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INTRODUCTION
This directory is intended to promote mental wellbeing. This content is being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval 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 state & federal sponsored insurance. Medicaid is an 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. Medicaid is a federal-state program. It varies from state to state.

Medicare: 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: These are individuals who have no health insurance.

Underinsured: This includes individuals who do not have mental health benefits or adequate mental health coverage.

Behavioral Health Network
Uninsured or underinsured individuals might qualify to receive 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.
• Take a QPR class to learn about preventing suicide. Classes taught through the Bear River Health Department at 435-792-6500 or CAPSA at 435-753-2500.

LEARN MORE ABOUT MENTAL HEALTH:
www.samhsa.gov
www.mentalhealthamerica.net/
www.nimh.nih.gov/health/topics/index.shtml
Lovestrong
40 W Cache Valley Blvd Ste 3c Logan, UT 84341 • 435-535-1203
www.lovestrong.com
Services: Sex Addiction Recovery, Betrayal Trauma Healing, Group Therapy, Trauma Therapy.
Providers: Tyler Patrick, LMFT; Bryon Paulsen, LCSW; Jon Bartholomew, CMHC; Steve Flanary, CSW.
Cost: Self-Pay, Third Party Pay, Bishop Pay $80 - $200

Aller, Ty LMFT
545 W 465 N Ste 130 Providence, UT • (385) 290-4541 x101
Services: Child behavioral problems, individual couples and family therapy counseling, parent-child relationships, and LGBTQ therapy.
Cost: $110 - 140 per session. Accepts some insurances. Self-pay option available.

Anderson, Kent PhD
545 W 465 N suite 130, Providence, UT • 435-752-7627 •
https://kentwandersonphdpc.com/
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 for self-pay.

Associated Psychotherapists
120 N Main St., 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, LMFT. Tyler Beckstrand, LMFT
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 Lake Community Health Center
325 W Logan Hwy Garden City, UT 84028 • 435-496-3660 • bearlakecommunityhealthcenter.org • Habla Espanol
Services: Medical, Dental, Behavioral Health, Pharmacy, Nutrition, Counseling
Providers: Kristin Buys, Nancy Weston, Dr. Mark Weston
Cost: Varies

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 Espanol 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 public.
Cost: A sliding fee scale is available and insurance is accepted.

Bear River Mental Health
950 South 663 West, 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 • 435-752-0750
www.brmh.com • Se Habla Español
Services: Psychologist testing, assessments, behavior management, crisis services, psychotherapy, and medication management and other services...
Cost: Services provided to Medicaid eligible, individuials 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.

Box Elder Community Health Center
5 W 200 N Brigham City, UT 84302 • 435-723-7999
bearlakecommunityhealthcenter.org • Habla Espanol
Services: Counseling for depression, anxiety, PTSD and trauma, pornography and other addictions, anger management, coping with acute and chronic health conditions, marital/couple problems, parenting concerns, and other mental health conditions. Services are offered via Telehealth.
Providers: Bryan Whetton, Dr. Nabil Youseff
Cost: Varies

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: Crisis & Respite Nursery, Case Management, Family Life Education, Family Therapy.
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 Ketamine & Mental Health
115 W Golf Course Road Suite E, Logan UT • 435-999-4059
cacheketamine.com
Services: Medication management, Ketamine treatments, medical cannabis, Spravato
Providers: Colby Martin PA, Ashley Smith PMHNP, Ashley Peterson FNP
Cost: Varies depending on services. We accept most insurances
Admission: All ages.

Cache Valley Community Health Centers
1515 N 400 E suite 104, North Logan, UT • 435-755-6061
517 W 100 N STE 110, Providence, UT 84332 • 435-755-6075
www.bearlakecommunityhealthcenter.org • Se Habla Espanol
Services: Counseling for depression, anxiety, PTSD and trauma, pornography and other addictions, anger management, coping with acute and chronic health conditions, marital/couple problems, parenting concerns, and other mental health conditions.
Providers: Daniel Jeffery, Ian Troesoyer, Dr. Rex Nielsen, Naomi Landry, Dr. Nabil Youseff, Dr. Sven Peery, Troy Benallie, Jacob Hunsaker, Phillip Archibald, SueZan Johnson, Stephen Walker, Nancy Weston LCSW; Nancy Weston, DNP; Nate Zurcher, DNP, APRN, TMHNP. Ben Boyer, Dr. Glenn Robertson, Ryan Carr, Nathan Zurcher, Carla Smithe Zurch
Cost: Varies
Cache Valley Counseling
525 W 465 N STE 130, Providence, UT • 435-535-3169
www.cvcounselingservices.com

Services: Individual, couple, family and group therapy.
Providers: Chelsea Petersen, LMFT, ACMHC; Julie Dymock, AMFT; Spencer Dutson, AMFT; Conrad Cannell, Laura Whitney, Takoma Lindsay, Aubrey Housekeeper, Jeffrey Allen

Cost: $150+

Campbell, Sue PhD, MFT
965 S 100 W Ste 203 Logan, UT • 435-752-1976


Cost: Accepts most major insurances, EAP’s from some insurances, and partial sliding-fee scales are available for those who qualify. Self-pay options are available. 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: Domestic Violence Shelter, Therapy, Sexual assault survivor support and advocacy, 24/7 crisis line, youth advocacy, education and prevention, training, social/casework

Providers: Leila Elmi-Stuart, LCSW; Clinical Director; Melanie Peckham, LCSW; Sherrie Arnold, ACMHC; McKensie Bartholomew, LCSW; Dennis Wildman, CSW; Candice James, CSW; Jane Thornton, MSW; Hailey Bowler, MSW

Cost: Free, regardless of insurance status.

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

Capstone Counseling
851 N Main St., Logan, UT 84341-0411
www.capstonecounselingcenters.com

Services: Evaluations, PRIME For Life, Court Ordered Educational Classes (theft, thinking errors, anger management, parenting, appropriate conduct, etc.), and Outpatient Treatment (IOP/GOP)

Cost: Varies per service. Accepts most major insurances; Medicaid or Medicare are not accepted. Self-pay option and payment plans are available.

Admission: Adults, ages 18 or older.

Chuck Sharp Counseling LPC
431 W 200 N, Brigham City, UT • 435-225-1132 • 435-723-1063

French Services

Services: Counseling and therapy for all ages.

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

Christian, David PhD
629 S 575 W Logan, UT • 435-753-1600 Ext. 101

Services: Outpatient therapy.

Cost: Self-pay rate for first visit is $150, standard self-pay rate is $100. Call for information about insurances.

Comphrehensive Treatment Clinic
40 W Cache Valley Blvd. suite 10A • 435-787-2272
www.addictions-healing.com

Services: Assessment, partner/spouse treatment, biofeedback therapy, neurofeedback 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.

Cost: Accepts most insurances. Cash rate is available.

Clear Direction Counseling: Christensen, Travis LCMHC
60 E Center St. STE 110 Logan, UT • (435) 258-8533
Se Habla Español

Services: Individual, couple, and group therapy.

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

Accepts payment from ecclesiastical leader.

Admission: Individuals, ages 5 or older.
### Covenant Sex Therapy

**130 S Main St. #119, 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.

**Providers:** Call for list of providers.

**Cost:** Accepts some insurances. Out of pocket pay, and clergy pay are also available.

### Family East Institute of Northern Utah

**190 East Center Street Logan, UT 84321 • (435) 752-1976**  
[www.finiu.org](http://www.finiu.org)  
**Se Habla Español**

**Services:** Outpatient mental health services provided for couples, individuals, and families. We address issues including depression, anxiety, PTSD, family violence and survivors of crime, thinking errors, etc. Hours are Monday-Thursday from 9 AM to 5 PM. 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; Jeani Peck, M.S.

**Cost:** Most major insurance and Employee Assistance Programs accepted. We do not accept Medicaid or Medicare. Self-pay is also accepted and we have a sliding fee 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 specialty in trauma. Crisis counseling and group therapy are also available.

**Providers:** Reece Nielsen, 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.
Miles Counseling Services - Iman-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 insurance; contact for more information. Check, credit, card, paypal or cash are accepted.
Admission: Individuals, ages 18 or older.

Intermountain Healthcare Budge Psychiatry
Intermountain Budge Clinic, 1350 N 500 E, 3rd Floor Logan, UT • 435-716-1280
Services: Mental Health Counseling
Providers: Angela Martinez, LCSW, Ken Weigand, PsyD, Tyler Christensen, PhD.
Cost: Varies

Jones, Stacy PhD
95 W 100 S suite 102, Logan, UT • 435-216-9937
www.theratechtxusa.com
Services: Individual, couple, and family therapy. Specialization in attachment-based, cognitive behavioral, dialectical, EMDR, and family/marital therapies.
Cost: $100-$150/session. Many insurances accepted. Call for more information.

Jardine, Nichole LCSW
545 W 465 S suite 130, Providence, UT • (435) 213-3583
Services: Specializes in mood disorders, anxiety, co-dependency, divorce, suicidal ideation, LGBTQ trauma, and PTSD.
Cost: Accepts some insurance. Self-pay option is available.

Keystone Counseling - Scott Hull
75 west 100 south suite # 200 • 435-255-1214
Services: Mental health counseling for individuals. Specializes with emotional regulating, anxiety, depression, and life-changing situations.
Cost: $100 self pay $120 for insurance

King, Pamela, LMFT
274 N Main Street, Logan, UT • 435-213-9278 www.solutionsplay.net
Services: Solution-focused therapy. Experienced in trauma resolution, depression, anxiety, and family relations. Keynote speaker on healthy family and workplace.
Cost: Call for more information.

LDS Family Services
175 W 1400 N suite A, Logan, UT • 435-752-5302
*Brigham City Office • jolleycr@churchofjesuschrist.org • 435-723-8228
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; Jared Bohman LCSW; Jeff McBride LMFT; Brian Ramboz, LMFT; Paul Sinley, LMFT; Dan Sorensen, MSW; Jared Taylor, LCSW; Brad Kelstrom, LCSW; Kwin Willis, LMFT.
Cost: Call for details and options.
Admission: Accepts All Ages

Logan Mental Health and Wellness
1638 N 200 W Logan UT • 435-754-7120 • Loganmhw.org
Services: Therapy and Med Management and Nutritionist
Providers: Paige Barnard, Cija Hauer, Ani Eccles, Amy Bowen, Lee Williams, Rachel Rood
Cost: Varies on provider

Main Street Therapy
274 North Main Street • 435-213-9278 • www.mainstreettherapyassociates.com/
Services: Mental health, Play Therapy
Providers: Pam King, Dr. Megan Oka, Dolores Michaels, Becky Lynn Spotten, Lesli Dustin, Joseph Yang, Brittany Jordan, Kelly Young.
Cost:$65-150

Midtown Community Health Center
550 E 1400 N Suite Y North Logan, UT • 435-752-7060
Se Habla Español
Services: Counseling to individuals 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.
**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: See website

Cost: Contact for billing questions.

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**New Beginnings Therapy**

95 West 100 South • 435-915-6398 • newbeginningtherapy.net

Services: Outpatient mental health for individuals 15 years and older, couples, and families

Providers: Dr. Carly LeBaron LMFT, Ashley Bell LAMFT, Madeleine Pugmire CSW, Amanda Crosland CSW Intern

Cost: $75-$160

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**North Logan Therapy Associates**

186 E 1800 N, North Logan, UT • 60 E Center Street, Logan, UT 84321 • 435-213-3062 • [www.northlogantherapy.com](http://www.northlogantherapy.com)

Services: Therapy for individuals, couples, families, adolescents and adults.

Providers: Visit website for information about each therapist and their specialty. See website for providers that fit your needs; categorized by age groups.

Cost: Call for information on insurance and pricing for each individual therapist. Insurance billed through provider names.

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**Oka, Megan PhD, LMFT**

Sorensen Center for Clinical Excellence, USU, Logan, UT • 493 N 700 E, Logan, UT 84321 • (435) 213-9278

Services: Play therapy, anxiety, depression, trauma, divorce/separation, ADHD, behavioral problems, and families with disabilities.

Cost: Accepts Blue Cross Blue Shield insurance.

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**Peak Mental Health**

965 S 100 W suite 103, Logan, UT • 435-753-1635  
[www.PeakMentalHealth.net](http://www.PeakMentalHealth.net)

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

Cost: Accepts insurance, average cost is $100-120 per session.

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**Price, Cristine CMHC**

517 W. 100 N. Suite 202 Providence, UT • 435-915-6915 • [www.cristineprice.com](http://www.cristineprice.com)

Services: Outpatient therapy for individuals, couples, families and groups.

Comprehensive Healing.

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

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**Priestley Mental Health**

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

[priestleymentalhealthinc.com](http://priestleymentalhealthinc.com) • 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; Dallas Spencer, LCSW; Steve Flanary, LMSW; Angelika Gutenberger, LPC; Alyssa Dyer, MSW, LSW.

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.

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**Sorensen Center for Clinical Excellence, USU, Logan, UT**

435 N 700 E, Logan, UT 84321 • (435) 213-9278

Services: Provides premarital counseling to help couples get off to a good and healthy start.

Cost: $120-$140 Accepted Insurance plans - SelectHealth and Out of Network

Admission: All ages, including youth.

186 E 1800 N, North Logan, UT • 60 E Center Street, Logan, UT 84321 • 435-213-3062  
[www.northlogantherapy.com](http://www.northlogantherapy.com)

Services: Treats most individual mental health problems through the use of brief therapy strategies. Specializes in treating marital issues to help couples heal their troubled marriage from hurtful communication habits, addictions, or even affairs. Provides premarital counseling to help couples get off to a good and healthy start.

Cost: $120-$140 Accepted Insurance plans - SelectHealth and Out of Network

Admission: All ages, including youth.

75 W 100 S suite 120, Logan, UT • 435-554-1041  
[therapists.psychologytoday.com/279355](http://therapists.psychologytoday.com/279355)

Services: Provides premarital counseling to help couples get off to a good and healthy start.

Cost: $120-$140 Accepted Insurance plans - SelectHealth and Out of Network

Admission: All ages, including youth.
Quality Youth Services
180 S 600 W Logan UT • 877-393-6232 • qualityyouthservices.com
Providers: LCSW, CSW in person and online
Cost: Sliding scale, multiple insurance boards

Randall, Marque PhD
1300 N 200 E suite 114A, Logan, UT • 435-753-2687
Services: Individual, couple, and family therapy.
Cost: Accepts most major insurances. A sliding scale fee is available for those without insurance. Self-pay option is available.
Admission: Individuals, ages 12 or older.

Resilience Counseling Services
2072 N Main St, ste 205 North Logan, UT 84341 • (435) 612-0788
resiliencecachevalley.com
Services: Individual, couple, group and family therapy.
Providers: C.J. Sorenson, LCSW; Andee Bott, CSW; Erin Black, CSW; Brook Murphy, CSW
Cost: $120 for intake; $90 for therapy session

Spendlove, Alan CMHC
1635 N 200 E, North Logan, UT • 435-213-9977
alanspendlovecounseling.com/
Services: Individual, couple, or family therapy for critical incidents, PTSD, and personality disorders. Therapy for parents of kids with childhood trauma.
Cost: Accepts most major insurances. A sliding scale fee is available for those without insurance.
Admission: Must be 17 or older

Time to Blossom
75 W.100 S, suite 200 Logan Utah 84321 • 435-554-8534
Services: Therapy
Providers: Jackie Andersen
Cost: $125-150

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
6405 Old Main Hill, Logan, UT • 435-797-7430 • sorensonmft@usu.edu
www.scce.usu.edu/services/marriage-family-therapy
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, psychosexual, certified programs for anger management, sex offender treatment, Department of Workforce referrals, divorce/meditation education, 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, Sorenson Center Logan, UT • 435-797-3401
Services: Individual and child counseling. Also offers learning disability, ADHD and IQ testing. Masters or PhD 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.

Utah Behavior Services
35 Skyline Dr, Ste 103 Brigham City, UT 84302-6773 • 801-255-5131
www.utahbehaviorservices.com
Services: Mental Health, Medication Management, and ABA services
Providers: We have many providers licensed as LCSW’s, Psychologists, Family Nurse Practitioners, Psychiatric Mental Health Nurse Practitioners, and Behavior Analysts
Cost: We accept most insurances and have Private Pay plans to accommodate client needs
CRISIS SERVICES

Bear River Valley Hospital Emergency Department
905 N 1000 W, Tremonton, UT • 435-207-4575
www.intermountainhealthcare.org
Se Habla Español and Other Language Services
Services: On call, 24-hour coverage for crisis. Telecrisis Services 24/7
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 24/7, where you will be directly forwarded to a therapist.
Cost: All services are free.

Box Elder Family Support Center
276 N 200 E, Brigham City, UT • 1386 S. Main Street, Garland, UT 84312 • 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 or tele-crisis services are available 24/7.
Cost: Accepts most insurances; Medicaid and Medicare are accepted. Out-of-pocket discounts for self-pay are available. Charity policy for those who cannot pay is applied.
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<th>Address</th>
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<td>Cache Pride Center</td>
<td>596 E 900 N, Logan, UT • 435-250-4048 <a href="mailto:info@cachepridcenter.org">info@cachepridcenter.org</a></td>
<td></td>
<td></td>
<td></td>
<td>Therapist on call for crises and crisis care, Temporary Services available. Youth programs and peer support groups. See website for full details.</td>
<td>Free</td>
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<td>CAPSA - Citizens Against Physical and Sexual Abuse</td>
<td>308 W 1000 N, Logan, UT • 435-753-2500 <a href="http://www.capsa.org">www.capsa.org</a> Se Habla Español</td>
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<td></td>
<td>Emergency shelter for abuse and sexual assault victims, counseling, a 24-hour crisis hotline, and case work assistance.</td>
<td>Free</td>
<td>Must be fleeing domestic or sexual assault/violence; verbal, mental, or physical.</td>
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<td>Family Promise</td>
<td>814 W 800 S, Salt Lake City, UT • 801-961-8622 <a href="http://www.fpsl.org">www.fpsl.org</a></td>
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<td>Temporary shelter for homeless families.</td>
<td>Free</td>
<td>Homeless families only. Shelter is drug-free. No pets allowed. There is a waitlist for admission.</td>
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<td>Logan Regional Hospital- Emergency Department</td>
<td>1400 N 500 E, Logan, UT • 435-716-2240 intermountainhealthcare.org/ Se Habla Español or Other Language Services</td>
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<td>24-hour emergency care to anyone; cannot refuse emergency care.</td>
<td>Accepts most major insurances; Medicaid and Medicare are accepted. Out-of-pocket discounts for self-pay are available.</td>
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<td>Mobile Crisis Outreach Team</td>
<td>Available 24/7/365 • 1-800-273-8255 (TALK)</td>
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<td>Services: MCOT provides fast, free, face-to-face or virtual video response. MCOT is for Utah residents who are having a mental health challenge. Youth and adult services teams are available and offer consultation and support to individuals, families, schools, treatment providers, and first responders.</td>
<td>Free</td>
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<tr>
<td>New Hope Crisis</td>
<td>435 E 700 S, Brigham City, UT • 435-723-5600 or 877-723-5600 <a href="https://newhopecrisiscenter.org/">https://newhopecrisiscenter.org/</a> Se Habla Español</td>
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<td>Crisis shelter and provide protective orders. Available 24-hours for emergency situations. Call day or night and ask for an advocate.</td>
<td>Free</td>
<td>Victims of domestic violence or sexual assault- must contact advocate directly.</td>
</tr>
<tr>
<td>Ogden Rescue Mission</td>
<td>2775 Wall Ave, Ogden, UT • 801-399-3058</td>
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<td>Services: Shelter, meals, and a clinic. MWF 3-5pm Sign in at 6pm when beds are available.</td>
<td>Free</td>
<td>Must present a photo ID.</td>
</tr>
<tr>
<td>Pregnancy Resource Center of Salt Lake City</td>
<td>644 S 900 E #3478, Salt Lake City, UT • 801-363-5433 24 Hour Hotline: 800-712-HELP (4357) pregnancyresource.net</td>
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<td>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), and Reality Check (abstinence-based sexual health and relationship education) are also offered.</td>
<td>Free and confidential.</td>
<td>Contact to see if you qualify for admission.</td>
</tr>
</tbody>
</table>
The Family Place
1525 N. 22 W. Logan, UT • 435-752-8880
10 N 600 E, Hyrum, UT • 435-713-0704
502 S Main St, Smithfield, UT • 435-752-8880
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.

YCC Family Crisis Center
2261 Adams Ave., Ogden, UT • 801-394-9456
24/7 Hotline: 801-392-7273
www.yccogden.org/
Se Habla Español
Services: Domestic violence shelter for men and women. Parenting classes, rape counseling, self-esteem classes, 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.
Avalon Hills
175 E. 100 N, Logan UT • 866-872-5723
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 • 866-582-0983
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 are available. Financial arrangements are available.
Admission: Criteria based on clinical review.

Catalyst
970 South 1025 West, Brigham City, UT 435-723-4600 • info@catalystrtc.com
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 admission criteria.

Paradise Creek Recovery
40 W Cache Valley Blvd Suite 10A, Logan, UT • 855-442-1912
2666 S US Hwy 81, Malta, ID
www.paradisecreekrecovery.com
Services: Offers a 28 & 42 day residential treatment program for process addictions, especially sex addictions. Extended programs as needed.
Cost: Unable to bill insurance. Financing options are available.
Admissions: Accepts males 18 years or older.

Triumph Youth Services
62 S 950 W, Brigham City, UT • 435-494-1740
www.triumphyouthservices.com
Services: Residential treatment services for boys 12-17 for substance abuse, mental health issues, as well as behavioral issues. An accredited secondary school.
Cost: Accepts most insurances; Medicaid and Medicare are not accepted. Financial arrangements are available. No discounts available.
Admission: Boys, ages 12-17.

Uinta Academy
3746 S 4800 W, Wellsville, UT • 435-245-2600
untaacademy.com
Services: Inpatient residential treatment that includes psychiatric services and individual, family, group, and group equine therapy and therapeutic daily milieu.
Cost: Self-pay. Contact for details
Admission: Girls only, ages 12-21

Bear River Mental Health Residential Group Home
78 West 1000 North Logan, UT • (435) 753-7053
brmh.com/residential-group-home/
Services: Group therapy, individual therapy, medication management, personal development, skill building activities, employment assistance, socialization rehabilitation.
Cost: Contact Bear River Mental Health for more information.
Admission: Contact Bear River Mental Health for more information.
Inclusion Center
Taggart Student Center, Room 315, Logan, UT • 435-797-1728
inclusion@usu.edu
www.usu.edu/inclusion/
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
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. We have 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/aggiewellness/mental-health.
Services: Counseling, therapy, crisis appointments, consultation, group workshops and online resources.
Admission: USU students enrolled in at least nine credit hours. Six hours for graduate students.

Disability Resource Center
Disability Resource Center, University Inn Room 101 Logan, UT • 435-797-2444
www.usu.edu/drc
Services: The DRC works with individuals, faculty, and staff to ensure that students with disabilities can fully participate in University programs, services, and activities.
Admission: No qualified student with a disability shall, on the basis of disability, be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination under any postsecondary education program or activity.
Student Health and Wellness Center
Student Health and Wellness Center, Rm 102 • 435-797-1660
https://www.usu.edu/aggiewellness/shwc/
Services: Convenient and cost-effective health care for students at Utah State University. Provide psychiatric services as well as counseling and therapy. Provide 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, pharmacy services off campus only.
Admission: Accept referrals or self-admittance.

Sexual Assault and Anti-Violence Information Office
Taggart Student Center Room 311, Logan, UT • Hotline: 435-797-7273
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.
Adult Grief Support Group
Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716-5081
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 and 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 • 435-225-5764 (text or call)
brighamsuicideprevention@gmail.com
www.brighamsuicideprevention.org/offerrings
Services: Mental health and suicide related support groups and suicide prevention trainings. Typically meet for loss support group the first 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 • 435-250-4048
cachepridecenter.org
info@cachepridecenter.org
Services: Preteen support group Tuesday from 5-7 pm for LGBTQIAP+ ages 10-14; Teen support group Fridays from 6-8 pm for LGBTQIAP+ ages 14-18.
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.

Depression and Bipolar Support Alliance
831-915-7654 • dbscachecoutny@yahoo.com • DBSAlliance.org/FindSupport •
for more information call or email
Services: For those affected by depression and bipolar disorder, these support groups offer interpersonal support, coping strategies, decision making strategies, information about medications and treatment.

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. Adult grief group, 1st Wednesday of each month at 5:30pm.
Cost: Free.
Admission: Children: ages 6-18, adults 19 +

Grief Relief
634 E 200 S, 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, Gilles Funeral Chapel. See website for schedule
Cost: Free.

Mending Moments
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
831-915-7654 • dbscachecoutny@yahoo.com • DBSAlliance.org/FindSupport •
for more information call or email
Services: Support group for drug addiction. For meeting times and locations, see website.
Cost: Free.
**National Alliance on Mental Illness (NAMI)**

90 East 200 North, Logan, UT • 435-787-4165
namicachevalley.org

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.

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**Options for Independence**

106 East 1120 North, Logan UT • (435) 753-5353 • www.optionsind.org/

Services: Educational and Support Groups for various disabilities. May include: autism, low vision, independent living skills and more. Call for more information as groups are always changing. Willing to consider formation of new groups.

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**Peaceful Healing**

209 West 300 North, 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.

Cost: Free.

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**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

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.

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**Utah Twelve-step Information Network**

https://www.utin.org/contact/

Services: Provides contacts for many different support groups including, Al Anon, Cocaine Anonymous, Narcotics Anonymous, Overeaters Anonymous, Sexaholics Anonymous and more.

Cost: Free.
**Childhelp National Child Abuse**
800-422-4453 call or text
[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 Illness-Utah**
800-950-6264 or helpline@nami.org
[www.namut.org](http://www.namut.org)
Services: Educates about mental illness, offers resources to those in need, and insist that mental illness become a high national priority. Offer an array of peer education and training programs, initiatives, and 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) • dialing code 988
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)
Services: 24-hour support for those having suicidal thoughts.

**Rape Recovery Center Crisis Hotline**
888-421-1100
Se Habla Español 801-924-0860
[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
svsutah.org/
Services: Domestic violence support shelter.

SafeUT
833-372-3388 • online chat available
Services: Provides real time, emotional support and crisis prevention 27/4 to students, parents, and educators. You can chat with a licensed counselor for support or submit a confidential tip right from your smartphone.

SafeUTNG
833-3SAFENG or 833-372-3364
Services: SafeUTNG is an app for National Guard Members (active duty), their partners/family members, and civilian personnel. The app gives you 24/7 access to licensed mental health counselors by: phone, live chat, or, submitting a confidential tip.

The Family Place Information and Referral Service
435-752-8880
www.thefamilyplaceutah.org
Se Habla Español
Services: 24-hour parenting crisis hotline; questions about parenting, concerns about children, and emergency situations. Crisis counseling for victims of abuse / crime.

UNI Crisis Line
801-587-3000
Se Habla Español or Other Language Services - Text HOLA to 741741
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)
https://udvc.org/get-help/
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 & 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.

Warm Line
833-SPEAKUT (833-773-2588) or 801-587-1055
Services: If you need to talk to someone, you can call the Utah Warm Line for that support. Free for all callers.
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, transportation, support groups, food assistance, healthcare expenses, substance abuse, domestic violence, and any 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
2535 S Hwy 89, Perry, UT • 435-723-1111
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.

Behavioral Health Services Navigation
833-442-2211/ Adults • 801-313-7711/ Children
Services: Sponsored by Intermountain Healthcare, make just one call to find help to access behavioral health resources.
Cost: Open and free for anyone who needs mental health support. 7AM - 7PM
Box Elder & Cache County Family Support Centers
276 N 200 E, Brigham City, UT • 435-723-6010
1386 S Main St., Garland, UT • 435-730-5898
380 W 1400 N, Logan, UT • 435-752-8880
10 N 100 E Hyrum, UT
befsc.org/ • utahfamilysupport.org/find-a-center/cache-county/
Se Habla Español
Services: Family life education classes and in-home classes, respite nursery, and family therapy.
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: brigham-suicide-prevention@gmail.com
brigham-suicide-prevention.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: @CacheSPC • Email: cachespc@gmail.com
Services: Volunteer opportunities. A group of community volunteers who meet monthly to help increase awareness of suicide prevention in their local communities.
Admission: Anyone interested in suicide prevention.

Cancer Survivor Network, The American Cancer Society
800-227-2345
www.cancer.org/csn
Services: Connect survivors and sharing of resources and information.

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 Pregnancy Choices
90 N 100 E suite 140, Logan, UT • 435-752-1222
www.centerforpregnancychoices.com/
Services: Confidential peer counseling related to pregnancy, abortion information, adoption information, maternity and infant supplies, medical referrals, parenting education, post abortion support, pregnancy tests, STD/STI information, and support for men.
Cost: All services are free.

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
801-691-5322
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.
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.

Institute for Disability Research, Policy & Practice
765 N 990 E, Logan, UT • 435-797-1981
www.idrpp.usu.edu
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.

Juvenile Mental Health Court
199 North Main St, Logan, UT • (435) 755-1860
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.

Now Matters Now
www.nowmattersnow.com
Services: Dialectic Behavioral Therapy or DBT for those considering suicide. Website offers videos with tips and advice from people who have been there.

Open Counseling
www.opencounseling.com/
Services: Provides information on how to choose a therapist, answers common questions around counseling and therapy, free guides and videos.
Cost: Free

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.

Personalized Mind Plan
Services: Answer 5 questions to get top tips and tailored advice that work for you
Try the plan to boost your wellbeing today - and make sure to email it for quick access and to easily swap in new ideas.

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, pregnancy options, support throughout pregnancy, and the Earn While You Learn Program parenting class.
Cost: Free.

Stabilization & Mobile Response
1-833-SAFE-FAM (723-3326)
https://hs.utah.gov/smr
Se Habla Español
Services: For families with children/youth ages 0-20 experiencing challenges such as aggressiveness, theft, apathy, depression/ anxiety, difficulty in school, bullies or bullied, sever changes in mood, developmental disabilities.
Cost: Free, family guided, and youth driven.
Suicide Prevention Resource Center
800-273-TALK (8255)
www.sprc.org/
Se Habla Español
Services: Suicide prevention education and information. Best Practices Registry (BPR) provided on website.
Cost: Free.

Talking About Suicide Blog
https://talkingaboutsuicide.com/
Services: Blog for attempted suicide survivor support and education, Referral links for suicide crisis lines, attempted suicide support groups, therapists, military suicide research, suicide forums, suicide speakers, and support for those who have attempted suicide or have suicide.
Cost: Free.

Create Better Health
https://extension.usu.edu/createbetterhealth/
Cache County, 179 N. Main St. suite 111, Logan, UT • 435-752-6263
Box Elder County, 01 South Main St. Brigham City, UT • 435-695-2542
Services: Help people cook healthy meals on a budget, buy and prepare whole foods, understand food labels, practice safety in the kitchen, and much more. With the increase in disease and obesity in the United States, there is an obvious need for more education to promote positive lifestyle changes. Create Better Health is designed to increase the knowledge, skill set, and overall well-being of those it serves.
Cost: Free

Mental Health and Suicide Prevention Apps
Calm
Happify: For Stres & Worry
Headspace: Meditation & Sleep
I am - Positive Affirmations
KnowBullying by SAMSHA
Mood App: Journal
Moodpath: Depression & Anxiety
My3 - Support Network
SafeUT
Suicide Safety Plan
Virtual Hope Box