*

**Services:** Pregnancy tests and counseling, ultrasound, and the Earn While You Learn Program parenting class.

**Cost:** Free.

### Suicide Prevention Resource Center

877-438-7772 or 877-GET-SPRC

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

*Se Habla Español*

**Services:** Suicide prevention education and information. Best Practices Registry (BPR) provided on website.

**Cost:** Free.

## The Family Place

**380 W 1400 N, Logan, UT • 435-752-8880**  
**10 N 600 E, Hyrum, UT • 435-713-0704**  
**502 S Main St., Smithfield, UT • 435-755-5872 Limited Hours**  
[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)

**Services:** Parenting workshops and seminars; workshops and education for children. Kid’s Empowered (formerly known as Good Touch Bad Touch) and Darkness to Light; weekly scheduled care (respite) for children 11 and under; family friendly activities; services/information specific to abuse and victimization. Also available for speaking engagements related to the family and parenting (i.e., discipline, communication, stress management, etc.).

**Cost:** Services are provided at low to no cost.

**Admission:** Varies, visit office or TheFamilyPlaceUtah.org for more information.

## USU Food \$ense-Extension Services

**Cache County, 179 N. Main St. suite 111, Logan, UT • 435-752-6263**  
[extension.usu.edu/cache](http://extension.usu.edu/cache)  
**Box Elder County, 01 South Main St. Brigham City, UT • 435-695-2542**  
[extension.usu.edu/boxelder](http://extension.usu.edu/boxelder)

**Services:** Information and classes about healthy relationships, finances, youth mentoring programs, food preparation, and gardening.

## Mental Health and Suicide Prevention APPS

- Calm
- Happify: for Stress & Worry
- Headspace: Meditation and Sleep
- I Am - Positive Affirmations
- KnowBullying by SAMSHA
- Mood App: Journal
- Moodpath: Depression and Anxiety
- My3 - Support Network
- SafeUT
- Suicide Safety Plan
- Virtual Hope Box

