

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

www.mhanational.org

www.mentalhealth.gov

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

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

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/

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

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

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

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

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

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

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

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, & LGBTQ.

Capstone Counseling

851 N Main St., Logan, UT
550 N Main St., Logan, UT • 801-341-0411

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

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

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
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

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

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
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
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
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
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
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
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
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 Gutenberg, 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
 email: 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

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

Se Habla Español and Other Language Services

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

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

Se Habla Español

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

Cost: Free.

Box Elder Family Support Center

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

utahfamilysupport.org/brigham/index.html

Se Habla Español

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

Cost: All services are free.

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

Se Habla Español or Other Language Services

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

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

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

Se Habla Español

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

Cost: Free.

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

Services: Temporary shelter for homeless families.

Cost: Free.

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/

Se Habla Español or Other Language Services

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

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 <i>Se Habla Español</i>
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
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 <i>Se Habla Español</i>
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/
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/ <i>Se Habla Español</i>
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/

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

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/

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

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

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

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

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

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/
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
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/

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

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/

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

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

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

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

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

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

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

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

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

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/

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

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

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

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/

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

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/

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/

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/
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/
Services: 24/7 counseling for suicide or ANY crisis moment.

National Alliance on Mental Health Illness-Utah

801-323-9900
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/
Services: Emotional support, information, and empowerment for parents/caregivers.

National Suicide Prevention Lifeline

800-273-8255 (TALK)
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/
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/
Services: Domestic violence support shelter.

The Family Place Information and Referral Service

435-752-8880
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/
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
Services: 24/7 helpline for those who are in danger from domestic violence.

Utah Poison Control

800-222-1222
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
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/

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/

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/

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

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

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
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
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
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
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/
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
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
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
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

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

Cost: Contact Pamela King.

Life Line for Attempt Survivors

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

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

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

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

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

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/

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

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
Box Elder County, 01 South Main St. Brigham City, UT • 435-695-2542
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

