



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



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

Continued on next page

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



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



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



Therapy services

Community Directory for Cache County
brhd.org/services/other

Continued on next page

Cache and Rich Counties cont.

CAPSA

435-753-2500

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



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.

Continued on next page

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