

2024

DAVIS COUNTY

Behavioral Health Directory

Emotional, Mental, and Substance Use Resources



DAVIS **4**
HEALTH



Davis
COUNTY
HEALTH DEPARTMENT

About this Directory

Prepared By:

Davis County Health Department
Health Strategy Bureau
22 S. State St.
Clearfield, Utah 84015
daviscountyutah.gov/health

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Online Navigation

For those accessing the directory online, quickly search for a provider name, service, or term by using the find/search feature (CTRL+F on Windows, Command + F on Mac). All hyperlinked text has been underlined to indicate a live link.

Directory Corrections and Updates

This is a living document and is subject to change. Please contact providers to verify hours, costs, services, etc. Providers are welcome to add or remove information about their agency and services at any time. If there is a resource that you would like to have added to the directory or if you need to update your information, please email healthstrategy@co.davis.ut.us.

The most up-to-date version of this directory, as well as the Spanish Mental Health Directory, can be found at directories.davis4health.org.

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Behavioral Health Provider Credentials

For online users, terms are hyperlinked.

APRN: Advanced Practice Registered Nurse. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Case Manager: A health care professional, usually a nurse or social worker, who works with patients, providers, and health insurance plans to coordinate the continuity and cost-effectiveness of services. *APA Dictionary of Psychology*

Counselor: An individual professionally trained in counseling, psychology, social work, or nursing who specializes in one or more counseling areas, such as vocational, rehabilitation, educational, substance abuse, marriage, relationship, or family counseling. A counselor provides professional evaluations, information, and suggestions designed to enhance the client's ability to solve problems, make decisions, and effect desired changes in attitude and behavior. *APA Dictionary of Psychology*

DO: Doctor of Osteopathic Medicine. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

FNP: Family Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

LCSW: Licensed Clinical Social Worker. *SocialWorkGuide.org*

MD: Doctor of Medicine Profession. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

MPA: Master of Public Administration. *Merriam-Webster Dictionary*

NP: Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

PA: Physician Assistant. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

PA-C: Physician Assistant (certified). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Paraprofessional: A trained but not professionally credentialed worker who assists in the treatment of patients in both hospital and community settings. *APA Dictionary of Psychology*

PhD: Doctor of Philosophy. *Merriam-Webster Dictionary*

Psychiatrist: A physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders. In the United States, education for this profession consists of 4 years of premedical training in college; a 4-year course in medical school, the final 2 years of which are spent in clerkships studying with physicians in at least five specialty areas; and a 4-year residency in a hospital or agency approved by the American Medical Association. The 1st year of the residency is spent as a hospital intern, and the final 3 in psychiatric residency, learning diagnosis and the use of psychiatric medications and other treatment modes. After completing residency, most psychiatrists take a voluntary examination for certification by the American Board of Psychiatry and Neurology. *APA Dictionary of Psychology*

Psychologist: An individual who is professionally trained in one or more branches or subfields of psychology. Training is obtained at a university or a school of professional psychology, leading to a doctoral degree in philosophy (PhD), psychology (PsyD), or education (EdD). Psychologists work in a variety of settings... The professional activities of psychologists are also varied but can include psychological counseling, involvement in other mental health care services, educational testing and assessment, research, teaching, and business and organizational consulting. Formal certification or professional licensing is required to practice independently in many of these settings and activities. *APA Dictionary of Psychology*

Social Work(er): A profession devoted to helping individuals, families, and other groups deal with personal and practical problems within the larger community context of which they are a part. Social workers address a variety of problems, including those related to mental or physical disorder, poverty, living arrangements, child care, occupational stress, and unemployment, especially through involvement in the provision of social services. *APA Dictionary of Psychology*

Therapist: An individual who has been trained in and practices one or more types of therapy to treat mental or physical disorders or diseases. In the context of mental health, the term is often used synonymously with psychotherapist. *APA Dictionary of Psychology*

Learn more:

[MedlinePlus Types of Health Care Providers](#)

Crisis & Support Resources

All lines and centers are 24/7 unless otherwise noted.

Local

Mental Health Crisis Assistance
9-8-8

Life Threatening Emergencies
9-1-1

Crisis Support/Mobile Crisis Outreach Team (MCOT)
Davis Behavioral Health
801-773-7060

Connections- Juvenile Receiving Center
Farmington Bay Youth Center
907 W. Clark Ln.
Farmington, UT 84025
801-447-8000
<https://www.jailexchange.com>
Age Group: Youth 10-17 Yrs Old

Provides immediate crisis respite, short-term placement for youth, and referrals to community agencies.
No appointment is needed to access services.

Receiving Center
Davis Behavioral Health
380 S. 200 W.
Farmington, UT 84025
801-513-2800
dbh.utah.gov/about/facilities/the-receiving-center
receivingcenter@dbh.utah.gov

Functions as a crisis response site and offers brief crisis stabilization for individuals experiencing mental health, substance use, or other behavioral crises.

Non-Emergency Dispatch
Davis County Law Enforcement
801-451-4150

Domestic Abuse Victim Advocate (DAVA) Hotline
HAFB Family Advocacy Program
385-209-1811

Safe Harbor Lifeline and Prevention Center
223 Larson Ln.
Layton, UT 84041
Crisis Line: 801-444-9161
Business Line: 801-444-3191
safeharborhope.org
info@safeharborhope.org

Teen Resource Centers for Students in Crisis
801-402-8385
dcl.davis.k12.ut.us/center-information/staff
jwhitworth@dscdmail.net
Age Group: High School Aged Students
Hours: 7:30am-3:00pm on days school is in session

Offers Davis School District students a safe place to shower, do laundry, study, and access resources. Please contact Jenica Whitworth (phone number and email above) for more information.

State

Behavioral Health Services Navigation

Intermountain Health

1-833-442-2211

Hours: 8am-8pm

Free interpretation offered in Spanish and 19 other languages.

Utah Child Abuse/Neglect Reporting Line

1-855-323-DCFS (3237)

Utah Crisis Line and Suicide Prevention Lifeline

Toll Free: 9-8-8

Local: 801-587-3000

Multi-lingual services are available.

Domestic Violence Information Line (Utah LINKLine)

1-800-897-LINK (5465)

Adult Protective Services Elder Abuse Reporting Line

1-800-371-7897

daas.utah.gov/adult-protective-services

Hours: Mon-Fri 8am-5pm

An online abuse reporting form is available 24/7.

Huntsman Mental Health Institute (HMHI)

801-583-2500

healthcare.utah.edu/hmhi

Intermountain Health Behavioral Health Navigation Service

1-833-442-2211

Hours: 7 days a week 7am-7pm

Provides screening and assessment. Care navigators assess how much help a caller needs with specialized screeners, high-risk calls are transferred to the Utah Crisis Line.

Poison Control Center

1-800-222-1222

poisoncontrol.utah.edu

SAFEUT Crisis Text and Tip Line

801-587-8852

safeut.org

Sego Lily Center for the Abused Deaf

Video Phone: 385-474-2083

help@slcad.org

Hours: Mon-Thurs 9am-6:30pm

Provides advocacy for deaf, deaf/blind, and hard of hearing, victims of domestic abuse and sexual assault.

Stabilization and Mobile Response

1-833-723-3326

sumh.utah.gov/smr/

Trained, caring professionals can provide free resources, services, and support. We can visit your home or do visits virtually. Available 24/7. Ensure safety right now, provide crisis assessment, create a safety plan, and connect to other helpful resources.

Utah Rape Recovery Center

801-467-7273

<https://www.raperecoverycenter.org/>**Hours:** Mon-Fri 9am-5pm**Utah Sexual Violence Crisis Line**

888-421-1100

Utah Warm Line

801-587-1055

<https://healthcare.utah.edu/hmhi/programs/crisis-diversion#utahwarmline>**Hours:** 7 days a week 8am-11pm

Certified Peer support specialists providing hope and empowerment for mental health and substance abuse issues who have experienced it themselves.

Utah Tobacco Quit Line*Way to Quit*

1-800-QUIT-NOW

(1-800-784-8669)

waytoquit.org**Spanish:** 1-855-DÉJELO-YA

(1-855-335-3569)

Spanish Hours: 6am-10pm

National

Center for Missing and Exploited Children

1-800-THE-LOST (1-800-843-5678)

Child Abuse Hotline**Call or Text:** 800-422-4453childhelpline.org**Child Find of America**

1-800-I-AM-LOST

(1-800-426-5678)

Hours: 9am-5pm EST**The Deaf Hotline****Video Phone:** 1-855-812-1001**Domestic Violence Hotline**

1-800-799-SAFE (7233)

TTY: 1-800-787-3224

Text "START" to 88788

Human Trafficking Hotline

1-888-373-7888

Text "HELP" or "INFO" to 233733

LGBTQ National Help Center

1-888-843-4564

lgbthotline.org**Hours:** Mon-Fri 2pm-10pm,
Sat 10am-3pm MST**LGBTQ National Youth Talkline**

1-800-246-7743

Hours: Mon-Fri 2pm-10pm,
Sat 10am-3pm MST

Free and confidential peer support for the LGBTQ and questioning community ages 25 and younger.

Maternal Mental Health Hotline**Call or Text:**

1-833-9-HELP4MOMS

(1-833-943-5746)

Provides free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges.

My Life My Quit

Text "HELP" to 36072

mylifemyquit.com

Free and confidential support for teenagers who want to quit smoking or vaping.

National Alliance for Eating Disorders

1-866-662-1235

<https://www.allianceforeatingdisorders.com/about/>

Free therapist-staffed helpline offering support and referrals for all levels of care.

National Association for Anorexia and Related Disorders

1-888-375-7767

anad.org

Provides free peer support to anyone struggling with an eating disorder.

National Eating Disorder Association (NEDA)

1-800-931-2237

nationaleatingdisorders.org

Supports individuals and families affected by eating disorders with a helpline and a screening tool.

Never Use Alone

1-877-696-1996

neverusealone.com

Hours: 24/7

Overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Peer operators are available 24/7, no stigma, no judgment.

Runaway SafeLine

1-800-RUNAWAY

(1-800-786-2929)

1800runaway.org

SAGE National LGBTQ+ Elder Hotline

1-877-360-LGBT (5428)

sageusa.org

Sexual Assault Hotline

Rape, Abuse & Incest National Network (RAINN)

1-800-656-HOPE (4673)

Smokefree

smokefree.gov

Offers help to you or someone you care about to quit smoking through text and chat support and online resources. Website includes tools for veterans, women, teenagers, older adults, and those who speak Spanish.

StrongHearts Native Helpline

1-844-762-8483

strongheartshelpline.org

A safe, confidential, and anonymous domestic, dating, and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

Substance Abuse and Mental Health Services National Helpline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Teen Dating Specialized Abuse Treatment

1-866-331-9474

TTY: 1-800-787-3224

Text "LOVEIS" to 22522

Trans Lifeline

1-877-565-8860

translifeline.org

Peer support phone service run by trans people for trans and questioning peers.

Trevor Project - Support for LGBTQ Youth

1-866-488-7386

Text 'START' to 678-678

thetrevorproject.org

Veterans Crisis Line

1-800-273-8255 and press 1

veteranscrisisline.net

Online Resources

Mental and Emotional Health

Davis Behavioral Health

<https://www.dbh.utah.org/prevention/>

Emotional Resilience

The Church of Jesus Christ of Latter-day Saints

churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources

Huntsman Mental Health Institute

healthcare.utah.edu/hmhi

MentalHealth.gov

mentalhealth.gov

Mindweather 101

mindweather.org

National Alliance on Mental Illness (NAMI) Utah

namiut.org

ParentGuidance

parentguidance.org

Parent Resources, Davis School District

<https://www.davis.k12.ut.us/departments/student%20family-resources/preventioncommunity>

Resources for parents in the areas of child sexual abuse, human trafficking, bullying, sexting, drugs and alcohol, suicide, and gangs.

F.E.A.S.T

feast-ed.org

Support and education for parents of those with eating disorders.

Give an Hour

<https://giveanhour.org/tools/>

Pornography

Fight the New Drug

fightthenewdrug.org

Resource Locators

Alzheimer's Association Resource Finder

communityresourcefinder.org

Davis4Health

davis4health.org

The LGBTQ+ Affirmative Psychotherapist Guild of Utah

Davis County Online Directory
lgbtqtherapists.com

Make the Connection (Veteran Mental Health Services)

maketheconnection.net

Psychology Today

psychologytoday.com

Therapy for Latinx

therapyforlatinx.com

Substance Misuse

Addictions.com

1-800-697-7420

addictions.com

**Addiction and Substance Use
Disorder Treatment Finder**

findtreatment.gov

Start Your Recovery

startyourrecovery.org

Suicide Prevention

**American Foundation for
Suicide Prevention (AFSP)**

afsp.org

Live On

liveonutah.org

**Northern Utah Hope
Task Force (NUHOPE)**

nuhopeutah.org

**Utah Suicide
Prevention Coalition**

utahsuicideprevention.org

Health Insurance

Medicaid (Online Application)

[medicaid.utah.gov/apply-medicaid](https://www.medicaid.utah.gov/apply-medicaid)

A medical program for people who have low-income and limited resources. Learn more about eligibility for the following populations CHIP, child medically needy, foster care medicaid, child in subsidized adoption, pregnant women, medically needy pregnant woman, baby your baby, parent/caretaker relative medicaid, family medically needy, 12 month transitional, individuals with breast or cervical cancer, aged, blind, or disabled, medicaid work incentive, medically needy, medicaid for long-term care and waiver programs, refugee medicaid, and emergency medicaid.

[medicaid.utah.gov/who-eligible](https://www.medicaid.utah.gov/who-eligible)

Medicare (Online Application)

[ssa.gov/medicare/signup](https://www.ssa.gov/medicare/signup)

The country's health insurance program for people 65+. Medicare Part A and Part B applications go through Social Security allowing individuals to make both retirement and medicare choices and withhold any premiums from benefit payments.

Healthcare.gov (marketplace)

[healthcare.gov](https://www.healthcare.gov)

Health insurance for individuals who don't have access to health insurance through an employer and don't qualify for Medicaid or CHIP.

State CHIP (Children's Health Insurance Program)

[chip.utah.gov/how-to-apply](https://www.chip.utah.gov/how-to-apply)

A state health insurance plan for uninsured Utah kids and teens.

Hospitals & Clinics

Hours are 24/7 unless otherwise noted

Bountiful Psychiatry and Counseling

Intermountain Health

390 N. Main St.

Bountiful, UT 84010

801-397-6670

[intermountainhealthcare.org/locations/bountiful-clinic/psychiatry-and-counseling](https://www.intermountainhealthcare.org/locations/bountiful-clinic/psychiatry-and-counseling)

Age Groups: Adults 19+

Hours: Mon-Thur 8am-5pm

Offers community services, outpatient care, and psychiatric care.

Holy Cross Hospital - Davis

1600 W. Antelope Dr.

Layton, UT 84041

801-807-1000

<https://www.mountain.commonspirit.org/location/holy-cross-hospital-davis>

Age Group: 18 Yrs and Older

Provides adult inpatient psychiatric treatment.

Huntsman Mental Health Institute

501 Chipeta Way

Salt Lake City, UT 84108

801-583-2500

[healthcare.utah.edu/hmhi/](https://www.healthcare.utah.edu/hmhi/)

Age Groups: Children to Seniors

Offers inpatient and outpatient comprehensive mental health services and psychiatric care.

Huntsman Mental Health Institute Farmington Behavioral Health Clinic (Formerly UNI)

291 S. 200 W.

Farmington, UT 84025

801-213-3770

[healthcare.utah.edu/locations/farmington-behavioral-clinic/](https://www.healthcare.utah.edu/locations/farmington-behavioral-clinic/)

Age Groups: Children to Seniors

Hours: Mon 9:30am-7:30pm,

Tues-Thurs 7:30am-5pm,

Fri 7:30am-3:30pm

Offers outpatient care with therapy and medication management.

Intermountain Health - Layton Clinic

2075 University Park Blvd.

Layton, UT 84041

801-779-6200

[intermountainhealthcare.org/locations/layton-clinic](https://www.intermountainhealthcare.org/locations/layton-clinic)

Hours: Mon-Fri 8am-7pm,

Sat 12pm-4pm

Offers collaborative mental health care.

Lakeview Hospital

630 Medical Dr.

Bountiful, UT 84010

801-299-3780

[lakeviewhospital.com](https://www.lakeviewhospital.com)

Provides inpatient and outpatient mental health care services for adults, including two specialized substance abuse programs.

Lakeview Hospital - Geriatric Behavioral Health Center

630 Medical Dr.
Bountiful, UT 84010
801-299-2428

lakeviewhospital.com

A short-term, comprehensive inpatient psychiatric program. It is specifically designed to meet the unique psychological and physical needs of older adults.

LDS Hospital

8th Ave. & C St.
Salt Lake City, UT 84143
801-408-1100

ldshospital.org

Offers inpatient and outpatient behavioral health treatment services including psychiatric services and substance use disorder treatment.

LDS Hospital - Behavioral Health Access Center

324 9th Ave.
Salt Lake City, UT 84143
801-408-8330

ldshospital.org

Hours: Mon-Sun 8am-6pm

Provides behavioral health crisis treatment and care.

McKay-Dee Hospital - Behavioral Health Access Center

4401 Harrison Blvd.
Ogden, UT 84403
801-387-5543

mckaydeehospital.org

Provides behavioral health crisis treatment and care for adults.

McKay-Dee - Behavioral Health Clinic

3903 Harrison Blvd., Suite 300
Ogden, UT 84403
801-387-5600

intermountainhealthcare.org/locations/mckay-dee-behavioral-health/

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Offers outpatient psychiatry and counseling services.

Midtown Community Health Center of Davis

22 S. State St., Suite 1007
Clearfield, UT 84015
801-334-0030

midtownchc.org

Hours: Mon-Fri 7:30am-6pm

Languages: English and Spanish

Payment Options: Private insurance, Medicaid, Medicare, self-pay (sliding scale available)

Offers outpatient mental health services. Patients meet with a doctor before being referred to the mental health counselors at Midtown.

Ogden Regional Medical Center

5475 S. 500 E.
Ogden, UT 84405
855-755-5955

ogdenregional.com

Offers inpatient psychiatric care, an inpatient and outpatient substance abuse program, and pet therapy.

Serenity Mental Health Centers

2132 N Robins Dr. Suite 300
 Layton, UT 84041
 801-874-1495
serenitymentalhealthcenters.com

Hours: Mon-Fri 6am-8pm, Sat 7am-7pm

Offer psychiatric treatment for individuals who struggle with ADHD, anxiety, bipolar disorder, depression, PTSD, ADHD testing, and OCD. Treatments offered include transcranial magnetic stimulation (TMS Therapy), ketamine infusions, medication management.

St. Mark's Hospital

1200 E. 3900 S.
 Salt Lake City, UT 84124
 801-268-7431
stmarkshospital.com

Hours: 24/7

Offers inpatient and outpatient behavioral health services and psychiatric care.

Tanner Clinic - East Layton

1750 E. 3100 N.
 Layton, UT 84040
 801-773-4840
<https://tannerclinic.com/location/east-layton/>

Age Groups: Children to Adults
Hours: Mon-Fri 8am-5pm

Offers behavioral health services for a variety of conditions including eating disorders, trauma, Autism Spectrum Disorder, and also offers nutrition resources.

Tanner Clinic - Layton Antelope A

2121 N. 1700 W.
 Layton, UT 84041
 801-773-4840
tannerclinic.com

Age Groups: Children to Adults
Hours: Mon-Fri 8am-5pm

Offer behavioral health services for a variety of conditions including depression, anxiety, ADHD, bipolar disorder, schizophrenia, trauma, PTSD, panic attacks, OCD, personality disorders, eating disorders, nutrition resources, substance abuse, smoking cessation, and sleep disorders.

Tanner Clinic - Layton Antelope B

1756 Antelope Dr.
 Layton, UT 84041
 801-773-4840
tannerclinic.com/location/layton-south/

Age Groups: Children to Adults
Hours: Mon-Fri 8am-5pm

Tanner Clinic - North Davis Medical Building

1660 Antelope Drive
 Layton, UT 84041
 801-773-4840
<https://tannerclinic.com/location/north-davis-medical/>

Age Groups: Children to Adults
Hours: Mon & Fri 8:30am-12pm, Tues-Wed 8:30am-5pm, Thurs Closed

Offer behavioral health services for a variety of conditions including depression, anxiety, marriage and family therapy.

Tanner Clinic - Westside

1477 N. 2000 W.
Clinton, UT 84015
801-773-4840

tannerclinic.com

Age Groups: Children to Seniors

Hours: Mon-Fri 8am-5pm

Offers behavioral health services for depression, anxiety, borderline personality disorder, OCD, grief, domestic abuse survivors, caregivers, LGBTQIA+, self-esteem, trauma, postpartum, maternal mental health, prenatal, motherhood and parenting, couples counseling, marriage counseling, sex therapy, life transitions, boundaries, communication, and trauma.

**Utah Addiction
Medicine & Counseling**

440 S. Medical Dr.
Bountiful, UT 84010
801-294-8288

utahamc.com

Hours: Mon, Wed, Thurs 8am-5pm,
Tues by appointment only,
Fri 8am-noon

Offers outpatient counseling and treatment for substance abuse disorders. Services offered include intervention, addiction consultation, medically managed care, inpatient detox (if necessary), outpatient detox, individual and family addiction counseling, opiate dependency, Suboxone therapy, Naltrexone implants, Vivitrol injections, Buprenorphine, suboxone, and Subutex addiction.

Medication-Assisted Treatment (MAT) Providers

MAT: For the treatment of substance use disorders

Bountiful

Adams Healing Center

1470 N. Main St., Suite 101
Bountiful, UT 84010
801-512-5530

Provider: Allan Edson, DO

Cope Family Medicine - Ogden Clinic

185 S. 400 E., Suite 100
Bountiful, UT 84010
801-298-4112

ogdenclinic.com/clinics/cope-family-medicine-ogden-clinic

Providers: David Cope, MD*
Raymond Ward, MD
Douglas Kasteler, MD
Bryce Peterson, MD
Mark Christian, MD
Tallie Rhead, PA
Jennifer Crafton, NP
Sandra Hazzard Robinson, NP

Lakeview Hospital Behavioral Health

630 E. Medical Dr.
Bountiful, UT 84010
801-299-3780

lakeviewhospital.com

Provider: Janice Trump, NP

Utah Addiction Medicine & Counseling

440 S. Medical Dr.
Bountiful, UT 84010
801-294-8288

utahamc.com

Provider: Scott Erickson, MD

Centerville

Centerville Health Center - University of Utah Health

26 S. Main Street
Centerville, UT 84014
801-693-7900

<https://healthcare.utah.edu/location/s/centerville>

Provider: Charles White, MD

Clinton

Glacier Peak Pain Care

1407 N. 2000 W., Suite G
Clinton, UT 84015
385-333-7123

peakpaincare.com

Provider: Kirsten Baca, MD

Farmington

Austin Imus, DO

345 N Hwy 89
North Salt Lake, UT 84054
801-923-8044

austinimusdo.com

Appointments are currently telehealth only. Hours of operation limited. See website for more info.

**Huntsman Mental Health Institute
- Farmington Behavioral Health
Clinic (Formerly UNI)**

291 S. 200 W.

Farmington, UT 84025

801-213-3770

healthcare.utah.edu/locations/farmington-behavioral-clinic/

Provider: Braun Teller, PA-C

Tanner Clinic - Farmington

444 W. Bourne Cir., Suite 101

Farmington, UT 84025

801-773-4840

tannerclinic.com/location/farmington

Provider: Stephen Merrell, MD

**University of Utah Farmington
Health Center**

165 N. University Ave.

Farmington, UT 84025

801-213-3200

healthcare.utah.edu/locations/farmington/

Providers: Tyler Brown, PA-C

Michelle Murray, MD*

Kaysville

Davis Medical Group

349 N. Flint St., Suite 101

Kaysville, UT 84037

801-927-3080

mountain.commonspirit.org

Providers: Nicholas Noble, DO

Kaysville Clinic

120 S. Main St.

Kaysville, UT 84037

801-544-4227

kaysvilleclinic.com

Providers: Layne Kamalu, MD

Cara Mellor, NP

Lifespring Pain

Management Center

277 W. 200 N., Suite 7

Kaysville, UT 84037

801-784-2904

lifespringutah.com

Providers: Christian Obah, MD

Stacy Robinson, NP

Lisa Permenter, NP

Turning Point Centers

521 N. Sportsplex Dr.

Kaysville, UT 84037

801-576-0745

turningpointcenters.com

Layton

**Layton Comprehensive
Treatment Center**

523 W. Heritage Park Blvd., Suite 4

Layton, UT 84041

801-525-9998

acadiahealthcare.com/locations/layton-comprehensive-treatment-center

**Intermountain Health - Chronic
Pain Management Layton Clinic**

2075 University Park Blvd.

Layton, UT 84041

801-779-6330

intermountainhealthcare.org/locations/layton-clinic/medical-services/chronic-pain-management

Provider: Jeremiah West, MD

Kathryn Nelson, DO

**Intermountain Health - Layton
Clinic**

2075 University Park Blvd.

Layton, UT 84041

801-779-6200

intermountainhealthcare.org/locations/layton-clinic/

Provider: Adam Nebeker, MD*

Joel Porter, MD*

Ryan Horning, PA-C*

Layton Medical - Ogden Clinic

2950 N. Church St., Suite 200

Layton, UT 84040

801-771-7700

[ogdenclinic.com/clinics/ogden-clinic
---layton-medical](https://ogdenclinic.com/clinics/ogden-clinic---layton-medical)

Providers: Casey Stelter, MD
Johnathan Weeks, MD

Peak Health and Wellness

890 W. Heritage Park Blvd.,

Suite 101

Layton, UT 84041

801-889-1790

peakhealthandwellness.com

Provider: Bryan Hainsworth, PA-C

Tanner Clinic - Layton

2121 N. 1700 W.

Layton, UT 84041

801-773-4840

tannerclinic.com/location/layton

Provider: Krista Cook, PA-C
Sarah Espinoza, MPA, PA-C

Woods Cross

**New Season Treatment Center -
Bountiful**

763 W. 700 S., Suite B

Woods Cross, UT 84087

801-292-2318

[newseason.com/clinics/bountiful-tre
atment-center/](https://newseason.com/clinics/bountiful-treatment-center/)

Providers: Emily Cook, DO
Bozena Montes, NP
Amanda Sims, NP

* Indicates that the provider is not
currently accepting new patients as
of June 5, 2024.

Prescription Drop-Off Locations

Always dispose of unused medications safely and responsibly.

Bowman's Pharmacy

326 Main St.
Kaysville, UT 84037
801-554-4215

Hours: Mon-Sat 6am-11pm

Bountiful Police Station

805 S. Main St.
Bountiful, UT 84010
801-298-6000

Hours: 24/7

Centerville Police Station

250 N. Main St.
Centerville, UT 84014
801-292-8441

Hours: Mon-Fri 8am-5pm

Clearfield Police Station

55 S. State St.
Clearfield, UT 84015
801-525-2800

Hours: 24/7

Clinton Police Station

2209 N. 1500 W.
Clinton, UT 84015
801-614-0800

Hours*: Mon-Fri 8am-5pm

Davis County Sheriff's Office

800 W. State St.
Farmington, UT 84025
801-541-4200

Hours*: Mon-Fri 7:30am-5pm

Farmington Police Station

800 W. State St.
Farmington, UT 84025
801-451-4100

Hours: Mon-Fri 8am-5pm

Hill Air Force Base

Group Pharmacy
7321 Balmer Ave.
Hill AFB, UT 84056
801-728-2600

Hours: Mon-Fri 7:30am-4:30pm
(2nd & 4th Fri of the month
1pm-4:30pm)

Kaysville Police Station

58 E. 100 N.
Kaysville, UT 84037
801-546-1131

Hours*: Mon-Fri 8:30am-5pm

Layton Police Station

429 N. Wasatch Dr.
Layton, UT 84041
801-497-8300

Hours: 24/7

North Salt Lake Police Station

17 S. Main St.
North Salt Lake, UT 84054
801-335-8650

Hours: Mon-Thurs 7am-5:30pm

Sunset Police Station

200 W. 1300 N.
Sunset, UT 84015
801-825-1620

Hours: Mon-Fri 9am-5pm

Syracuse Police Station

1751 S. 2000 W.
Syracuse, UT 84075
801-825-4400

Hours: Mon-Fri 8am-5pm

Walgreens - Bountiful

515 S. 500 W.
Bountiful, UT 84010
801-294-9107

Hours: Mon-Sun 9am-Midnight

Walgreens - Layton

1171 W. 2000 N. (Antelope Dr.)
Layton, UT 84041
801-614-1302

Hours: Mon-Sun 8am-Midnight

Wee Care Pharmacy, Inc.

1580 Antelope Dr.
Layton, UT 84041
801-525-5277

Hours: Mon-Fri 8 am-6 pm,
Sat 9am-2pm

**University of Utah Farmington
Health Center Pharmacy**

165 N. University Ave.
Farmington, UT 84025
801-213-3200

Hours: Sun-Sat 7am-11pm

West Bountiful Police Station

550 N. 800 W.
West Bountiful, UT 84087
801-292-4487

Hours: Mon-Fri 7:30am-3pm

Woods Cross Police Station

1555 S. 800 W.
Woods Cross, UT 84087
801-292-4422

Hours: Mon-Fri 8am-5pm

* Indicates that the location is
closed on holidays.

Mental Health Counseling & Substance Abuse Resources

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Abundant Life Counseling and Wellness Group

283 N 300 W Suite 501
Kaysville, UT 84037
801-513-5694

<https://abundantcounseling.com/>

Telehealth Options Available

Age Group: Children-Seniors

Payment Type: Aetna, DMBA, Direct Care Administrators, EMI Health, Health Utah, Humana, Meritain, PEHP, Regence Blue Cross Blue Shield, Select Health, Wise

Hours: Mon-Thur 9am-8pm, Fri 9am-6pm

Offers mental health services for anxiety disorders, ADHD, behavioral issues, mood disorders, eating disorders, OCD, relationship concerns, substance abuse, and trauma.

ABS Kids- Bountiful, Layton & Kaysville

145 south Main Street
Bountiful, UT 84010

2940 N Church St. Suite 204
Layton, UT 84040

352 N Flint St.
Kaysville, UT 84037
801-935-4171

abskids.com

Age Group: 2-18

Hours: Mon-Fri 8am-7pm

Payment Type: self-pay, private insurance

Applied Behavior Analysis Services for children with Autism Spectrum Disorder. Shown to enhance communication, enable independent living, and develop age-appropriate social skills while reducing unwanted behaviors.

Alcohol and Chemical Treatment (ACT) Ogden Regional Medical Center

5475 S. 500 E.
Ogden, UT 84405
801-479-2250
ogdenregional.com

Age Group: 18 Yrs and Older
Payment Type: Private Insurance

Offers inpatient and outpatient treatment services including medical detoxification, rehabilitation, residential treatment, partial hospitalization program (PHP), and intensive outpatient program (IOP). Conditions treated include anger management issues, anxiety, emotional disturbances, gender-specific issues, grief, impulse control disorders, mood disorders, PTSD, thinking disorders, and trauma.

All Things Anxiety

251 S. Mountain Rd.
Fruit Heights, UT 84037
801-923-8855

allthingsanxiety.com
kallen.allthingsanxiety@gmail.com

Telehealth Options Available
Age Group: Children to Seniors
Payment Type: Cash/self-payment

Offers counseling for children, teenagers, and adults and specializes in the treatment of anxiety, depression, and OCD.

Alliance Clinical Services

519 W Center Street
Pleasant Grove, UT 84062
801-763-7775

acs-utah.com
Telehealth Options Available
Hours: Mon-Fri 9am-9pm

Offer a variety of therapy services, assessments, and treatment programs for individuals, couples, and families. Assessments offered include mental health, sexual behavioral risk, substance abuse, and domestic abuse evaluations. Therapy services offered are adolescent behavioral, depression, anxiety, trauma, PTSD, survivor therapy, anger management, impulse control, couples, and family counseling. Treatment programs offered include Domestic abuse therapy for offenders and survivors, substance abuse therapy, adult sex offense, juvenile sex offense, and youth and families behavioral skills program. *Visit the website for more information.*

Alzheimer's Association

24/7 Helpline: 1-800-272-3900
Utah Chapter: 801-265-1944
alz.org

Offers people diagnosed with Alzheimer's disease and their caregivers resources such as education, support groups, referrals, and dementia care experts. *Call the 24/7 helpline to speak with a live representative.*

APD Counseling

801-991-0628

stevepritt@gmail.com

Telehealth Only

Age Groups: Children to Adults

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers mental health services for mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse.

Archway Youth Center

1305 S. 700 W.

Ogden, UT 84401

801-612-4901

utahadopt.org

Age Group: 0-18

Hours: 24/7

Free youth and family counseling, crisis intervention, conflict resolution, parenting skills, problem solving skills, and support groups to meet the needs of runaway and homeless youth and their families. Offer 24-hour youth shelters, adolescent/youth counseling, runaway/homeless youth counseling, specialized information and referral, and truancy counseling.

Aspen Ridge Counseling

585 W. 500 S., Suite 200

Bountiful, Utah 84010

801-990-4300

aspenridgecounselingcenter.com

Telehealth Options Available

Age Groups: Children to Adults

Payment Type: private insurance

Offers outpatient services to address a variety of issues, including depression and anxiety, behavioral problems, school struggles, family and relationship issues, and substance abuse.

Aspire Counseling Network

See website for location addresses.

801-525-4645

aspirecounselingnetwork.com

Age groups, hours, cost and payment type vary depending on the provider.

Languages: English, Spanish, and German

Offers a wide range of mental health counseling services including individual (adults, adolescents and children), family therapy, play therapy and marriage/couple therapy, as well as support groups and classes. The clinicians specialize in anxiety, sex and intimacy issues, body image, disordered eating, caregiver burnout, grief/loss, perfectionism, ADHD, OCD, boundaries, codependency, spiritual transitions, trauma, women's issues, and blended families. *Please visit the website for more information.*

Benchmark Behavioral Health Systems

592 W. 1350 S.
Woods Cross, UT 84087
801-299-5300
bbhsnet.com

Age Group: Males 13-17 Yrs

Provide treatment for a variety of psychiatric and behavioral disorders including conduct disorder, sexual disorders/sexual misconduct issues, fetal alcohol spectrum disorders, Aspergers, developmental disorders, mood disorders, anxiety disorders, personality disorders and substance abuse issues.

Big Brothers Big Sisters of Utah (BBBSU)

801-313-0303
bbbsu.org
general@bbbsu.org

Helps and defends children who face many challenges in their lives. With the help of volunteer mentors, BBBSU prioritizes youth protection and youth development to help kids thrive. The work of BBBSU is based on the best available research, guided by community need, and administered by caring professionals.

Bountiful Health Center

415 Medical Dr., Suite C100
Bountiful, UT 84010
801-292-2389
craigberthold.com
bountifulhealthcenter@gmail.com

Age Groups: Adolescents to Seniors

Payment Type: Cash/self-payment, private insurance

Provides mental health services for psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. *Visit the website to learn more.*

New Season Treatment Center-Bountiful

763 W. 700 S., Suite B
Woods Cross, UT 84087
877-284-7074
newseason.com/clinics/bountiful-treatment-center/

Age Group: Adults

Payment Type: Medicaid, Medicare, and private insurance

Hours: Mon-Fri 5am-1:30pm, Sat 7am-9am

Treatment for opioid addiction through medication assisted treatment, addiction counseling, and medically supervised withdrawals.

Bridge House

145 E State St. Suite 1040
Farmington, UT 84025
801-447-4865

bridgehousehealth.com

Age Group: Adults

Payment Type: self-pay

Residential treatment providing, stabilization, assessment, diagnostics, and treatment for adults struggling with mental illness, cognitive differences, and substance use disorders.

Bright Counseling

801-855-6131

brightcounseling.us

Telehealth Only

Age Groups: Teens and Adults

Payment Type: Cash/self-payment, Aetna, Blue Cross Blue Shield, Cigna, Select Health, United Behavior Mental Health, Medicaid for foster care/post-adoption

Helps to decrease behavior problems caused by trauma, ADHD, anxiety, depression, and mood disorders. Their brain-based program combines neuroscience with counseling services to help improve the lives of teens and adults. They use therapy techniques to help their clients balance emotions, improve behavior, increase focus, and decrease anxiety.

Carbajal Counseling & Consulting

375 N. Main St., Suite 102
Kaysville, UT, 84037
801-989-3488

carbajalcounseling.com

Age Groups: Children to Adults

Hours: Mon-Thurs 8am-9pm,
Fri-Sat 8am-6pm

Languages: English and Spanish

Payment Type: Aetna, Blue Cross Blue Shield, Direct Care Administrators, DMBA, EMI, GEHA, Health Utah, PEHP, Cigna, Select Health, Tricare/TriWest, United Health Care, Wise

Provides individual, family, and couples therapy for anxiety, depression, trauma, anger issues, grief/loss, divorce, blended families, attachment issues, family conflict, adjusting to big life changes. LGBTQ+ affirming therapists.

Catalyst Behavior

Solutions Farmington

1438 US-89, Suite 130
Farmington, UT 84025
801-549-8821

catalystbehavior.com

information@catalystbehavior.com

Telehealth Options Available

Age Groups: Children to Adults

Hours: Mon-Fri 8:30am-5:30pm

Payment Type: Aetna, GEHA, Medicaid (Davis and Weber County), Optum, TriCare, United Behavioral Health, self-pay

Offer applied behavioral analysis (ABA) therapy, social skills learning, and parent coaching for individuals with Autism Spectrum Disorder and their families.

Center for Growth and Potential

1785 E. 1450 S., Suite 250
 Clearfield, UT 84015
 801-773-0535

centerforgrowthandpotential.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, Tricare, Blue Cross/Blue Shield, Aetna, SelectHealth, United Healthcare, Medicare

Provides comprehensive mental health services for the treatment of abuse, ADHD, anxiety, chronic pain, combat stress, compulsions, couples issues, depression, family issues, gender identity, obsessions, panic attacks, phobias, pornography addiction, sexual orientation, sleep disturbances, and trauma. Offers specialized care for the military community such as treatment of PTSD, traumatic brain injuries (TBI), adjustment issues, reintegration with family post deployment.

Changes Individual & Relational Therapy

240 E. Promontory, Suite 214
 Farmington, UT 84025
 801-543-2120

emilharker.com

emilharker@gmail.com

Age Groups: Adults

Payment Type: Cash/self-payment

Offers mental health services for anxiety disorders, mood disorders, personality disorders, psychotic disorders, pornography addiction, trauma/abuse, and relationships.

Austin M. Chiles, PhD

118 E. 2200 S.
 Kaysville, UT 84037
 801-721-7878

psycheemann@yahoo.com

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding scale available), Medicare, private insurance

Offers treatment for mood disorders, anxiety disorders, personality disorders, and trauma/abuse. *Email for more information.*

CLD3 Counseling

370 S. 500 E. Suite 209
 Clearfield, UT 84015
 801-521-4227

cld3counseling.com

Telehealth Options Available

Hours: Mon-Thurs 9am-8pm, Fri 9am-6pm, Sat and Sun by appointment

Offers effective, individualized care for addiction, domestic abuse, substance abuse, and mental health treatment. Court ordered services are also offered here.

Compassionate Counseling Solutions

96 N. 500 W., Suite 213
 Bountiful, UT 84010
 801-600-4325

compassionatecounselingsolutions.com

Telehealth Options Available

Payment Type: Select Health, Blue Cross Blue Shield, self pay, clergy pay

Specializes in trauma recovery, OCD, anxiety, betrayal trauma, sex addiction, grief and loss, relationships, PTSD, and depression.

Davis Behavioral Health

934 S. Main St., Suite 6
Layton, UT 84041
801-773-7060

dbh.utah.gov

Age Groups: Children to Seniors

Languages: English, Spanish, and translators are available

Payment Type: Cash/self-payment (sliding scale available), Medicaid, Aetna, Cigna, EMI Health, HealthChoice, Humana, Magellan, Medicare, Molina, Motivhealth, Optum/United Behavioral Health, PEHP, Regence Blue Cross Blue Shield, Select Health Tricare West, TriWest, UofU Health Plans

Offers behavioral health services for psychotic disorders, mood disorders, anxiety disorders, personality disorder, trauma/abuse, substance use and behavior concerns. Comprehensive treatment and Medication-Assisted Treatment (MAT) offered. LGBTQ+ affirming therapists.

Davis Community Learning Center

210 E. Center St.
Clearfield, UT 84015
801-402-8395

dclc.davis.k12.ut.us

Age Groups: Children to Seniors

Languages: English and Spanish

Limited services: Must be referred by the school principal/counselor. Only available at select elementary schools. Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. *Visit the website to learn more and find participating schools.*

Davis School District (DSD)

70 E. 100 N.
Farmington, UT 84025
801-402-5919

davis.k12.ut.us/departments/student-family-resources/safe-schools-clinical-team/

Hours: Mon-Fri 7:30am-4pm

Offers many services to students, parents, and teachers, including Integrated Educational Therapists who provide individual therapy to students who are not covered by insurance. *Learn more about Davis School District services on their website.*

Diamond Recovery Centers

845 W. 200 N.
Kaysville, UT 84037
801-872-6426

diamondrecoverycenter.com

Offers a wide range of addiction recovery services including residential and day treatment for individuals and confidential services for professionals and employers. *Visit the website for more information.*

**Elevations Residential
Treatment Center**

2650 W. 2700 S.
Syracuse, UT 84075
801-773-0200

elevationsrtc.com

Age Group: Adolescents 13-18 Yrs

The Elevations program includes college preparatory academics, therapeutic recreation activities, and individual, family and group psychotherapy as well as on-site medical and psychiatric services available to all students. Elevations offers guidance, support, and relief to students struggling with issues such as trauma, depression, anxiety, mood disorders, behavioral problems, and substance use. LGBTQ+ affirming therapists.

Ellie Mental Health

563 W. 500 S. Suite 22
Bountiful, UT 84010
801-462-0222

elliementalhealth.com

Telehealth Options Available

Age Group: Children to Seniors

Hours: Mon-Fri 9am-5pm.

Payment Type: credit card/self pay, Aetna, Cigna/Evernorth, EMI Health, First Health Network, Health Choice of Utah, Healthy U, Imagine Health, Medicare, Molina, PEHP, Regence Blue Shield, Select Health, Tricare (approved out-of-network) TriWest, United healthcare, University of Utah Health Plans

Offers therapy for all ages, individuals, couples, and families. Providers are specialized in various modalities and cover a wide range of mental health concerns including Anxiety, PTSD, OCD, bipolar, depression, eating disorders, psychosis, paranoia, ADHD, Oppositional Defiant Disorder, conduct disorder, phobias, panic disorders, self-harm, suicidal thoughts, postpartum depression, postpartum psychiatric disorders, adoption support, premarital counseling, relationship counseling, divorce, bereavement and loss, trauma, body dysmorphia, LGBTQ+, etc. Also offer psychoeducation testing.

Empowerment Counseling Services

370 S. 500 E., Suite 170
Clearfield, UT 84015
801-603-2547

empowermentcounselingservices.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment (sliding scale available), Medicaid, private insurance

Offers outpatient and in-home services targeting several diagnoses and problem areas, including depression, bipolar, ADHD/ADD, oppositional defiance, attachment disorder, autism spectrum, low self-esteem, parenting, bipolar, pervasive developmental disorder, reactive attachment disorder, childhood behavioral issues, marital issues, and more.

Encircle Therapy

358 S 700 E
Salt Lake City, UT 84102
801-613-7305

encircletherapy.org

Telehealth Options Available

Age Group: 12 Yrs and Older

Payment Type: Anthem, Aetna, Blomquist, BCBS, Cigna, EMI Health, Medicaid, PEHP, Regence, Select HEalth, Optum/United Healthcare, UMR, U of U

Life-affirming therapy for LGBTQIA+ community. Specialties include identifying information, trauma, minority stress, faith transition, grief/loss, attachment issues, depression and anxiety, ADHD, Neurodiversity, family conflict, adjusting to stresses of everyday life, and letters for affirming care. *Please visit the website to schedule a free consultation and for more information on locations.*

En Route Counseling

Sunset Equestrian Center
820 Mare Cir.
Kaysville, UT 84037
801-856-4564

Age Group: 6 Yrs and Older

General mental health practice offering in-office, virtual, and equine therapy. LGBTQ+ affirming therapist.

Family Counseling Service of Northern Utah

3518 Washington Blvd.
Ogden, UT 84403
801-399-1600

fcshealingnow.org

Telehealth Options Available

Age Group: Children to Seniors

Hours: Mon-Thurs 8am-8pm,
Fri 8am-4pm

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding scale available), Select Health, Regence Blue Cross Blue Shield, Cigna, United Healthcare, Aetna, Tricare/Triwest, Medicaid, Health Choice, Molina

Offers affordable counseling and mental health services to individuals and families, especially those in crisis who have nowhere else to turn for help. Provides a wide array of mental health and counseling services addressing a variety of issues, including those related to depression, anxiety, suicide, grief, substance and domestic abuse and anger management. LGBTQ+ affirming therapists.

Family Services - Centerville

94 E. Pages Ln.
 Centerville, UT 84014
 801-294-0578

providentliving.churchofjesuschrist.org/lds-family-services

Age Groups: Adolescents to Adults

All services require a referral from your local bishop. Provides counseling services for individuals, couples, and families, single expectant parent services, support groups, and other support services. This location offers a Sexual Abuse Survivors Group ([see page 58](#)).

Family Services - Layton

930 W. Hill Field Rd., Suite A
 Layton, UT 84041
 801-336-3040

providentliving.churchofjesuschrist.org/lds-family-services

Age Groups: Adolescents to Adults

All services require a referral from your local bishop. Provides counseling services for individuals, couples, and families, as well as single expectant parent services, support groups, and other support services.

Family Therapy Center of Utah

240 N. East Promontory
 Farmington, Utah 84025
 385-243-0012

familytherapyutah.com

Telehealth Options Available

Age Groups: Children to Seniors

Payment Type: Blue Cross/Blue Shield, Deseret Mutual Benefit Advisors, EMI Health, PEHP, Select Health, United Healthcare, University of Utah, Self-pay

Provides help to people of all ages to live happier, healthier and more productive lives. Specialties include depression, anxiety, and trauma.

Feller Behavioral Health

270 S. Main St., Suite 104
 Bountiful, UT 84010
 801-683-9340

fellerbehavioralhealth.com

Hours: Mon-Thurs 8am-8pm or by appointment

Telehealth Options Available

Languages: English and Spanish

Payment Type: self-pay, DMBA, EMI, GEHA, Noridian Medicare, PEHP, Regence BCBS, Select Health, Tricare, Triwest, U of U, UMR, United Healthcare

Serves individuals, couples, and families. Providers are specialized in assessment, diagnosis, and treatment of all common and most major mental health disorders including ADHD, anxiety, bipolar, depression, eating disorders, OCD, PTSD, family conflict, addictions, infertility, medical weight loss. LGBTQ+ affirming therapists.

Full Circle Counseling

4640 S. 3500 W. Suite 4
 West Haven, UT 84401
 801-600-3242
 801-603-4792

fullcirclecounseling-utah.com

Telehealth Options Available

Age Groups: Children to Seniors

Hours: Mon-Fri 9am-9pm

Specialize in depression, anxiety, trauma, abuse, PTSD, grief/loss, chronic terminal illness, family conflict, domestic abuse, suicide ideation, self harm, ADHD, Autism, and parenting skills (also includes grandparents).

GMS Counseling

370 S. 500 E., Suite 250
 Clearfield, UT 84015
 801-825-4876

gmscounselingllc.com

Hours: Mon-Thurs 11am-9pm,
 Fri by appointment,
 Sat 10 am-2pm

Offers substance abuse treatment (general and intensive outpatient), domestic abuse perpetrator, domestic abuse survivor treatment, parenting program, anger management programs, cognitive restructuring education, and mental health therapy.

Grandview Family Counseling

1576 S. 500 W., Suite 202
 Bountiful, Utah 84010
 801-406-9002

grandviewfamilycounseling.com

Age Groups: Children to Adults

Payment Type: AETNA, Blue Cross/Blue Shield, DMBA, EMI, PEHP, Select Health, University of Utah, UNI-BEHAVIORAL, Crime Victim Reparations, Clergy Pay

Specialties include play therapy, trauma, abuse, grief, anxiety, depression, Autism, ADHD, behavioral issues, addiction and life adjustments, adoption, substance abuse, chronic illness, body image, infertility, family conflict, faith transition, pre-marriage counseling, LGBTQ+, Active duty and Military Veterans, Military family support, and several group therapy options.

Healing Connections Counseling

880 Heritage Park Blvd Suite 230
 Layton, UT 84040
 385-393-4057

healingconnectionsutah.com

Telehealth Options Available

Age Group: 8+

Payment Type: Select Health, Blue Cross/Blue Shield, Regence, United (UHC), University of Utah, PEHP, EMI, HSA, self pay

Specializes in depression, anxiety, trauma, PTSD, parenting, and dissociation.

Highland Springs

1785 E. 1450 S., Suite 300
Clearfield, UT 84015
801-536-6545

highlandspringsclinic.org

Telehealth Options Available

Hours: Mon-Fri 8am-5pm,
extended hours available by
appointment.

Languages: English, Spanish

Specialties include depression,
postpartum depression, anxiety,
addiction, trauma, PTSD,
medication management, suicide
and self-harm prevention,
personality disorders, LGBTQ+,
parenting, grief and loss,
relationships, men's specific issues,
women's issues, self-esteem, and
life transitions.

Horizon Counseling Services

25 S. Main Street, Suite 110 & 212
Centerville, Utah 84014
801-663-6006

horizoncounselingservicesut.com

Age Groups: Children to Adults

Hours: Mon-Sat 9am-7pm

Payment Type: Aetna, EMI,
Selecthealth, Blue Cross/Blue
Shield, HMHI-BHN, United
Healthcare, Cigna, PEHP

Focus on emotional and behavioral
issues. Experience with the BIPOC
community, substance abuse
issues, LGBTQIA+ ally, and
women's issues.

ibehave Therapy Group

2985 N 935 E Suite 7
Layton, UT 84040
801-771-0273

ibehavetg.com

Hours: Mon-Fri 9am-6pm

Payment Type: Medicaid, CHIP,
Tricare, BCBS, PEHP, UHC, Cigna,
Magellan, Optum, Select Health,
DMBA, Aetna, University of Utah,
EMI, Molina, self-pay

Provide comprehensive,
individualized behavioral support to
families and individuals. Focused
on autism spectrum disorders,
ADD/ADHD, learning disabilities,
and behavior disorders.

Innovate Mental Health Solutions

124 Fairfield Rd.
Layton, UT 84041
801-425-3628

dwiththurst.com

dwiththurst@gmail.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment
(sliding scale available), private
insurance

Specializes in trauma and addiction
issues. Offers help to those seeking
recovery who need more intensive
treatment, but because of
circumstances cannot check into an
intensive or residential
environment.

**Julander ISP - Katie Julander and
The JISP Collective**

Clearfield, UT
385-424-8465

julanderisp.com/contact

Hours: Mon, Tues, Thurs, Fri
8am-4pm

Payment Type: Cash/self-payment,
Tricare, Triwest, Select Health,
PEHP, Blue Cross/Blue Shield,
clergy pay

Specializes in the treatment of
trauma and working with active duty
military members, military families,
first responders, first responder
families, and veterans.

**Kay Psychology and
Consulting Services**

1601 N. Hill Field Rd., Suite 201
Layton, UT 84041
801-776-1303

kaypsych.com

steven@kaypsych.com

Telehealth Options Available

Age Groups: Adolescents to Adults

Payment Type: Cash/self-payment,
Medicare, Aetna, Anthem, Beacon
Health Options, Beech Street, Blue
Cross Blue Shield, Cigna,
evernorth, Coventry, DMBA, EMI,
GEHA, Optum, PEHP, Regence,
Selecthealth, Tricare, TriWest,
UHC, University of Utah Health
Plans

Counseling for individuals and
couples dealing with depression,
anxiety, relationship difficulties,
domestic abuse, grief, marriage and
pre-marriage counseling, mood
disorders, men's issues, veterans,
trauma, and PTSD.

**Lakeview Hospital Intensive
Outpatient Program (IOP)**

630 Medical Dr.
Bountiful, UT 84010
801-296-3421

lakeviewhospital.com

Program for patients who need
structured care but do not need an
inpatient hospital stay. It includes
group therapy that brings together
clients who are struggling with the
challenges of addiction and mood
disorders.

**Latino Behavioral
Health Services**

237 26th St.
Ogden, Utah 84401
801-935-4447

latinobehavioral.org

Telehealth Options Available

Hours: Mon-Fri 10am-6 pm

Languages: Spanish and English

Payment Type: Cash/self-pay
(sliding scale available), Medicaid

Offers support to the Latinx
community *from* the Latinx
community. They specialize in free
and low cost peer mentoring for
mental health and substance use
problems and offer support groups,
community education, and therapy.

**Layton Comprehensive
Treatment Center**

523 W. Heritage Park Blvd., Suite 4
Layton, UT 84041
801-525-9998

ctcprograms.com

Age Group: Adults

Office Hours: Mon-Fri 5:30am-2pm

Medicating Hours: Mon-Fri
5:30am-11am

24/7 phone services

Payment Type: Cash/self-payment,
Medicaid, Medicare, Tri-care,
Veterans Affairs, private insurance

Offers Medication-Assisted
Treatment (MAT). Dedicated to
assisting people with the process of
recovering from heroin, pain killers,
and other opioid addictions.

LeafCrest Counseling

506 S. Main St., Suite 100
Bountiful, UT 84010
801-510-6864

leafcrestcounseling.com

Telehealth Options Available.

Age Groups: Children to Adults

Payment Type: Cash/self-payment,
clergy payment, Aetna, Blue Cross
Blue Shield, DMBA, Educators
mutual, Lyra EAP, PEHP,
SelectHealth, TriCare, UHSS, UMR,
United Health Care

Offers counseling services to
individuals, couples, and families
for grief/loss, relationship/marital
problems, life altering illness,
adoption, infertility, ADHD, anxiety,
parenting struggles, stress,
depression, eating disorders,
substance abuse/addiction, faith
transition, sleep problems, panic
attacks, family conflict, career
uncertainty, trauma, and abuse.
LGBTQ+ affirming therapist.

Life Changing Services

1361 N. 1075 W., Suite 210
Farmington, UT 84025
877-437-6877

lifechangingservices.org

Age Group: 12 Yrs and Older

Languages: English and Spanish

Payment Type: Cash/self-payment,
ecclesiastical assistance

Dedicated to helping individuals,
families, and couples find peace,
joy, and healing in their lives and
relationships. Services address
addictions, behavior disorders,
trauma, abuse. *Visit the website for
Groups offered.*

**Life Matters: Counseling and
Psychological Services**

1433 N. 1075 W., Suite 120
Farmington, UT 84025
385-219-4980

lifematterspsych.com

Telehealth Options Available

Age Group: 18 Yrs and Older

Hours: By appointment

Payment Type: Cash/self-payment,
Blue Cross/Blue Shield, Regency,
United, UMR, Teamsters, EMI,
Select Health, HMHI, PEHP,
Medicaid, Medicare

Through many different
approaches, Dr. Emma Mansour
serves adults dealing with anxiety,
depression, adjustment disorder,
ADD/ADHD, women's issues,
aging, learning disabilities, and
differential diagnosis.

Luminous Counseling

1290 S. 500 W., Suite 19
 Woods Cross, UT 84010
 385-448-1697

luminouscounselingut.com

Telehealth Options Available

Age Groups: Children to Adults

Hours: Mon-Fri 10am-8pm,
 Sat 11am-6pm

Offers individual, family, or couple counseling to treat a number of areas, including Adjustment disorder, addiction, Autism, behavioral disorders, bipolar, body image, eating disorders, domestic abuse, hoarding, infertility, family conflict, family transitions, and modern family relationships, LGBTQ+, postpartum depression, religious transition/trauma, sexual abuse, substance abuse, terminal illness, Traumatic Brain Injuries (TBI), and more.

Maternal Mental Health**Appointments**

Davis Behavioral Health

801-770-7060

dbh.utah.gov/services/maternal-men-tal-health/

Telehealth Options Available

Hours: Mon-Thur 8am-8pm, Fri
 8am-5pm

If you have a non-urgent maternal mental health need please call Cynthia Beene at the number above; she will set up an appointment within five days. If you have a maternal mental health emergency, don't hesitate to contact the DBH crisis line at 801-773-7060 (24 hours a day) or go to the nearest emergency room.

Meadowbrook Counseling

1361 N 1075 W Suite 9
 Farmington, UT 84025
 801-655-5450

meadowbrookcounseling.com

Hours: Mon-Fri 8am-8pm

Payment Type: self-pay, clergy pay, EMI, Blue Cross/Blue Shield, DMBA, Optum, EMBS, PEHP, Select Health, United Healthcare, Aetna, UMR, Triwest, EAP, University of Utah, Cigna, Evernorth.

Offers services for depression, anxiety, PTSD, OCD, grief/loss, ADHD, Borderline Personality Disorder, Parenting, Postpartum, reunification, anger management, trauma, eating disorders, and parent-child interactions. LGBTQ+ affirming therapists.

Midtown Community Health Center

22 S. State St., Suite 1007
 Clearfield, UT 84015
 801-334-0030

midtownchc.org/directory/listing/day-is-county-medical-dental-clinics

Hours: Mon-Fri 7:30am-6pm,
 closed for lunch from 1-2pm

Languages: English and Spanish
Payment Type: Cash/self-payment (sliding scale available), Medicaid, Medicare, CHIP, private insurance

Patients meet with a doctor before being referred to the mental health counselors at Midtown.

Mind & Strength Counseling

563 W 500 S Suite 440
Bountiful, UT 84010
801-252-6032
mindandstrength.net

Age Groups: Children to Seniors

Payment Type: Aetna, Bind Benefits, Blue Shield of Utah, Cigna, Deseret Mutual, EMI, Educators Mutual, PEHP, Select Health, University of Utah Health Plans

Specialize in eating disorders and body image, anxiety, OCD, depression, mood disorders, stress, trauma, chronic pain or illness, self-esteem, and women's issues.

Mood Psychotherapy and Coaching

505 S. Main St. Suites 203 & 209
Bountiful, UT 84010
801-872-3414
moodptc.com
heidi@mootptc.com

Telehealth Options Available

Age Groups: Children to Seniors

Hours: Available by request

Payment Type: Cash/self-payment, clergy pay

Offers help for anxiety, mood instability, depression, anger management, addiction, relationships, grief/loss, family conflict, and trauma.

Moon Counseling - Divine Awakening Center

121 W. 200 S.
Farmington, UT 84025
385-310-7724

mooncounseling1@gmail.com

Telehealth Options Available

Age Groups: Adolescents to Adults

Hours: Mon-Fri 11am-7pm

Payment Type: Cash, credit card, Venmo, limited insurances accepted

Offers help to the LGBTQ+ population, especially with gender and transgender issues. Experienced with WPATH guidelines and regulations.

Sally Anderson Mooney, LCSW

163 W. 575 S.
Layton, UT 84041
801-688-1588
sgplus14@msn.com

Age Group: Adults

Payment Type: Cash/self-payment, private insurance

Works with mood disorders, anxiety disorders, substance abuse, and trauma/abuse.

Negrette Counseling Services

475 N. 300 W., Suite 14
 Kaysville, UT 84037
 801-390-3210

michael_negrette_lmft@yahoo.com

Age Groups: Children to Seniors

Languages: English and Portuguese

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers counseling to individuals, couples, and families using a personal approach to therapy and specializes in helping couples work through marital stress, sexual dysfunction, communication problems, infidelity, and depression/anxiety.

Neurobehavioral Center for Growth - Bountiful and Layton

415 S. Medical Dr., Suite D101
 Bountiful, UT 84010

327 W. Gordon Ave., Suite 2
 Layton, UT 84041
 801-683-1062

neurobcg.com

admin@neurobcg.com

Age Groups: Children to Adults

Payment Type: Cash/self-payment, Medicaid, Medicare, private insurance

Specialize in trauma, anxiety, depression, autism, behavioral and conduct disorders, speech therapy, learning disabilities, mood disorders, ADHD, and parenting skills. LGBTQ+ affirming therapists. Interpretive services, including American Sign Language are available upon request.

Neuropsychology Center of Utah

275 N. 300 W., Suite 404
 Kaysville, UT 84037
 801-614-5866

npcu.net

Age Group: Children to Adults

Languages: English and Spanish

Payment Type: Cash/self-payment, Medicaid, private insurance

Provides comprehensive neuropsychological and psychological evaluations to children, adolescents and adults presenting with various brain based disorders, including ADHD, autism, depression, anxiety, traumatic brain injury (TBI), dementia, PTSD learning disabilities, post concussive syndrome, and bipolar disorder.

David Newbold, PhD & Associates

370 S. 500 E. Suite 180
 Clearfield, UT 84015
 801-776-1954

Age Group: Young Adults to Adults

Payment Type: Cash/self-payment, Medicaid, private insurance

Offers services for mood disorder, anxiety disorder, and PTSD. *Call for more information.*

New Vision Counseling Services

475 N. 300 W., Suite 14
 Kaysville, UT 84037
 801-690-3502

gmason84041@msn.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers services for mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse.

No Excuse for Abuse

370 S. 500 E., Suite 126
 Clearfield, UT 84015
 801-416-8111

nefallc@gmail.com

Age Groups: Adults and Seniors

Hours: Mon-Wed 9am-5:30pm,
 Phone number offers 24/7 service

Languages: English and Spanish

Provides several services including: domestic abuse therapy, substance abuse treatment (general outpatient and intensive outpatient), DUI (driving under the influence) courses, anger management support, individual and family counseling, support groups for victims of domestic abuse. Serve adult groups including: LGBT+ clients, pregnant/postpartum women, seniors or older adults, persons with co-occurring mental and substance use disorders.

Services are typically for court ordered persons, but referrals can be made if needed.

Northern Utah**Counseling Services**

49 E. 200 S.
 Clearfield, UT 84015
 801-779-0095

northernutahcounseling.com

Age Groups: Children to Seniors

Hours: Mon-Thurs 9am-7pm,
 Fri 9am-4pm

Languages: English and Spanish

Payment Type: Cash/self-payment, private insurance, church organization

Offers services for mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse.

Numinus

2950 N. Church St., Suite 101
 Layton, UT 84040
 801-369-8989

<https://numinus.com/locations/utah/ayton/>

Age Groups: Children to Seniors

Hours: Mon-Thurs 8am-6pm,
 Fri 9am-3pm

Languages: English and Spanish

Payment Type: medicaid, medicare, Aetna, Beacon Health Options, Cigna, EMI Health, DMBA, Health Choice Utah, Humana, PEHP, Regence, SelectHealth, Tricare, TriWest healthcare Alliance, UnitedHealthcare, University of Utah, cash/self-payment (sliding scale available), other flexible payment options

Offers outpatient mental health treatment for depression, eating disorders, OCD, PTSD, insomnia, substance use, and anxiety. Services include Ketamine-Assisted Psychotherapy (KAP), Transcranial Magnetic Stimulation (TMS), and Psychedelic Palliative Care. *Visit the website for more information.*

Olympus Counseling Services

1133 N Main St #134
 Layton, UT 84041
 385-208-4700

olympus-cs.com

Hours: Mon-Fri 8am-5pm

Specialize in anxiety, depression, faith crisis, grief/loss, perinatal mothers, and relationship issues.

Oxbow Academy

11500 E 15975 N Pinecreek Road
Mount Pleasant, UT 84647
435-485-7116

oxbowacademy.net

Age Group: 10-17

Residential treatment program specializing in treatment for teen boys with compulsive sexual behavior. Offer treatment for sexual behavioral problems, sexual abuse, pornography addiction, sexual reactivity, and other compulsive behavior issues.

Phoenix Rebellion Therapy

347 N. 300 W. Suite 201
Kaysville, UT 84037
385-231-8387

phoenixrebelliontherapy.com

Telehealth Options Available

Age Group: 12 Yrs and Older

Hours: Mon-Fri 9am-6pm

Payment Type: Aetna, Blue Cross Blue Shield, ChampVA, Cigna, ComPsych, EMI, GEHA, PEHP, SelectHealth, Tricare, Triwest, UMR, UNI, United Healthcare, Vocational rehab, self-pay, clergy pay

Offers services to all people (children, teens, families, LGBTQIA+, first responders, military and veterans, family of military). Services include working with PTSD, trauma, grief & loss, domestic abuse, depression, anxiety, addiction, anger issues. *Visit the website for more information on providers and treatment methods.*

Pacific Islander Mental Health Network (Referral Form)

upihc.org/services/mental-health-network

Offers connection and referrals to local Pacific Islander mental health providers and services. Interpretation services may be available by request.

Resilient Life Counseling

1379 N. 1075 W., Suite 228
Farmington, UT 84025
385-316-7127

resilientlifeutah.com

Age Groups: Adolescents to Adults

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding fee available), Clergy pay, SelectHealth, Regence, PEHP, United Healthcare, EMI, U of U Health Plans, DMBA

Provides mental health treatment with focus and expertise in women's issues, blended families, navigating divorce, couples counseling, family and parenting challenges, life transitions, diversity issues, navigating grief, anxiety, and depression.

Resilient Solutions Inc.

1355 N. Main St., Suites 1, 3, & 6
 Bountiful, UT 84010
 801-259-3883

resilientsolutionsinc.com

Age Groups: Adolescents to Seniors

Languages: English, Spanish, and Swedish

Payment Type: Cash/self-payment, private insurance

Extensive experience with grief/loss, substance use, addiction, depression, anxiety, anger management, self-worth, spirituality exploration, relationship issues, trauma, stress management, life transitions, chronic illness, single expectant women, infertility, postpartum anxiety and depression, family conflict, divorce, abuse, OCD, ADHD, domestic abuse survivors, domestic abuse perpetrators, bipolar, adjustment disorders, adoption, attachment, autism spectrum (teens and adults), decision-making, LGBTQ+, unwanted sexual behaviors, and special needs.

Resolutions Counseling Center

70 N. Main St., Suite 103 & 104
 Bountiful, UT 84010
 801-298-5222

resolutionsutah.com

resolutionsoffice@resolutionsutah.com

Age Groups: Children to Seniors

Hours: Mon-Fri 10am-7pm, Sat by appointment

Payment Type: Cash/self-payment, private insurance, church organizations, other assistance services

Provides assessments, individual, couples, and family therapy with treatment for anxiety disorders, depression, relationship problems, stress, mindfulness, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/abuse, grief, and addiction.

Rocky Mountain Wellness Center

780 S. 2000 W.
 Bldg A, Suite 101
 Syracuse, UT 84075
 801-683-9553

myutahwellness.com

Hours: Mon-Thurs 8am-5pm, Fri 8am-2pm

Offers neurofeedback therapy for the alleviation of symptoms such as ADD/ADHD, Headaches, Migraines, Learning Disorders, Memory Loss Associated with Aging, Overeating or Binge Eating, Fibromyalgia, Chronic Fatigue Syndrome, Panic/Anxiety Disorders, and Insomnia.

Salais Counseling

880 Heritage Park Blvd., Suite 130
Layton, UT 84041
801-327-2266

salaiscounseling.org

Age Groups: Children to Adults

Hours: Vary depending on provider

Languages: English and Spanish

Payment Type: Cash/self-payment,
Aetna, BCBS, EMI, Motiv Health,
PEHP, SelectHealth, UHC/Optum

Provides counseling for trauma, abuse, anxiety, depression, LGBTQ+ issues, addiction and more. *Please visit the website for more information.*

Sol Recovery

512 W. 750 S. Suite A
Woods Cross, UT 84010
801-935-8449

sol-recovery.org

Hours: Mon, Tues, Thurs

9am-9pm, Wed & Fri 9am-5pm

Empowers individuals and families impacted by mental health, addiction and alcoholism to choose their path to recovery in a comprehensive, trauma-informed setting. Services include: Addiction Recovery (assessments, general outpatient, intensive outpatient, partial hospitalization, family recovery), anxiety, depression, domestic abuse perpetrator treatment, domestic abuse survivor, disabilities, and neurodivergence.

Solstice West Residential Treatment Center

1904 W. Gordon Ave.
Layton, UT 84041
801-444-0794

solsticertc.com

admissions@solsticertc.com

Age Group: Females 14-18 Yrs

Combines family-based intervention, nutrition, physical fitness, and the supportive provision of cutting edge academics, substance abuse/addiction therapy, equine therapy, and psychiatric services. Specializes in the provision of gender specific treatment for female adolescents who struggle with a variety of problems such as: depression, anxiety, addiction and substance abuse, eating disorders, self-harm, ADD/ADHD, trauma and loss, adoption and attachment issues, family conflict, academic problems, and processing difficulties.

South Davis Psychological Services

520 N. Marketplace Dr., Suite 200
Centerville, UT 84014

1544 Woodland Park Dr. Suite 320
Layton, UT 84041

801-934-3373

southdavispsych.com

Age Groups: Children to Adults

Hours: Mon-Fri 9am-5pm

Languages: English and Spanish

Offers individual counseling, family therapy, and couples counseling to help people overcome trauma, PTSD, depression, anxiety, marriage or relationship problems, and problems with emotion regulation. LGBTQ+ affirming therapists.

Summit Counseling & Psychological Services

2317 N Hill field Road, Suite 103
Layton, UT 84041
801-913-1212

summitcaps.com

Telehealth Options Available

Age Groups: Children to Seniors

Hours: M-F 9am-5pm

Payment Type: Aetna, BCBS, Cigna, DMB, EMI, PEHP, SelectHealth, Wise, TriCare, TriWest, United Healthcare, GEHA, UMR, University of Utah Health Plans, self-pay, clergy pay

Offers a variety of services including individual psychotherapy, couples counseling, family interventions, group therapy, psychological testing, and medication management.

Suncrest Counseling- Bountiful & Clearfield

837 S 500 W Suite 103
Bountiful, UT 84010

466 N Main Street Suite 206
Clearfield, UT 84015
801-255-1155

suncrestcounseling.com/

Offer a wide array of therapy services including addiction, court-ordered counseling, first responders, PTSD, eating disorders, and more. Spanish speaking therapists are available.

Tanner Clinic - East Layton

1750 E. 3100 N.
Layton, UT 84040
801-773-4840

<https://tannerclinic.com/location/east-layton/>

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Offers behavioral health services for a variety of conditions including eating disorders, trauma, Autism Spectrum Disorder, and also offers nutrition resources.

Tanner Clinic - Layton Antelope A

2121 N. 1700 W.
Layton, UT 84041
801-773-4840

tannerclinic.com

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Offer behavioral health services for a variety of conditions including depression, anxiety, ADHD, bipolar disorder, schizophrenia, trauma, PTSD, panic attacks, OCD, personality disorders, eating disorders, nutrition resources, substance abuse, smoking cessation, and sleep disorders.

Tanner Clinic - North Davis Medical Building

1660 Antelope Drive
Layton, UT 84041
801-773-4840

<https://tannerclinic.com/location/north-davis-medical/>

Age Groups: Children to Adults

Hours: Mon & Fri 8:30am-12pm, Tues-Wed 8:30am-5pm, Thurs Closed

Offer behavioral health services for a variety of conditions including depression, anxiety, marriage and family therapy.

Tanner Clinic - Westside

1750 E. 3100 N.
Layton, UT 84040
801-773-4840

tannerclinic.com

Age Groups: Children to Seniors

Offers behavioral health services for depression, anxiety, borderline personality disorder, OCD, grief, domestic abuse survivors, caregivers, LGBTQIA+, self-esteem, trauma, postpartum, maternal mental health, prenatal, motherhood and parenting, couples counseling, marriage counseling, sex therapy, life transitions, boundaries, communication, and trauma.

Therapy SOULutions

801-499-7133

michelleallen@therapysoulutions.com

Telehealth Only

Age Group: Adolescents to Adults

Specializes in mood disorders, anxiety, trauma, and abuse.

The OCD & Anxiety Treatment Center

1459 N. Main St., Suite 100
Bountiful, UT 84010
801-298-2000

theocdandanxietytreatmentcenter.com

admissions@liveuncertain.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, Select Health, United Healthcare, Blue Cross/Blue Shield, DMBA, aetna, church organization.

Will work to customize financials.

Offers outpatient treatment for OCD, anxiety, and other related disorders.

Titensor Enterprises

2205 S. 800 W.
Woods Cross, UT 84087
801-989-8825

stitensor@comcast.net

Age Groups: Adolescents to Seniors

Payment Type: Cash/self-payment, Altius/MH Net, Regence BC/BS, Ceridian/Lifeworks, Military One Source, Tricare, Beacon/Value Options, Wise Provider Network

Offers services for mood disorders, anxiety disorders, and substance abuse. Specializes in ADHD and couples therapy.

Touchstone Therapy Center

1650 W. Gentile St.
Layton, UT 84041
801-485-8051

touchstoneutah.com

Age Groups: Infants to Adults

Payment Type: Cash/self-payment (sliding scale available), Blue Cross/Blue Shield, DMBA, TriCare, University of Utah

Offers in-home, clinic-based, and telehealth therapy for children from infancy through age 18. Also provides mental health assessments for children and adults, parenting and bonding assessments, substance abuse assessments for adolescents, and parent education.

Treat Counseling - Layton & North Salt Lake

124 S Fairfield RD E A110
Layton, UT 84041

1010 N 500 E Suite 120
North Salt Lake, UT 84054
801-872-3234

treatcounseling.com

Age Groups: Children to Seniors

Hours: Mon-Fri 8am-9pm

Payment Type: PEHP, University of Utah HMHI, DMBA, Cigna, Blue Cross Blue Shield, EMI, Regence, SelectHealth, United Behavioral Health, United Healthcare, Aetna, Triwest, Motiv Health

Provides counseling for anxiety, OCD, depression, pregnancy, postpartum, women's issues, grief/loss, relationships, trauma, faith transitions, and parent burnout.

**Turning Point Centers
Outpatient Treatment**

521 N. Sportsplex Dr.
Kaysville, Utah 84037
888-576-3711

turningpointcenters.com

Age Group: Adults

Payment Type: self-pay, private insurance

Offers treatment for alcohol & drug addiction, anxiety, ADHD, Autism, bipolar, depression, dissociative disorders, eating disorders, gender dysmorphia, mild learning disorders, OCD, personality disorders, sleep-wake disorders, trauma, stress disorders, and somatic symptom and related disorders. Online and in-person intensive outpatient programs, residential treatment, and Medication-Assisted Treatment (MAT) are available. LGBTQ+ affirming therapists.

**Utah Addiction
Medicine & Counseling**

440 South Medical Dr.
Bountiful, UT 84010
801-294-8288

utahamc.com

Age Group: Adults

Hours: Mon, Wed, Thurs 8am-5pm,
Tues by appointment, Fri 8am-Noon

Payment Type: Cash/self-payment
(sliding scale available)

Offers counseling and treatment for substance abuse disorders including intervention, addiction consultation, medically managed care, outpatient detox, addiction counseling, opiate dependency, and Subutex addiction.

Utah Behavior Services

1858 W 5150 S Suite 506
 Roy, UT 84067
 801-255-5131 (ext.3)

utahbehaviorservices.com

Age Groups: Children to Seniors

Hours: Mon-Fri 9am-5pm

Payment Type: Aetna, Blue Cross Blue Shield, ChampVA, Cigna, Compsych, DMBA, EMI Health, Health Utah, Humana, Magellan, Molina, Optum Medicaid, PEHP, SelectHealth, Southwest Behavioral, State of Utah Crime Victims, TriCare, TriWest, United Healthcare, University of Utah, Wise

In-home and clinic based services for mental health; family counseling; children, adolescent, and adult services; diagnostic evaluations; medication management. Specialties include ADHD/ADD, anger management, anxiety, Autism, behavioral problems, depression, families in crisis, grief and loss, intellectual disabilities, personality disorders, relationship difficulties, schizophrenia, substance abuse/addiction, trauma, and abuse.

Utah Counseling Services

189 S. State St., Suite 230
 Clearfield, UT 84015
 801-589-0819

utahcounselingservices.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, Aetna, Anthem, Blue Cross Blue Shield, GEHA, HUmana, Medicare, MultiPlan, Optum, TriCare, UMR, United Healthcare

Offers help to address anxiety, depression, low self-esteem, behavior and social problems, and relationship conflicts. Specialties include working with women coping with life struggles and helping families resolve conflicts.

Veteran Affairs (VA) Ogden

3945 S. Washington Blvd., Suite 1
 South Ogden, UT 84403
 801-479-4105

va.gov/salt-lake-city-health-care/locations/ogden-va-clinic/

Mental Health Clinic: Ext. 6135

Hours: Mon-Thurs 7:30am-5:30pm,
 Fri 7:30am-4:30pm

Offers mental health services and counseling for PTSD, depression, grief, anger, trauma, addiction, OCD, schizophrenia, and bipolar disorder.

Veterans Affairs (VA) Salt Lake - George E. Wahlen Department of Veterans Affairs Medical Center
500 Foothill Blvd., Building 16
Salt Lake City, UT 84148
801-582-1565 Ext. 1255
va.gov/salt-lake-city-health-care/locations/george-e-wahlen-department-of-veterans-affairs-medical
Hours: 24/7

Offers mental health services and counseling for PTSD, depression, grief, anger, trauma, addiction, OCD, schizophrenia, and bipolar disorder.

Viewpoint Center
2732 W. 2700 S.
Syracuse, UT 84015
801-825-5222
viewpointcenter.com
Age Groups: Youth 12-17 Yrs
Languages: English and Spanish

Offers comprehensive behavioral and psychological assessments and intensive therapy to teenagers who would benefit from a highly structured therapeutic setting. In addition to a broad therapeutic regimen that includes individual, group, and family therapy, teens are provided individual tutoring to ensure educational success. LGBTQ+ affirming therapists.

Wasatch Family Therapy
1371 N. 1075 W., Suite 5
Farmington, UT 84025
801-944-4555
wasatchfamilytherapy.com
Telehealth Options Available
Age Group: Children to Seniors
Hours: Mon-Fri 9am-6pm
Payment Type: Cash/self-payment, church organization

Offers compassionate, confidential, and professional therapy services focused on LGBTQ+, chronic illness, life transitions, depression, anxiety, family conflict, OCD, unwanted sexual behaviors, faith and spirituality, ADHD, grief, and Autism.

White Pine Recovery
497 N. Main, Suite A
Kaysville, UT 84037
801-529-6782
whitepinerecovery.com

Therapy services focusing on sexual addiction, pornography addiction, infidelity or affair recovery, and mother-enmeshed men. Individual and couples therapy available.

Wiconi Counseling Center

872 Heritage Park Blvd., Suite 110
Layton, UT 84041
801-541-7049

wiconiccc.com

contact@wiconiccc.com

Telehealth Options Available

Age Groups: Youth to Seniors

Hours: Mon-Fri, Sat and evenings
available upon request

Payment Type: Cash/self-payment,
Aetna, Anthem, Blue Cross Blue
Shield, Cigna, DMBA, EMI Health,
Huntsman Mental Health Institute,
Optum, PEHP, Regence,
SelectHealth, TriCare, TriWest,
United Healthcare, University of
Utah, WPS, church organizations

Offers therapy services for couples,
trauma, suicide ideation, abuse,
ADHD, anxiety and depression.
LGBTQ+ affirming therapists.

*See full fee schedule and accepted
insurance plans on the website.*

Youth Health Associates

430 E. 450 S.

Clearfield, UT 84015

801-641-4023

yhaservices.com

jgarlock@yhautha.com

Age Group: Youth

Providers: Michael Hanley, Trevor
James, Dennis Springsteed, Mace
Warren

Specializes in treatment for juvenile
sex offenders, pornography
addiction, sexual reactivity, other
antisocial behaviors, and issues
such as anxiety, PTSD, depression,
impulse control, self-harm, ADHD,
and many others. They operate a
clinically driven program motivated
by both the Restorative Justice
Model and by the standards of
treatment and practice put forth by
the Networks on Juveniles
Offending Sexually (NOJOS).

Youth Services Center

1305 S. 700 W.

Ogden, UT 84401

801-612-4901

jys.utah.gov

Age Group: Youth 10-18 Yrs

Their goal is to prevent out-of-home
placements and keep families intact
so they can safely remain in their
homes, schools and communities.
This goal is accomplished through
phases of referral, screening,
assessment, and youth and family
planning. They connect youth and
their families with community
resources, skill building classes,
and crisis counseling & support.

All insurance information is up to
date per our knowledge as of July
22, 2024. It is always best to call
and check with your insurance
company that a provider is
in-network before your first
appointment.

Support Groups & Classes

Additional support groups can be found online by using the “Find a Support Group” feature on [psychologytoday.com](https://www.psychologytoday.com).

Addiction

Addiction Recovery Support

The Church of Jesus Christ of Latter-day Saints Family Services
addictionrecovery.churchofjesuschrist.org

Languages: English and Spanish

If you are struggling with addiction or a problematic behavior, you may feel trapped and fear that you will never be free. You can discover support and hope by attending a recovery support group meeting. *Visit the website to find a meeting near you. Meetings are offered online and in-person.*

AI-Anon/Alateen Family Groups of Utah

801-604-2579

utah-alanon.org

district1@utah-alanon.org

Women, men, and children who were once lonely, lost, and helpless because of someone's drinking, today have courage and confidence in themselves through AI-Anon and Alateen. They have discovered friends who understand and the tools to help themselves, which can indirectly help their alcoholic relatives or loved ones. Contentment, and even happiness, is possible whether the alcoholic is still drinking or not. *Email for more information or visit the website listed for meeting times and locations.*

Alcoholics Anonymous® (AA)

sober.com/aa-meetings/utah/clearfield-utah/

Alcoholics Anonymous® is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. *Visit the website to find a meeting schedule.*

Celebrate Recovery Layton

Christian Life Center

2352 E. Highway 193

Layton, UT 84041

801-771-5433 Ext. 510

clclayton.org

Church Hours: Mon-Fri 9am-4pm

Cost: Free

Meeting Time: Wed 6:30-8pm
(child care available)

Recovery group for all addictions, hurts, habits, or hang ups, domestic abuse, etc. The program is from Saddleback Church in California. It is an amazing recovery program, come give it a try! *For information please visit the church website.*

Narcotics Anonymous (NA)

877-479-6262

lakesidenautah.org

Website is for the Davis County Area. *Please call or visit the website for more information.*

Sex Addicts Anonymous (SAA)

saa-recovery.org

Age Group: Adults

Cost: Free

As a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although they are not affiliated with AA or with any other organization or agency, they have been given permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible. *Visit website for local meetings and telemeetings.*

Alzheimer's Disease

Early Stages Alzheimer's Support Group

Alzheimer's Association

1-800-272-3900 (24/7 helpline)

Utah Chapter: 801-265-1944

utahprograms@alz.org

The Alzheimer's Association's Early Stage Support Groups are led by trained facilitators and offer dementia-related education, resources, emotional support, and connections to others living with the disease. Topics include disclosing the diagnosis, changing relationships, maintaining independence, medications, and research.

Pre-registration is required to attend an Early Stage Support Group; please send an email to register.

Domestic Abuse

Domestic Violence Support Groups

Safe Harbor

801-444-3191

safeharborhope.org/services/support-groups/

Cost: Free

For survivors age 18 and up who are or have been victims of abuse. Group is confidential. Cover topics such as, assertiveness and boundaries, conflict resolution, safety planning, understanding anger, and the effects of domestic abuse on children. Safe Harbor offers support groups for special populations including male survivors, teens, and Spanish speaking clients. Please call for more information.

Eating Disorders

ANAD Peer Support Groups

National Association for Anorexia and Related Disorders

<https://anad.org/get-help/about-our-support-groups/>

Cost: Free

Weekly zoom meetings led by trained volunteers with lived experience of eating disorder recovery. Offer general eating disorder, LGBTQ+, BIPOC, caregiver, older adults, teens & young adults, siblings, people in larger bodies, men, and binge eating disorder groups. *See website for meeting times.*

Binge Eating Disorder Support Group

Center For Change
801-790-0413

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Meeting Time: Mon 5-5:50pm
Cost: \$25 at group/\$35 if billed

Group is led by a rotating therapist and dietician. Requires referral from your outpatient therapist. Framed upon intuitive eating principles, anti-diet, and health at every size (HAES).

Call prior to coming to the group for the first time for approval and information.

EDA (Eating Disorders Anonymous)

Center For Change
1790 N. State Street
Orem, UT 84057
801-790-0413

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Meeting Time: 1st Tuesday of every month, 5:30-6:30pm
Cost: Free

EDA is a Twelve-Step fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. People can and do fully recover from having an eating disorder. The only requirement is a desire to recover from an eating disorder.

Call prior to coming to the group for the first time for approval and information.

Eating Disorders Family Support Group

Center For Change
1790 N State Street
Orem, UT 84057
801-224-8255

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Meeting Time: Mon 6pm-7:30pm
Cost: Free

Open to friends and family of those struggling with an eating disorder. They ask that no children attend. Topics cover nutrition, family, home, and emotional support.

ED Hope & Healing Group

Center For Change
801-790-0413

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Cost: \$25 at group/\$35 if billed

Open group that explores life past the eating disorder. Topics will rotate and will be taught from different therapeutic frameworks per the therapist's specialty or focus (ie. experiential, art, multicultural, LGBTQ+, etc.) Group is led by rotating therapists.

Call prior to coming to the group for the first time for approval and information.

Friends and Family

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Thurs 5pm

Cost: Free

Virtual support group via zoom designed for loved ones only. Provides friends and family with the space to both give and receive support while also learning how to best support their loved one.

Intuitive Eating and Body Image Class

Center For Change

801-790-0413

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Cost: \$80 total for 8 week course

Open group focusing on intuitive eating, hunger/fullness cues, nutrition, body acceptance, and making peace with food. *Currently paused and will resume Fall 2024.*

Call prior to coming to the group for the first time for approval and information.

Larger Bodied Individuals

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Mon 5pm

Cost: Free

Virtual support group via zoom. For individuals (18+) experiencing and recovering from eating disorders. Therapist-led group.

LGBTQ+

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Wed 5pm

Cost: Free

Virtual support group via zoom. For individuals (18+) experiencing and recovering from eating disorders. Group is led by queer therapists.

Open Process Group

Center For Change

1790 N. State Street

Orem, UT 84057

801-790-0413

<https://centerforchange.com/treatment/levels-of-care/outpatient-treatment/>

Meeting Time: 3rd Tues,
5:30-6:30pm

Cost: \$25 at group/\$35 if billed

Open group where discussion centers on relationships, communication, negative behaviors, and other topics relative to the individual need.

Call prior to coming to the group for the first time for approval and information.

Parents, Caregivers, Support Partners of Folks with Eating Disorders

Kayla Jessop Nutrition

801-210-1416

[kaylajessopnutrition.com/group-support](https://www.kaylajessopnutrition.com/group-support)

Meeting Times: Tues 5:30pm

Cost: \$20/family

For parents, family members, caregivers, support partners, etc. of folks with eating disorders. The focus is on learning how an eating disorder can impact a person's life and how the individuals in their life can best support them during recovery.

Other groups are available and are census dependent. If interested, reach out via the form on the website.

Pro-Recovery

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Mon & Fri 10am, Tues & Thurs 5pm, Wed 7pm, Sat 9am

Cost: Free

Virtual support group via zoom for individuals (18+) who are experiencing and recovering from eating disorders. Therapist-led group creating connection and community where individuals feel seen, heard, supported, and valued.

Support for Individuals who have Lost a Loved One

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Every 3rd Monday 5pm

Cost: Free

Virtual support group via zoom for loved ones only (12+, with a guardian). Therapist-staffed group designed to support those who have lost a loved one to an eating disorder.

The Chain x The Alliance

National Alliance for Eating Disorders

Helpline: 866-662-1235

<https://www.allianceforeatingdisorders.com/groups/virtual-pro-recovery/>

Meeting Times: Every 3rd Monday 3:30pm

Cost: Free

Virtual group via zoom for individuals (18+) working in the fashion, beauty, and entertainment industries coping with eating disorders.

Family

Alzheimer's Caregiver Support Groups

Alzheimer's Association

24/7 Helpline: 1-800-272-3900

Utah Chapter: 801-265-1944

communityresourcefinder.org

utahprograms@alz.org

Languages: English, Spanish, Chinese-Mandarin, Haitian-Creole

These support groups create a safe and supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. *Virtual and in-person (Davis County) support groups offered. Please register by calling or by sending an email.*

Parenting Group

Safe Harbor

801-444-3191

safeharborhope.org/services/support-groups/

Cost: Free

For all parents with children who have been victims of or witnessed abuse. Assists parents with understanding the effects of domestic abuse on their children and providing them with the tools to help their children heal. The eight-week program details child development, parenting styles, discipline, positive communication, daily routines, and more.

Children's groups run at the same time. During children's groups, trained professionals help children cope with their feelings and family changes, learn anger management and frustration coping techniques, and other topics. Please call for more information.

Spouse & Family Support Group

The Church of Jesus Christ of

Latter-day Saints Family Services

addictionrecovery.churchofjesuschrist.org/spouses-and-families

Languages: English and Spanish

If you have a spouse or loved one who is struggling with an addiction or other problematic behaviors, you may feel discouraged, betrayed, hurt, or hopeless. You may worry about the significant consequences that seem to loom over you and your loved one. Perhaps you just feel concerned and want to help. You can get support and find healing through spouse and family support groups. *Visit the website to find a meeting online or near you.*

Grief

Anchor of Hope Grief Support Groups

385-212-HOPE (4673)

liffe@anchorofhope.org

Age Groups: Children, Youth, Adults

Meeting Set Up: Once per week for 12 weeks, 1.5 hours each session

Each meeting will be facilitated by two QPR and SafeTalk trained volunteers. Each meeting will have an assignment topic and activity geared towards the appropriate age level. Children engage in activities that allow them to express their emotions through creative play and art. Participants in support groups are not forced to share or do the activities but can simply listen and learn they are not alone in their grief.

Grief and Loss Groups

Resilient Solutions Inc.

Becky: 801-259-3883

resilientsolutionsinc.com/group-therapy.html

Cost: \$150 per 8-group session

Group sessions for those who have had a loved one die and a group for those who have lost a loved one to suicide. Facilitated by Becky Andrews, *please contact Becky for more information.*

Grief Support Groups

University of Utah

Caring Connections

801-585-9522

nursing.utah.edu/grief-support-groups

Cost: \$50

Provides information about coping with grief and loss, as well as a space for support between individuals who have experienced a similar loss. The groups have several themes to better serve those who attend them: Loss of a Family Member or Friend, Loss of a Spouse or Partner, Loss to Suicide, Loss to Overdose. Held in person and online via Zoom. *Please visit the website for each group meeting time. Registration is required, please call to register.*

Grief Support Group

Davis Behavioral Health

1779 W. Antelope Drive

Syracuse, UT 84075

801-872-3894

<https://www.dbh.utah.gov/>

Meeting Times: Tues 5:30-6:30pm

In-person support group for those who have experienced the death of a beloved person. Support is provided through companionship and normalizing through the grieving process. Education on grief will be provided at each session along with an opportunity to give and receive support from others experiencing loss. It is an open group, available to anyone in the community.

**Suicide Loss Grief
Support Group**

Davis Behavioral Health

476 Heritage Park Blvd. #120

Layton, UT 84041

dbh.utah.gov/groups/grief-support

Meeting Time: 2nd and 4th Mon of each month, from 7-9pm

Peer-to-peer support group for adults (18+) who have lost a loved one to suicide. *Register on the website.*

LGBTQ+

LGBTQIA+

Davis Behavioral Health

934 S. Main St.

Layton, UT 84041

801-872-3894

<https://www.dbh.utah.gov/services/lgbtqia-support-group/>

Age Groups: 18 Yrs and Older

Cost: Free

Meeting Time: Thurs 6pm

This in-person group is facilitated by a DBH therapist and provides a safe space for people 18 and over to connect, support, learn, and grow. Anyone in, or an ally of, the LGBTQIA+ community is welcome.

LGBTQ Support Group Meeting

Neurobehavioral Center for Growth

Bountiful Community Church

Jen: 801-888-4612

Office: 801-683-1062

Cost: Free

Meeting Time: Tues 6-7pm

Dedicated to empowering LGBTQ teens and young adults, as well as their families. Promotes positive mental health and encourages effective parenting and family support. Groups are always co-led by trained, experienced therapists and psychologists who are members of the LGBTQ+ Affirmation Psychotherapist Guild of Utah.

**Utah Pride Center Support
Groups and Programs**

1380 S. Main St.

Salt Lake City, UT 84115

801-539-8800

utahpridecenter.org

Adult & Senior Program email:

brittanymartinez@utahpridecenter.org

Youth Programs email:

cloebutler@utahpridecenter.org

The Utah Pride Center offers a safe, empowering space for Utah's diverse LGBTQ+ community through programs and support groups for youth, adults, seniors, and families. *Please call or email for more information on groups.*

Men

EvryMan Men's Support Group

*Davis Behavioral Health and
Live Strong House*

377 N. Marshall Way

Layton, UT 84041

dbh.utah.org/groups/men/

Cost: Free

Meeting Time: 1st and 3rd Thurs of
each month, from 7-8:30pm

Harness the power of your emotions and deepen your connection to yourself. Join a group of good men – like yourself – committed to doing the work of becoming more present and fulfilled in their lives. Evryman provides a framework to help you tap into the great man already within you and a space where you can figure things out.

Innovate Mental Health Solutions

124 Fairfield Rd.

Layton, UT 84041

801-425-3628

dwithhurst.com

dwithhurst@gmail.com

Payment Type: Cash/self-payment
(sliding scale available), private
insurance

Cost: \$10-\$40

One of the main goals of the group is accessibility, and that no one should be turned away for financial reasons. Clients are on the honor system to find an amount that works for them.

Trauma-Informed Men's Addiction Group: Designed for men working with addictive, unhealthy, or self-destructive coping, addressing trauma or other mental health issues. Our members are working towards sobriety from unhealthy practices, including sex addiction, drug or alcohol abuse, gambling, or other compulsive and addictive behavior. Themes include relapse prevention and response, relationship rebuilding, shame reduction, and much more. Join a private, non-judgmental environment to work through your experiences with others who understand the struggle. Online participation as well as in-person is available.

Men of Moroni

Life Changing Services

1361 N. 1075 W. Suite 210

Farmington, UT 84025

877-HERO-877 (877-437-6877)

menofmoroni.org

Mentor-Led Cost: \$79 books and orientation, \$35 per session, \$30 per coaching session

Therapist-Led Cost: \$150 books and orientation, \$65 per session, \$30 per coaching session

The Men of Moroni group works with grown men, married or single, who are dealing with pornography and/or other unwanted sexual misbehaviors. Men in this group support one another in strengthening their discernment skills. *In person and online. See website for meeting times and information.*

Mental Health

Adult Coping Skills Group

Jessica Champlin at Wasatch

Family Therapy

1371 N. 1075 W. #5

Farmington, UT 84025

801-944-4555

info@wasatchfamilytherapy.com

Age Group: Adults 18+

Cost: \$65 per group attended

Meeting Time: Thurs 5:30-7pm

Payment Type: Cash pay, ecclesiastical pay, HSA

Psychoeducation group where you will learn what clients describe as "LifeChanging" skills. This group teaches and practices the same (DBT) coping skills taught at residential treatment facilities, crisis centers, behavioral hospitals, and addiction recovery centers. They are proven to increase emotion regulation, reduce self harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. Join and come whenever you can. Group is open and runs year round. Teen group offered as well ([see page 62](#)). *Call or email to register.*

Anxiety & OCD Support Group

Jeff Gregson Therapy Services

801-923-8855

allthingsanxiety.com/classes/supportgroup

Cost: \$35 per group

Meeting Time: Wed 4pm, online via Zoom

This online group is for those who are on a waitlist to see a therapist but want some help and support now. This group is also a great supplement to individual therapy for those struggling with anxiety and/or OCD. This is an open discussion format allowing you to ask any questions and address any concerns you may have.

Register on the website.

Depression Support Group

Neurobehavioral Center for Growth

Cost: Free

Meeting Time: Every 1st and 3rd Tues 6-7pm

Support group via Zoom. For link or information, please email romina.valdizan@neurobcg.com.

Latino Behavioral Health Services Groups and Classes

801-935-4447

latinobehavioral.org/services/support-groups

Age Groups: Adolescents to Seniors

Cost: Free

Youth, family, mental health, grief, and substance abuse support groups and classes. Support for the Latinx community *from* the Latinx community. *Call for more information.*

National Alliance on Mental Illness (NAMI) Groups & Classes

Weber-Davis Affiliate: Ron Bailey

801-513-3204

namiut.org

namiweberdavisron@gmail.com

Age Group: Adolescents to Seniors

Cost: Free

Connection support group, family-to-family courses, family support group, peer-to-peer course. *Call or visit website for more info.*

Parkinson's Disease

Davis County Parkinson's Support Group

North Davis Senior Activity Center

42 S. State St.

Clearfield, UT 84015

801-451-6238

801-499-9416

parkinsonsdavisco@gmail.com

The Parkinson's Support Group meets monthly and provides a comfortable and relaxed setting where people who have been diagnosed with Parkinson's disease can meet and socialize, as well as learn from subject matter experts about health and wellness, in order to enable Parkinson's patients and their caregivers to maximize their strengths and quality of life as much as possible. Their monthly schedule consists of knowledgeable briefers, fun activities, and social interactions all aimed at supporting Parkinson's patients, their families, and caregivers.

For meeting information, email or visit the [Parkinson's Support in Davis County Facebook Page](#).

Sexual Trauma

Sexual Trauma and Recovery Group (STAR)

Safe Harbor

801-444-3191

safeharborhope.org/services/sa-sup-port-groups/

Works with rape and sexual assault survivors to help them heal after assault. The group is offered multiple times a year and follows a weekly curriculum. [See page 62](#) for teen support group info. *Visit the website for more information.*

Finding Hope Support Group

Saprea

Cost: Free

findinghope.org

Finding Hope Support Groups have been developed for participants who are 18 years old, female, and have experienced child sexual abuse as a child or adolescent (at or before the age of 18). Individuals who attend can talk openly and honestly about their feelings and experiences with others who understand. Each person can feel heard and validated. Participants also learn ways of managing the effects of their trauma.

In-person and online, find a group on the website.

Sexual Abuse Survivors Group

The Church of Jesus Christ of

Latter-day Saints Family Services

94 E. Pages Ln.

Centerville, UT 84014

801-294-0578

For women 18 and over who have had some sort of sexual abuse during their lifetime. *Individuals attending must have access to individual therapy.* Facilitated by Rebecca Laws. *Joining the group requires a referral from your local bishop.*

Traumatic Brain Injury (TBI)

Phoenix Services

1139 S. State St., Suite A1

Clearfield, UT 84015

801-825-4535

phoenixservices.org

Utah based nonprofit organization serving people with brain injuries and similar disabilities. Provides staff for families who need help managing a loved one at a nursing home level of care, but who desire an independent setting.

Veterans

Continue Mission

801-560-9889

continuemission.org

facebook.com/continuemission

Cost: Free

Serves veterans and service members with service connected injuries, as well as their families, through year-round recreational and educational events. Continue Mission takes an active role in suicide and mental health awareness and their events have shown to have a positive impact on the mental health of their veterans.

Give an Hour

<https://giveanhour.org/military/>

Cost: Free

Offers no-cost mental health care services to active-duty military, reservists, guard, veterans, and in certain cases, spouses and caregivers. Programs include one-on-one counseling, peer support groups, and emotional wellness training. Additionally, mental health care professionals receive specialized training to address the unique challenges and strategies to support these clients.

Women

WORTH Group (Women of Rebirth Therapeutic Healing)

Life Changing Services

1361 N. 1075 W. Suite 210

Farmington, UT 84025

801-923-3026

healingwithworth.org

Cost: Free

A free, LDS faith based, therapist facilitated, peer-support group for women healing from betrayal trauma caused by a spouse's sexual misbehavior. WORTH Group therapists and mentors teach tools such as self-care, boundaries, and honoring emotions and blend them with LDS principles through guided discussion support groups. This group is a place where women derive emotional and spiritual strength as they share joys and sorrows and support each other in their healing journey. *Variety of groups available weekly, online. See website for more information.*

Maternal Mental Health Support Group

Davis Behavioral Health

dbh.utah.org/services/maternal-mental-health

Age Group: Women 18+ who are pregnant or have children 2 years old or younger

Depression and anxiety are the most common complications of childbirth. In Fact, one in three Utah women will experience either depression or anxiety during pregnancy, or postpartum depression. The Mommie Connection is an online support group. Women who attend this group will find support from other mothers and a DBH therapist who specializes in mental health issues arising during and after pregnancy.

Youth

Adolescent Safe Dating/Healthy Relationships Group

Safe Harbor

801-444-3191

Age Group: Youth 13-18 Yrs

Cost: Free

Participants are encouraged to attend 8 of the 10 groups. The entire 10-week curriculum is centered around safe dating and healthy relationships.

Call for more information.

Connect & Conquer

Jeff Gregson Therapy Services

801-923-8855

allthingsanxiety.com/connect-conquer

Age Group: Youth 12-17 Yrs

Cost: \$395

An eight-week program that combines mental health and physical fitness. They meet twice a week for 2 one-hour sessions. Kids will receive a blend of mental health coaching addressing challenges they are facing, along with a high-intensity interval training program where they will put to test the tools they just learned to overcome obstacles and push through mental barriers. Come check out Connect & Conquer, your kids will feel the difference in their lives and you will see it every day.

Daughters of Light

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
801-989-1023
daughtersoflight.org

Age Group: Females 13-18 Yrs

Cost: \$180 orientation session and journal, \$65 per session, \$30 per coaching session

A healing and skill-based group training program to help young women manage unwanted behaviors that often accompany mental health concerns like anxiety and depression. All groups are run by an LDS female licensed therapist or behavioral specialist who specializes in teen girl mental health challenges. Groups meet weekly to train participants in coping strategies, understanding and controlling emotions and negative thoughts, learning about relationships and how to navigate them, understanding brain chemistry and how to change it in positive ways and applying this to everyday life. The therapist or specialist helps participants set specific recovery goals and accomplish them.

In person and online. See website for meeting times and information.

Sons of Helaman

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
877-HERO-877 (877-437-6877)
sonsofhelaman.org

Age Group: Males 13-24 Yrs

Cost: \$150 orientation session and books, \$65 per session, \$30 per coaching session

Works with young men to young adult males who are dealing with unwanted compulsive use of pornography, masturbation, and other sexual misbehaviors. This group allows a young man to decrease his shame by knowing he is not alone in this battle. It also increases his confidence to fight the unwanted behavior through behavior modification and accountability. *See website for meeting times and locations.*

Sons of Mosiah

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
877-HERO-877 (877-437-6877)
lifechangingservices.org

Cost: \$20 per week

For missionaries in-field, preparing missionaries, and missionaries released early. Participation online through email groups, a certified online coach, and overseen by a licensed clinician.

Teen Coping Skills Group

*Jessica Champlin at Wasatch
Family Therapy*

1371 N. 1075 W. #5
Farmington, UT 84025
801-944-4555

info@wasatchfamilytherapy.com

Age Group: Youth 14-18 Yrs

Cost: \$65 per group attended

Meeting Time: Thurs, 4-5:20pm

Payment Type: Cash pay,
ecclesiastical pay, HSA

Teaches skills that are proven to increase emotion regulation, reduce self-harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. This is the only experiential DBT Skills Group in the state where teens can learn and practice the skills with hands-on experiences, role-playing, art, magnets, and sensory activities. Join and come whenever you can - the group is open and runs year round. *Call or email to register.*

Teen Sexual Trauma and Recovery Group (TSTAR)

Safe Harbor

801-444-3191

safeharborhope.org/services/sa-sup-port-groups/

Works with rape and sexual assault survivors to help them heal after an assault. The group is offered multiple times a year and follows a weekly curriculum. Families and friends impacted by a teen's sexual assault are encouraged to read the [Help for Family and Friends page](#). Please note that Safe Harbor is a mandatory reporter if ongoing abuse of a minor is reported. *Visit the website for more information.*

Teen Support Group

*Family Counseling Service of
Northern Utah*

3518 Washington Blvd.
Ogden, UT 84403
801-399-1600

Cost: \$25 per session

Meeting Time: Every other
Thurs 4:30-6pm

Provides a safe space for teens to receive support in family dynamics, self-care, trauma, phobias, emotional wellness, weight and body image, values, and other topics. *Please call for more information and to register.*

Family Support Resources

Care about Childcare

Weber State University

801-626-7837

McKay Education Building, Rm. #13

Weber State University

Ogden, UT 84403

weber.edu/care-about-childcare

careaboutchildcare@weber.edu

Hours: Mon-Thurs 7am-4pm,
Fri 7am-1pm

Helps families make informed choices about child care and identify providers that best fit their needs. Families can use the public search to look for providers within a certain radius of their work, home, or another convenient location. The search also allows families to filter results by cost, languages spoken, certified quality ratings, and other factors. *Search the database online or call for the agency to run a search for you.*

Cerebral Palsy Guide

cerebralpalsyguide.com

Provides free educational materials, financial resources, and support options for families affected by this condition and other birth injuries.

CHADD's ADHD Parents Together Community

(Children and Adults with Attention Deficit/Hyperactivity Disorder)

healthunlocked.com/adhd-parents

An online space to discuss the impact of ADHD on both you and your child. Talking about the challenges you face as a parent of a child with ADHD can be hard, but sometimes, there's nothing more helpful than talking with others who are in the same boat. This community is one where you can have the conversations you need to, sharing your experiences to receive and give support.

Circles Davis County

Open Doors

1360 E. 1450 S.

Clearfield, UT 84015

801-773-0712 Ext. 204

opendoorsutah.org/circles

Cost: Free

Meeting Location: Clearfield Community Church unless announced otherwise

Meeting Time: Thurs 5:30pm

A 12-week class aimed at helping low-income individuals break the cycle of poverty. Helps individuals and families have financial stability and growth while providing resources and tools from the community. Guests are welcome, dinner and childcare is provided each meeting.

Emotion Coaching Program

Davis Behavioral Health

Angie Smith: 801-773-7060

[dbh.utah.gov/prevention/](https://www.dbh.utah.gov/prevention/)

Cost: Free

Groups Served: Parents and Caregivers

Languages: English and Spanish

Meeting Set Up: Virtually, once per week for 4 weeks, 1.5 hours each session

This program focuses on a five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. Easy to learn, and used by parents, educators, and caregivers, it supports kids through life's ups and downs.

Family Advocacy Office

Hill AFB (Military Affiliates)

7319 Balmer St., Bldg. 547

Hill Air Force Base, UT 84056

801-777-3497

Hours: Mon-Fri 7:30am-4:30pm

Offers parenting classes, marriage enrichment classes, stress management, anger management, and other resources to help you and your family. *Call to make appointments and for further information.*

Families First

801-272-9980

[refer2familiesfirst.org](https://www.refer2familiesfirst.org)

warner@youthvillage.org

Cost: Determined on sliding scale

Offers intensive in-home services geared towards teaching parents, children, and families skills to help improve communication, relationships, structure, compliance, and ultimately stabilize the home environment. Services generally last about 13 weeks on average.

Family Enrichment Center - Head Start & Early Head Start

320 S. 500 E.

Kaysville, UT 84037

801-402-0650

<https://www.davis.k12.ut.us/page/early-childhood-programs>

Cost: Free

Programs designed to promote school readiness for children from low-income families. Early Head Start serves pregnant women and families with children under age 3. Head Start programs serve children between 3 and 5 years old.

Family Advocates

Davis School District

Shayla Bigelow (Family Resource Facilitator):

801-402-5914

<https://www.davis.k12.ut.us/page/early-childhood-programs>

Connect families and parents with the resources they need to support themselves and thrive. FSWs can also help families identify physical and emotional self-care and stress-coping mechanisms, and advocate for their needs.

Grandfamilies & Kinship Care

Children's Service Society of Utah (CSS)

129 S. State St., Suite 130

Clearfield, UT 84015

Davis: 801-614-1020

Main: 801-355-7444

Cost: Free

Can help you find your way to the services and support you need to take care of yourself and your family through tips, tools, and resources. Offers support and activity groups, children's groups, advocacy, and crisis intervention.

Help Me Grow (Prenatal & Developmental Information)

801-691-5322

helpmegrowutah.org

Cost: Free

Groups Served: Prenatal parents and families with children through 8 years of age

Languages: English and Spanish

An information and referral helpline that provides parents, physicians, and providers with the knowledge and resources they need to make a difference in the lives of children. Services include: personal care coordination, free child development and perinatal screenings, connection to community resources, and answers to pregnancy, parenting, and child development questions.

My Discovery Destination

discoveryfamilyadventures.com
wattson@mydiscoverydestination.com

Text 'family' to 888-403-4140

Fee: Free

Groups Served: Families with children who are preschoolers to teenagers. Grandparents and grandchildren.

A collaboration of family-oriented businesses that offer a wide variety of free activities for families in their community. It provides opportunities for families to create and capture memories. The program is centered around strengthening families, building character, and improving lives.

Open Doors - Clearfield and Layton

1360 E. 1450 S.

Clearfield, UT 84015

801-773-0712

875 E. Highway 193

Layton, UT 84040

801-771-4642

opendoorsutah.org

Strives to end poverty and abuse and establish strong family relationships and self-reliance by offering many programs including: 24-hour crisis/respite nursery for children 0-11 years of age for parents in distress, parent education classes, counseling services, housing programs, crisis prevention, a food bank, and rent/utility/tax assistance.

ParentGuidance.org

parentguidance.org

Cost: Free

Languages: English and Spanish

Offers education and therapeutic support to empower parents as they support the mental health of their children. The website offers a library of courses developed by leading mental health experts meant to offer hope, answers, and compassionate help.

Postpartum Support International
*PSI Utah (aka Utah Maternal
Mental Health Collaborative)*
psiutah.org

Offers free phone and email support provided by mothers who have experienced and healed from emotional health complications around pregnancy, postpartum, infertility, miscarriage and loss, as well as helpful local resources and referrals. All races, religions, nationalities, sexual orientations, and genders are welcome.

**Prevent Child Sexual Abuse
Community Education Classes**
Saprea
saprea.org/community-education/

Offers resources to learn how to reduce child sexual abuse and teach others to do the same. You can download the materials and teach a group, request a class to be taught, or train to become a volunteer community educator. *Read more about each of the four classes on the website.*

1. Top 5 Ways You Can Reduce the Risk

Keeping your kids safe can feel overwhelming, but this course is a great introduction to the top 5 things that make a difference in reducing the risk of sexual abuse and how to get started. Learn how to assess risky situations, set and respect healthy boundaries, keep communication lines open, discuss sexual development, and model and develop emotional well-being.

2. Teaching Your Child Consent

Consent is about so much more than sex. Practicing and honoring consent is essential to navigating relationships and interactions throughout life. This discussion explores the powerful principles of consent and how they can help empower children, foster healthy relationships in families, and reduce the risk of sexual abuse.

3. Teaching Your Child Healthy Sexuality

Teaching your kids about healthy sexuality is a key way you can reduce the risk of child sexual abuse in your family. Through this discussion, you will find help to consider your own beliefs and family values and how they can influence conversations about sexual development with your kids.

4. Teaching Consent for Teens

Consent is so much more than physical relationships. Practicing and honoring consent is essential to building and receiving respect. Teen consent is Saprea's only class designed specifically for teens and tackles powerful principles like respect, boundaries, ability, and communication.

**Raising Anxiety Resilient
Children Webinar**

Jeff Gregson Therapy Services
801-923-8855

allthingsanxiety.com/classes/parentingcourse

Cost: \$35

Held twice a month at 1pm.
Register on the website above.

REACH Andy Hogan

801-699-7858

ReachAndyHogan.com

andy@reachandyhogan.com

Languages: English and Mandarin

Services include: Speaking engagements for large and small groups on how to find peace with mental illness; communication/conflict resolution classes for individuals, couples, or families on how to reconnect relationships that are emotionally distant; Book readings with children that initiate healing discussions on mental health; videos, podcasts, books, and other media that teach emotional and relationship health.

Strengthening Families Program

Davis Behavioral Health

Angie Smith: 801-773-7060

dbh.utah.org/prevention/

Cost: Free

Groups Served: Families with Kids 10-14 Yrs Old

Languages: English and Spanish

Meeting Set Up: Once per week for 7 weeks, 2.5 hours each session

Program focused on strengthening family connections, healthy conflict resolution, and enhancing effective communication skills. Childcare and dinner provided each week.

Violence, Abuse & Neglect Resources

Adult Protective Services

1-800-371-7897

daas.utah.gov/adult-protective-services

Hours: Mon-Fri 8am-5pm

Investigates allegations of abuse, neglect, and exploitation of vulnerable adults. Anyone over the age of 65 and people between 18-64 years old with impairments that keep them from taking care of themselves are considered vulnerable adults. *Reports can be made by telephone or online through the website.*

Davis County Children's Justice Center (CJC)

801-451-3560

daviscountyutah.gov/cjc

Hours: Mon-Fri 8am-5pm

Offers a comfortable setting to make children feel safe while they are meeting with investigators and other team members about allegations of abuse.

Davis County Hospital Advocate Response Team (DCHART)

801-300-9890

Responds to sexual assault and domestic abuse calls 24/7. Offers resources and support for victims, families, and friends of those affected by crime. DCHART works closely with NUSANE (see next page).

Davis County Long-Term Care Ombudsman

Hotline: 801-525-5060

Hours: Mon-Fri 8am-5pm

Advocates for residents living in long-term care facilities, including skilled nursing facilities, assisted living facilities, and short-term rehab. The Ombudsman investigates and helps to resolve concerns dealing with many aspects of the life of residents, including quality of care, resident rights, and federal and state regulatory requirements.

Ombudsmen also educate staff, family members, residents, and the community about issues pertaining to long-term care.

Davis Forensic Nurses, Safe Harbor

24/7 Line: 801-444-9161

<https://safeharborhope.org/services/safe-harbor-forensic-nurses/>

Provide sexual assault exams to victims of sexual violence.

Division of Child and Family Services (DCFS)

Bountiful: 801-397-7640

Clearfield: 801-776-7300

Child Abuse/Neglect Hotline: 855-323-3237

dcfs.utah.gov

Hours: Mon-Fri 8am-5pm

Provides prevention, child protective services, in and out-of-home services to children and families in order to keep children safe.

Northern Utah Sexual Assault Nurse Examiners (NUSANE)

801-436-1075

nusane.org

Hours: 24/7

Cost: Free

Provides sexual assault exams to victims of sexual violence.

Prevent Child Abuse Utah

801-393-3366

Child Abuse Hotline:

855-323-3237

pcautah.org

Provides prevention, child protective services, in and out of home services to children and families to keep children safe.

Safe Harbor Crisis Center

223 Larson Ln.

Layton, UT 84041

Business Line: 801-444-3191

24/7 Helpline: 801-444-9161

safeharborhope.org

info@safeharborhope.org

Provides shelter, supportive services, and advocacy to survivors of domestic abuse and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter and crisis line operate 24/7. Also provide resources for family and friends of survivors of sexual violence.

Saprea

saprea.org

Their mission is to liberate individuals and society from child sexual abuse and its lasting impacts by providing healing educational retreats, survivor support groups, and online healing resources for adult female survivors. They also provide online prevention resources and community education courses/materials for parents and caregivers to reduce the risk of abuse from occurring.

Sexual Assault Services Map

ucasa.org/services

Provides up-to-date and current resources for survivors of sexual assault throughout the state.

Utah Coalition

Against Sexual Assault

801-764-0404

ucasa.org

Invites individuals and organizations to collaborate to strengthen the effectiveness of sexual violence education, prevention, and response in Utah.

Sexual Assault Prevention & Response-Hill Air Force Base

Office: 801-777-1950

HADB Sexual Assault Line:

801-777-1985

<https://www.hill.af.mil/Home/Sexual-Assault-Response-Coordinator/>

Coordinates victim care, provides sexual assault prevention training, and advocacy services for military members experiencing sexual harassment.

**Utah Internet Crimes Against
Children (ICAC) Tip Line**
801-281-1211

Investigates and prosecutes individuals who use the internet to exploit children.

**Utah Sexual Assault
Kit Tracking System**

Information Line: 801-893-1145
sakt.ps.utah.gov/sakt/status

For any survivor of sexual assault that has completed a forensic exam and is interested in the status of their sexual assault kit. Allows survivors to track the status and location of their sexual assault kit in real time.

A comprehensive list can be found by visiting the [Violence, Abuse, and Trauma resource directory](#)

Victim Services

Local

City Victim Services and Advocates offer help with understanding the criminal justice system, identifying community resources, filing for a Protective Order, Civic Stalking Injunction, or assistance from [Utah Office for Victims of Crimes](#), etc.

Bountiful City Police Department
801-298-6137
bountifulcitypd.com

Clearfield City Victim Resources
801-525-2759
clearfieldcity.org

Syracuse City Victim Advocate Celeste Hopkins: 801-643-8131
syracuseut.gov

Davis Area Victim Housing Assistance Program
801-525-2777

Offers assistance to help victims achieve or maintain safety and housing stability after experiencing a crime.

Davis County Attorney's Office Victim Services Division
801-451-4300
daviscountyutah.gov/attorney

Provides critical services and information to victims of crime.

Kaysville City Victim Advocate
801-546-1131
kaysville.gov

Layton City Victim Services
801-336-3599
laytoncity.org

North Salt Lake Victim Advocate
801-335-8732
brittneyh@nslcity.org

Helps victims connect with community resources, navigate the criminal justice system, and attend court hearings.

Safe Harbor Lifeline and Prevention Center
223 Larson Ln.
Layton, UT 84041
Business Line: 801-444-3191
Crisis Line: 801-444-9161
safeharborhope.org
info@safeharborhope.org

Provides shelter, supportive services, and advocacy to survivors of domestic abuse and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter is open 24/7, just call the crisis line and someone will be ready to help.

State

Utah Department of Corrections Victim Resources
corrections.utah.gov

Provides information, assistance and support to crime victims whose perpetrators are in the custody of the Utah Department of Corrections.

Utah Domestic Violence Coalition (UDVC)

udvc.org

Provide free and confidential support for victims and survivors of domestic and intimate partner violence.

Utah Office for Victims of Crime

801-238-2360

Toll-Free: 800-621-7444

crimevictim.utah.gov

Hours: Mon-Fri 8am-5pm

Provides financial compensation for victims of crime. Administers and monitors Victim of Crime Act Compensation and Assistance grants and Violence Against Women grants. Networks victim services across the state. Provides enhanced training and staff support to the Utah Council on Victims of Crime.

Utah Human Trafficking Tip Line

*Utah Office of the Attorney General
Strike Force*

801-200-3443

attorneygeneral.utah.gov/resources/tip-lines

This is a tip line, NOT a crisis line. It is answered by a voicemail machine. Please call the National Human Trafficking Hotline (1-888-373-7888) for help.

Utah State Office of the Attorney General

801-366-0260

attorneygeneral.utah.gov

Hours: Mon-Fri 8am-5pm

Offers criminal justice advocacy and emotional support to victims during the court process.

National

National Organization for Victim Assistance (NOVA)

trynova.org

NOVA offers general victim information, local and state resources and referrals, including the national hotlines identified on the website. NOVA does not provide case management services, representation, financial assistance or legal advice to victims of crime.

Victim Information and Notification Everyday (VINE)

24/7 Support: 877-884-8463

vinelink.com

The Utah Department of Corrections VINE program allows crime victims, as well as other members of the community, access to reliable information regarding custody status changes and criminal cases. Access to this data is available via telephone, email, TTY, text message, and in-application notifications. VINE is free, secure, and confidential. Register for notifications and stay informed.

VictimConnect Resource Center

855-484-2846

<https://victimconnect.org/get-help/>

Hours: 7am-3pm

Weekday phone, chat, and text-based referral helpline for all victims of crimes providing emotional support, information, and individualized referrals.

Domestic Abuse Perpetrator Treatment

Alliance Clinical Services

519 W Center Street
Pleasant Grove, UT 84062
801-763-7775
acs-utah.com

Offer a variety of therapy services for individuals, couples, and families. Treatment programs offered include Domestic abuse therapy for offenders and survivors, substance abuse therapy, adult sex offense, juvenile sex offense, and youth and families behavioral skills program. *Visit the website for more information.*

GMS COUNSELING

370 S. 500 E.
Clearfield, UT 84015
801-825-4876
gmscounselingllc.com

Hours: Mon-Thurs 11am-8pm,
Fri by appointment only,
Sat 10am-2pm

Provides domestic abuse perpetrator treatment. Follows all state guidelines, including an evaluation, assessment and 16-week course when appropriate.

Sol Recovery

512 W. 750 S. Suite A
Woods Cross, UT 84010
801-935-8449
sol-recovery.org

Hours: Mon-Fri 9am-9pm

Provides domestic abuse offender assessment and treatment.

Professional Services Corporation

391 State St., Suite A
Clearfield, UT 84015
801-525-0950
professionalservicescorp.net

Hours: Mon-Thurs 9am-6pm
By appointment only

Provides domestic abuse perpetrator treatment.

Resilient Solutions Inc.

1355 N. Main St., Suites 1, 3, & 6
Bountiful, UT 84010
801-259-3883
resilientsolutionsinc.com

Age Groups: Adolescents to Seniors

Languages: English, Spanish, and Swedish

Payment Type: Cash/self-payment, private insurance

Extensive experience with grief/loss, substance use, addiction, depression, anxiety, anger management, self-worth, spirituality exploration, relationship issues, trauma, stress management, life transitions, chronic illness, single expectant women, infertility, postpartum anxiety and depression, family conflict, divorce, abuse, OCD, ADHD, domestic abuse survivors, domestic abuse perpetrators, bipolar, adjustment disorders, adoption, attachment, autism spectrum (teens and adults), decision-making, LGBTQ+, unwanted sexual behaviors, and special needs.

Youth Offender Treatment for Sexual Misconduct

Alliance Clinical Services

519 W Center Street
Pleasant Grove, UT 84062
801-763-7775
acs-utah.com

Offer a variety of therapy services for individuals, couples, and families. Treatment programs offered include Domestic abuse therapy for offenders and survivors, substance abuse therapy, adult sex offense, juvenile sex offense, and youth and families behavioral skills program. *Visit the website for more information.*

Benchmark Behavioral Health Systems

592 W. 1350 S.
Woods Cross, UT 84087
801-299-5300
bbhsnet.com

Age Group: Males 13-17 Yrs

Provide treatment for a variety of psychiatric and behavioral disorders including conduct disorder, sexual disorders/sexual misconduct issues, fetal alcohol spectrum disorders, Aspergers, developmental disorders, mood disorders, anxiety disorders, personality disorders and substance abuse issues.

Church of Jesus Christ of Latter-day Saints

801-804-6775
jennifer.brown@churchofjesuschrist.org

Provider: Jennifer Brown, LPC, CHMC

Juvenile Justice & Youth Services

801-872-4118
alhinkle@utah.gov

Provider: Angela Hinkle

Provides a continuum of intervention, supervision, and rehabilitation programs to youth offenders while assuring public safety.

Meadowbrook Counseling

1361 N 1075 W Suite 9
Farmington, UT 84025
meadowbrookcounseling.com

Provider: Cara Robinson, ACMHC

Offers individual, couples, child & teen therapy for a variety of concerns. LGBTQ+ affirming therapists.

New Directions Counseling

31 W Center Street
Kaysville, UT 84037

Providers:

Matt Loveland, Kirt Wise

Provide a full range of counseling and assessment options for the individual, couple and/or family.

Oxbow Academy

11500 E 15975 N Pinecreek Road
Mount Pleasant, UT 84647
435-485-7116

oxbowacademy.net

Age Group: 10-17

Residential treatment program specializing in treatment for teen boys with compulsive sexual behavior. Offer treatment for sexual behavioral problems, sexual abuse, pornography abuse, sexual reactivity, and other compulsive behavior issues.

Summit Counseling & Psychological Services

2317 N Hill field Road, Suite 103
Layton, UT 84041
801-913-1212

summitcaps.com

Telehealth Options Available

Age Groups: Children to Seniors

Hours: M-F 9am-5pm

Providers: Erin Fortin, Ph.D

Offers a variety of services including individual psychotherapy, couples counseling, family interventions, group therapy, psychological testing and medication management.

Suncrest Counseling- Bountiful

837 S 500 W Suite 103
Bountiful, UT 84010
801-255-1155

suncrestcounseling.com/

Providers: Rod Jeppsen, CMHC, CSAT

Offer a wide array of therapy services including addiction, court-ordered counseling, first responders, PTSD, eating disorders, and more.

Suncrest Counseling- Clearfield

466 N Main Street Suite 206
Clearfield, UT 84015
801-255-1155

suncrestcounseling.com/

Providers: Rod Jeppsen, CMHC, CSAT

Offer a wide array of therapy services including addiction, court-ordered counseling, first responders, PTSD, eating disorders, and more.

Youth Health Associates

430 E. 450 S.
Clearfield, UT 84015
801-641-4023

yhaservices.com

Age Group: Youth

Providers: Michael Hanley, Trevor James, Dennis Springsteed, Mace Warren

Specializes in treatment for juvenile sex offenders, pornography addiction, sexual reactivity, other antisocial behaviors, and issues such as anxiety, PTSD, depression, impulse control, self-harm, ADHD, and many others. They operate a clinically driven program motivated by both the Restorative Justice Model and by the standards of treatment and practice put forth by the Networks on Juveniles Offending Sexually (NOJOS). Decisions affecting clients are treatment oriented to ensure appropriate judgment and client growth.

Legal Services

Disability Law Center

1-800-662-9080

disabilitylawcenter.org

Hours: Mon-Thurs 9am-4pm,
Fri 9am-1pm

Our mission is to enforce and strengthen the laws that protect the opportunities, choices, and legal rights of Utahns with disabilities.

Online contact form on website.

Financial Fraud - Division of Consumer Protection

801-530-6601

Toll-Free: 800-721-7233

consumerprotection.utah.gov

Consumer Protection stops unfair, deceptive and fraudulent business practices by reviewing complaints and conducting investigations, educating consumers and businesses about the statutes regulated by the division, and licensing or registering regulated entities. The Division can take administrative action against companies that have violated the law, however, the Division cannot act as your private attorney.

Legal Aid Society of Salt Lake

801-328-8849

legalaidsocietyofsaltlake.org

Offers low-income families affordable legal representation and assistance in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic abuse.

Rasa Legal

385-454-5841

rasa-legal.com

Makes record expungement as affordable and accessible as possible using technology to streamline the expungement process and provide low-cost legal services for individuals looking to unlock a better future.

Timpanogos Legal Center

801-649-8895

timplegal.org

Provides free legal advice and legal document preparation for victims of domestic abuse and people who are low-income.

Utah Crime Victims Legal Clinic

801-746-1204

utahvictimsclinic.org

Hours: Mon-Fri 8am-5pm

Provides protective order and stalking injunction assistance and legal representation to victims whose rights as a victim have been violated.

Utah Legal Services

1-800-662-4245

utahlegalservices.org

Hours: Mon-Fri 9am-2pm

Offers free legal help for civil matters to low-income Utahns. *Apply online for faster service.*

YWCA Family Justice Center

801-236-3370

Hours: Mon-Fri 9am-4pm

Assists in filing for protective orders and stalking injunctions.

Utah State Courts**Self-Help Center (SHC)**

1-888-683-0009

Text for Help: 801-742-1898

utcourts.gov/selfhelp/

selfhelp@utcourts.gov

Hours: Mon-Fri 11am-5pm

The Utah State Courts' Self-Help Center (SHC) provides free legal help to people who do not have a lawyer. The SHC provides information to help you understand your rights and responsibilities, and to help you resolve your legal problems on your own if you cannot afford an attorney or if you choose not to hire one. *Please visit the web link provided before calling due to the helpline being busy.*

Utah State Law Library

450 S. State St.

Salt Lake City, UT 84111

801-238-7990

Text for Help: 801-432-0898

library@utcourts.gov

utcourts.gov/lawlibrary/

Hours: Mon-Fri 9am-4:30pm

Patrons are welcome to: use the library's computers to access XChange, OCAP and forms on the court's website; access their print collection (briefs, superseded Utah code, and other materials); use the library's copier and scanner. Staff cannot provide legal advice.

Glossary

Terms are hyperlinked and definitions are directly from the source(s) listed. Some descriptions were shortened for clarity.

Abuse: Interactions in which one person behaves in a cruel, violent, demeaning, or invasive manner toward another person or an animal. The term most commonly implies physical mistreatment but also encompasses sexual and psychological (emotional) mistreatment. *APA Dictionary of Psychology*

Attention-Deficit/Hyperactivity Disorder (ADD)/ADHD: [It] is one of the most common mental disorders affecting children. Symptoms of ADHD include inattention (not being able to keep focus), hyperactivity (excess movement that is not fitting to the setting) and impulsivity (hasty acts that occur in the moment without thought). ADHD also affects many adults. *National Institute of Mental Health, Mental Health Information, Health Topics; APA Dictionary of Psychology*

Addiction: An uncontrollable craving, seeking, and use of a substance, such as a drug or alcohol. See also Substance Use Disorder (SUD). *National Cancer Institute Dictionary of Cancer Terms*

Adjustment Disorder: A group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event. The symptoms occur because you are having a hard time coping. Your reaction is stronger than expected for the type of event that occurred. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Advocacy: Speaking or acting on behalf of an individual or group to uphold their rights or explain their point of view. An individual engaged in advocacy is called an advocate, of which there are two general types: A case advocate represents a single individual, and a class advocate represents a whole group. *APA Dictionary of Psychology*

Aftercare: A program of outpatient treatment and support services provided for individuals discharged from an institution, such as a hospital or mental health facility, to help maintain improvement, prevent relapse, and aid adjustment of the individual to the community. Aftercare may also refer to inpatient services provided for convalescent patients, such as those who are recovering from surgery. [It can also be] a form of day care. *APA Dictionary of Psychology*

American Indian/Alaska Native

(Native): This population includes people having origins in any of the original peoples of North, South America, and Central America, who maintain tribal affiliation or community attachment. *U.S. Department of Health and Human Services Office of Minority Health*

Alzheimer Disease (AD): The most common form of dementia. It affects memory, thinking, and behavior. See also Dementia. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Anger Management: Techniques used by individuals—sometimes in counseling or therapy—to control their inappropriate reactions to anger-provoking stimuli and to express their feelings of anger in appropriate ways that are respectful of others. *APA Dictionary of Psychology*

Anxiety/Anxiety Disorders: A feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships. *National Library of Medicine, MedlinePlus, Health Topics*

(Reactive) Attachment Disorder: A problem in which a child is not able to easily form a normal or loving relationship with others. It is considered to be a result of not forming an attachment to any specific caregiver when very young. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Autism Spectrum Disorder (ASD): A neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders...It is called a "spectrum" disorder because people with ASD can have a range of symptoms. *National Library of Medicine, MedlinePlus, Health Topics*

Behavior/Behavioral Disorder: Any persistent and repetitive pattern of behavior that violates societal norms or rules, seriously impairs a person's functioning, or creates distress in others. The term is used in a very general sense to cover a wide range of disorders or syndromes. *APA Dictionary of Psychology*

Behavioral Health: An interdisciplinary subspecialty of behavioral medicine that promotes a philosophy emphasizing individual responsibility in the maintenance of one's own health and in the prevention of illness and dysfunction by means of self-initiated activities (jogging, exercising, healthy eating, not smoking, etc.). *APA Dictionary of Psychology*

Behavior Problem: A pattern of disruptive behavior that generally falls within social norms and does not seriously impair a person's functioning. *APA Dictionary of Psychology*

Behavior Therapy: A form of psychotherapy that applies the principles of learning, operant conditioning, and classical conditioning to eliminate symptoms and modify ineffective or maladaptive patterns of behavior. The focus of this therapy is upon the behavior itself and the contingencies and environmental factors that reinforce it, rather than exploration of the underlying psychological causes of the behavior. A wide variety of techniques are used in behavior therapy, such as behavior rehearsal, biofeedback, modeling, and systematic desensitization. *APA Dictionary of Psychology*

Biofeedback: Information about bodily processes and systems provided by an organism's receptors to enable it to maintain a physiologically desirable internal environment and make adjustments as necessary; the use of an external monitoring device (e.g., electrocardiograph) to provide an individual with information regarding his or her physiological state. When used to help a person obtain voluntary control over autonomic body functions, such as heart rate or blood pressure, the technique is called biofeedback training. It may be applied therapeutically to treat various conditions, including chronic pain and hypertension. *APA Dictionary of Psychology*

Bipolar Disorder (formerly called manic-depressive illness or manic depression): A mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. *National Institute of Mental Health, Mental Health Information, Health Topics*

Caregiver: A person who attends to the needs of and provides assistance to someone else who is not fully independent, such as an infant or an ill adult. A person who does the majority of the work is called the primary caregiver. *APA Dictionary of Psychology*

Child Abuse: Harm to a child caused by a parent or other caregiver. The harm may be physical (violence), sexual (violation or exploitation), psychological (causing emotional distress), or neglect (failure to provide needed care). *APA Dictionary of Psychology*

Cognitive Behavior Therapy (CBT): A form of psychotherapy that integrates theories of cognition and learning with treatment techniques derived from cognitive therapy and behavior therapy. CBT assumes that cognitive, emotional, and behavioral variables are functionally interrelated. *APA Dictionary of Psychology*

Cognitive Restructuring: A technique used in cognitive therapy and cognitive behavior therapy to help the client identify his or her self-defeating beliefs or cognitive distortions, refute them, and then modify them so that they are adaptive and reasonable. *APA Dictionary of Psychology*

Cognitive Therapy (CT): A form of psychotherapy based on the concept that emotional and behavioral problems in an individual are, at least in part, the result of maladaptive or faulty ways of thinking and distorted attitudes toward oneself and others.

APA Dictionary of Psychology

Couples Therapy/Marital

Therapy: Therapy in which both partners in a committed relationship are treated at the same time by the same therapist or therapists.

Couples therapy is concerned with problems within and between the individuals that affect the relationship... Individual sessions may be provided separately to each partner, particularly at the beginning of therapy; most of the course of therapy, however, is provided to both partners together. Couples therapy for married couples is known as marital therapy.

APA Dictionary of Psychology

Crisis: A situation (e.g., a traumatic change) that produces significant cognitive or emotional stress in those involved in it. *APA Dictionary of Psychology*

Day Treatment: Program of coordinated interdisciplinary assessment, treatment, and rehabilitation services provided by professionals and paraprofessionals for people with disabilities, mental or physical disorders, or substance abuse problems, usually at a single location for 6 or more hours during the day. Services also address skill and vocational development and may include adjustment programs or sheltered workshops.

APA Dictionary of Psychology

Dementia: A loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Depression: A negative affective state, ranging from unhappiness and discontent to an extreme feeling of sadness, pessimism, and despondency, that interferes with daily life. Various physical, cognitive, and social changes also tend to co-occur, including altered eating or sleeping habits, lack of energy or motivation, difficulty concentrating or making decisions, and withdrawal from social activities. It is symptomatic of a number of mental health disorders; In psychiatry and psychology, any of the depressive disorders.

APA Dictionary of Psychology

Detoxification (Detox):

A therapeutic procedure, popularly known as detox, that reduces or eliminates toxic substances (e.g., alcohol, opioids) in the body.

APA Dictionary of Psychology

Dialectical Behavior Therapy

(DBT): A flexible, stage-based therapy that combines principles of behavior therapy, cognitive behavior therapy, and mindfulness. It establishes a “dialectic” between helping individuals to accept the reality of their lives and their own behaviors on the one hand and helping them learn to change their lives, including dysfunctional behaviors, on the other. Its underlying emphasis is on helping individuals learn both to regulate and to tolerate their emotions.

APA Dictionary of Psychology

Differential Diagnosis:

The process of determining which of two or more diseases or disorders with overlapping symptoms a particular patient has; The distinction between two or more similar conditions by identifying critical symptoms present in one but not the other. *APA Dictionary of Psychology*

Dissociative Disorders: Any of a group of disorders characterized by a sudden or gradual disruption in the normal integrative functions of consciousness, memory, or perception of the environment. Such disruption may last for minutes or years, depending on the type of disorder. *APA Dictionary of Psychology*

Domestic Abuse: Any action by a person that causes physical harm to one or more members of his or her family unit. For example, it can involve battering of one partner by another (partner abuse), violence against children by a parent, or violence against elders by younger family members. *APA Dictionary of Psychology*

Eating Disorder: Any disorder characterized primarily by a pathological disturbance of attitudes and behaviors related to food, including anorexia nervosa, bulimia nervosa, and binge-eating disorder. Other eating-related disorders include pica and rumination, which are usually diagnosed in infancy or early childhood. *APA Dictionary of Psychology*

Emotional Disorder:

Any psychological disorder characterized primarily by maladjustive emotional reactions that are inappropriate or disproportionate to their cause; loosely, any mental disorder. *APA Dictionary of Psychology*

Empirical (Research):

Derived from or denoting experimentation or systematic observations as the basis for conclusion or determination, as opposed to speculative, theoretical, or exclusively reason-based approaches. Many forms of research attempt to gain empirical evidence in favor of a hypothesis by manipulating an independent variable and assessing the effect on an outcome or dependent variable. *APA Dictionary of Psychology*

Equine-Assisted Psychotherapy

(EAP): A form of animal-assisted therapy in which a licensed mental health professional, in conjunction with an equine specialist, uses handling, grooming, and other activities with specially trained horses as part of psychological treatment for those with emotional and behavioral problems...Also called equine-facilitated psychotherapy (EFP). *APA Dictionary of Psychology*

Evidence-Based Practice (EBP):

The integration of the best available scientific research from laboratory and field settings with clinical expertise so as to provide effective psychological services that are responsive to a patient's culture, preferences, and characteristics...The ultimate goal of EBP is to promote empirically supported principles that can be used to enhance public health.

APA Dictionary of Psychology

Executive Coaching: One-on-one, customized counseling and feedback provided to managers in an organization to develop their interpersonal and other managerial skills and enhance their ability to achieve short- and long-term organizational goals. Executive coaching is provided by external consultants or similar professional coaches, rather than by managers, peers, or human resources personnel within the organization.

APA Dictionary of Psychology

Exploitation: To exploit someone is to take unfair advantage of them. It is to use another person's vulnerability for one's own benefit.

See also **Trafficking.** *Stanford Encyclopedia of Philosophy*

Eye-Movement Desensitization and Reprocessing (EMDR):

A treatment methodology used to reduce the emotional impact of trauma-based symptoms such as anxiety, nightmares, flashbacks, or intrusive thought processes. The therapy incorporates simultaneous visualization of the traumatic event while concentrating on the rapid lateral movements of a therapist's finger. *APA Dictionary of Psychology*

Family Therapy: A form of psychotherapy that focuses on the improvement of interfamilial relationships and behavioral patterns of the family unit as a whole, as well as among individual members and groupings, or subsystems, within the family. See also **Couples Therapy/Marital Therapy.** *APA Dictionary of Psychology*

Geriatrics: The branch of medicine that deals with the diagnosis and treatment of disorders in older adults. *APA Dictionary of Psychology*

Grief: The normal response to a major loss, such as the death of a loved one. Grief may also be felt by a person with a serious, long-term illness or with a terminal illness. It may include feelings of great sadness, anger, guilt, and despair. Physical problems, such as not being able to sleep and changes in appetite, may also be part of grief. *National Cancer Institute Dictionary of Cancer Terms*

Group Therapy: Treatment of psychological problems in which two or more participants interact with each other on both an emotional and a cognitive level in the presence of one or more psychotherapists who serve as catalysts, facilitators, or interpreters. The approaches vary, but in general they aim to provide an environment in which problems and concerns can be shared in an atmosphere of mutual respect and understanding. Group therapy seeks to enhance self-respect, deepen self-understanding, and improve interpersonal relationships. Also called group psychotherapy. *APA Dictionary of Psychology*

Individual Therapy: Treatment of psychological problems that is conducted on a one-to-one basis. One therapist sees one client at a time, tailoring the process to his or her unique needs in the exploration of contributory factors and alleviation of symptoms. *APA Dictionary of Psychology*

Inpatient: a person who has been formally admitted to a hospital for a period of at least 24 hours for observation, diagnosis, or treatment, as distinguished from an outpatient or an emergency-room patient. *APA Dictionary of Psychology*

Integrated Care: A consistent, systematic, and coordinated set of health care services that are developed, managed, and delivered to individual patients over a range of organizations and by a variety of associated professionals and other care providers. The approach seeks to reduce fragmented care (i.e., diagnosis and treatment by multiple unconnected and minimally communicating doctors and caregivers); to improve clinical outcomes, quality of life, patient satisfaction, effectiveness, and efficiency (ideally using evidence-based practice guidelines); and to reduce costs...Also called integrated medicine. *APA Dictionary of Psychology*

Intensive Outpatient Program (IOP): Treatment programs used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. They enable patients to continue with their normal, day-to-day lives in a way that residential treatment programs do not. Whereas residential treatment requires that clients reside on site, clients in intensive outpatient programs live at home. *American Addiction Centers*

Latino/a: The term Latino/a is geographically based and refers to persons from or with ancestry from Latin American countries. *National Cancer Institute Division of Cancer Epidemiology and Genetics*

Latinx: Latinx is the gender-neutral form of Latino. *National Cancer Institute Division of Cancer Epidemiology and Genetics*

LGBTQ(+): Abbreviation for lesbian, gay, bisexual, transgender, and questioning or queer: an inclusive term used to refer to the homosexual population in all of its diverse forms, to those with both homosexual and heterosexual preferences, and to those whose gender identity differs from the culturally determined gender roles for their birth sex; The 'plus' is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials. *APA Dictionary of Psychology; Very Well Mind*

Medication-Assisted Treatment

(MAT): The use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient’s needs. *Substance Abuse and Mental Health Services Administration (SAMHSA)*

Mental Disorder (Mental Illness):

Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these. Such disorders cannot be accounted for solely by environmental circumstances and may involve physiological, genetic, chemical, social, and other factors. *APA Dictionary of Psychology*

Mental Health: A state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life. *APA Dictionary of Psychology*

Mindfulness: Awareness of one’s internal states and surroundings. The concept has been applied to various therapeutic interventions—for example, mindfulness-based cognitive behavior therapy, mindfulness-based stress reduction, and mindfulness meditation—to help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them. *APA Dictionary of Psychology*

Mood Disorders: A mood disorder is a mental health class that health professionals use to broadly describe all types of depression and bipolar disorders... Therapy, antidepressants, and support and self-care can help treat mood disorders. *Johns Hopkins Medicine, Health Conditions and Diseases*

Neglect: Failure to provide for the basic needs of a person in one’s care. The neglect may be emotional (e.g., rejection or apathy), material (e.g., withholding food or clothing), or service-oriented (e.g., depriving of education or medical attention). *APA Dictionary of Psychology*

Neurofeedback: A type of biofeedback training intended to enable people to alter their brain waves by using information from a video display or auditory signal of electroencephalograph (EEG) recordings of their brain-wave characteristics. Neurofeedback has been used with mixed results in the treatment of attention-deficit hyperactivity disorder and epilepsy and is being investigated as a possible intervention for other conditions as well (e.g., headaches, insomnia, anxiety). *APA Dictionary of Psychology*

Neuropsychology: The branch of science that studies the physiological processes of the nervous system and relates them to behavior and cognition, in terms both of their normal function and of the dysfunctional processes associated with brain damage. *APA Dictionary of Psychology*

Neuroscience: The scientific study of the nervous system, including neuroanatomy, neurobiology, neurochemistry, neurophysiology, and neuropharmacology, and its applications in psychology, psychiatry, and neurology. *APA Dictionary of Psychology*

Obsessive-Compulsive Disorder (OCD): A mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Oppositional Defiant Disorder: A pattern of disobedient, hostile, and defiant behavior toward authority figures. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Outpatient: A person who obtains a diagnosis, treatment, or other service at a hospital, clinic, physician's office, or other health care facility without overnight admission. *APA Dictionary of Psychology*

Pacific Islanders/Native Hawaiians: This racial group refers to people having origins in any of the original peoples of Hawaii, Guam, Samoa or other Pacific Islands. *U.S. Department of Health and Human Services Office of Minority Health*

Parkinson's Disease (PD): Parkinson disease results from certain brain cells dying. These cells help control movement and coordination. The disease leads to shaking (tremors) and trouble walking and moving. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Partial Hospitalization: Hospital treatment of patients on a part-time basis (i.e., less than 24 hours per day). *APA Dictionary of Psychology*

Peer Counseling: Counseling by an individual who has a status equal to that of the client, such as a college student trained to counsel other students or an employee trained to counsel coworkers. *APA Dictionary of Psychology*

Personality Disorders: A group of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work. People with personality disorders have trouble dealing with everyday stresses and problems. They often have stormy relationships with other people.
National Library of Medicine, MedlinePlus, Health Topics

Pet Therapy (Animal-Assisted Therapy): The therapeutic use of pets to enhance individuals' physical, social, emotional, or cognitive functioning. Animal-assisted therapy may be used, for example, to help people receive and give affection, especially in developing communication and social skills. It may be most effective for people who have suffered losses or separation from loved ones.
APA Dictionary of Psychology

Play Therapy: The use of play activities and materials (e.g., clay, water, blocks, dolls, puppets, finger paint) in child psychotherapy... This form of psychotherapy, which focuses on a child's internal conflicts in addition to his or her daily life and current relationships, may be directive or nondirective.
APA Dictionary of Psychology

Pornography: Writings or images (e.g., illustrations, films) with blunt, often exploitative sexual content designed solely to arouse a sexual response and to satisfy the sexual urges of the beholder. Although legal interpretations of pornography vary, they tend to focus on it as a violation of community standards, with no redeeming artistic value.
APA Dictionary of Psychology

Post-Traumatic Stress Disorder (PTSD): A mental health disorder that some people develop after they experience or see a traumatic event. The traumatic event may be life-threatening, such as combat, a natural disaster, a car accident, or sexual assault. But sometimes the event is not necessarily a dangerous one. For example, the sudden, unexpected death of a loved one can also cause PTSD.
National Library of Medicine, MedlinePlus, Health Topics

Prevention: Behavioral, biological, or social interventions intended to reduce the risk of disorders, diseases, or social problems for both individuals and entire populations.
APA Dictionary of Psychology

Pediatric Psychology: An interdisciplinary field of research and practice that addresses physical, behavioral, and emotional development as it interacts with health and illness in children, adolescents, and families.
APA Dictionary of Psychology

Psychiatry: The branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.
American Psychiatric Association

Psychology: The study of the mind and behavior...The practice of psychology involves the use of psychological knowledge for any of several purposes: to understand and treat mental, emotional, physical, and social dysfunction; to understand and enhance behavior in various settings of human activity (e.g., school, workplace, courtroom, sports arena, battlefield); and to improve machine and building design for human use.

APA Dictionary of Psychology

Psychotherapy: Any psychological service provided by a trained professional that primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns. Psychotherapy may be provided to individuals, couples, families, or members of a group. *APA Dictionary of Psychology*

Psychotic Disorders: Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. People with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations. Delusions are false beliefs, such as thinking that someone is plotting against you or that the TV is sending you secret messages. Hallucinations are false perceptions, such as hearing, seeing, or feeling something that is not there. *National Library of Medicine, MedlinePlus, Health Topics*

Rape: A form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent. See also *Sexual Assault, Rape, Abuse & Incest National Network (RAINN)*

Rehabilitation: The process of bringing an individual to a condition of health or useful and constructive activity, restoring to the fullest possible degree his or her independence, well-being, and level of functioning following injury, disability, or disorder. It involves providing appropriate resources, such as treatment or training, to enable such a person (e.g., one who has had a stroke) to redevelop skills and abilities he or she had acquired previously or to compensate for their loss.

APA Dictionary of Psychology

Rehabilitation Center: A facility devoted to restoring individuals with mental or physical disorders or impairments, including those with multiple problems, to an adequate level of functioning. Rehabilitation centers provide services such as vocational training, occupational and physical therapy, educational therapy, recreational therapy, and psychological therapy and counseling. *APA Dictionary of Psychology*

Residential Treatment: Treatment that takes place in a hospital, special center, or other facility that offers a treatment program and residential accommodation. Some programs require residence for a specific time (e.g., 1 month for treatment of an addiction), and some allow patients to learn or work in the community during the day. *APA Dictionary of Psychology*

Resilience: The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies. *APA Dictionary of Psychology*

Respite Care: Assistance, supervision, and recreational or social activities provided for a limited period to a child, older adult, or person with a disability or chronic illness in order to temporarily relieve family members from caregiving responsibilities. These services may be provided on a scheduled or unscheduled basis, either regularly or occasionally, after school hours, during weekends, or overnight. Also called in-home respite. *APA Dictionary of Psychology*

Restorative Justice: An approach to criminal justice in which emphasis is placed on rehabilitation of offenders and repairing the harm done to victims rather than on punishment. *APA Dictionary of Psychology*

Self-Esteem: The degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive. It reflects a person's physical self-image, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person. The more positive the cumulative perception of these qualities and characteristics, the higher one's self-esteem. A reasonably high degree of self-esteem is considered an important ingredient of mental health, whereas low self-esteem and feelings of worthlessness are common depressive symptoms. *APA Dictionary of Psychology*

Sensory Integration: The neural processes involved in perceiving, organizing, and evaluating sensory information across modalities, such as vision and hearing, and producing an adaptive response via impulses transmitted through the motor nerves. Development or enhancement of sensory-integrative functioning is an important goal of occupational therapy. *APA Dictionary of Psychology*

Sexual Abuse: Violation or exploitation by sexual means. Although the term typically is used with reference to any sexual contact between adults and children, sexual abuse can also occur in any relationship of trust. *APA Dictionary of Psychology*

Sexual Assault: The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. *Rape, Abuse & Incest National Network (RAINN)*

Sexual Trauma: Any disturbing experience associated with sexual activity, such as rape, incest, and other sexual offenses. It is a common cause of posttraumatic disorders and dissociative disorders. *APA Dictionary of Psychology*

Sexual Violence: Any sexual activity or contact that occurs without your consent. It may involve physical force or the threat of force. It may occur due to coercion or threats. If you have been the victim of sexual violence, it is not your fault. Sexual violence is never the victim's fault. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Stress Management: The use of specific techniques, strategies, or programs—such as relaxation training, anticipation of stress reactions, and breathing techniques—for dealing with stress-inducing situations and the state of being stressed. *APA Dictionary of Psychology*

Substance Abuse: The use of illegal drugs or the use of prescription or over-the-counter drugs or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts. Substance abuse may lead to social, physical, emotional, and job-related problems. *National Cancer Institute Dictionary of Cancer Terms*

Substance Use Disorder (SUD): A complex condition in which there is uncontrolled use of a substance despite harmful consequence. People with SUD have an intense focus on using a certain substance(s) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day to day life becomes impaired. People keep using the substance even when they know it is causing or will cause problems. The most severe SUDs are sometimes called addictions. *American Psychiatric Association*

Suicidal Ideation: Thoughts about or a preoccupation with killing oneself, often as a symptom of a major depressive episode. Most instances of suicidal ideation do not progress to attempted suicide. *APA Dictionary of Psychology*

Suicidality: The risk of suicide, usually indicated by suicidal ideation or intent, especially as evident in the presence of a well-elaborated suicidal plan. *APA Dictionary of Psychology*

Support Group: A group similar in some ways to a self-help group in that members who share a problem come together to provide help, comfort, and guidance. A primary distinguishing feature of support groups is in their leadership: a professional or agency-based facilitator who often does not share the problem of members. In addition, support groups often last for only a limited predetermined number of sessions, and a fee for attendance is sometimes charged. Also called social support group. *APA Dictionary of Psychology*

Telehealth: The use of telecommunications and information technology to provide access to health assessment, diagnosis, intervention, and information across a distance, rather than face to face. Also called telemedicine. *APA Dictionary of Psychology*

Therapeutic Community: A setting for individuals requiring therapy for a range of psychosocial problems and disorders that is based on an interpersonal, socially interactive approach to treatment, both among residents and among residents and staff...The term covers a variety of short- and long-term residential programs as well as day treatment and ambulatory programs. The staff is typically multidisciplinary and may consist of human services professionals and clinicians providing mental health, medical, vocational, educational, fiscal, and legal services, among others. *APA Dictionary of Psychology*

Trafficking: Illegal transportation and trade in people or commodities. Human trafficking involves the transport of men, women, or children from one location to another, usually by coercion...or by enticement through fraudulent means....to be forcibly exploited for the profit of others. Examples of such exploitation include forced servitude, prostitution (sex trafficking), forced extraction of organs for sale to the medical market for transplantation, and surrogacy in which a woman is coerced into bearing a child for another...Trafficking also refers to the smuggling of cocaine, heroin, and other illegal drugs...(i.e., drug trafficking). *APA Dictionary of Psychology*

Trauma: Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place; Any serious physical injury, such as a widespread burn or a blow to the head. *APA Dictionary of Psychology*

Traumatic Brain Injury (TBI): Damage to brain tissue caused by external mechanical forces, as evidenced by objective neurological findings, posttraumatic amnesia, skull fracture, or loss of consciousness. *APA Dictionary of Psychology*

TTY: Abbreviation for text telephone. *APA Dictionary of Psychology*

Victim: An individual who is the target of another person's violent, discriminatory, harassing, or assaultive behaviors.
APA Dictionary of Psychology

(Substance) Withdrawal:
A syndrome that develops after cessation of prolonged, heavy consumption of a substance. Symptoms vary by substance but generally include physiological, behavioral, and cognitive manifestations, such as nausea and vomiting, insomnia, mood alterations, and anxiety.
APA Dictionary of Psychology

For more definitions,
visit:

American Psychiatric Association
(APA) Mental Health Topics
[psychiatry.org/patients-families](https://www.psychiatry.org/patients-families)

American Psychological
Association (APA) Dictionary
of Psychology
dictionary.apa.org

National Cancer Institute (NCI)
Dictionary of Cancer Terms
[cancer.gov/publications/dictionaries/cancer-terms](https://www.cancer.gov/publications/dictionaries/cancer-terms)

National Institutes of Health (NIH)
National Library of Medicine,
MedlinePlus, A.D.A.M.
Medical Encyclopedia
medlineplus.gov/encyclopedia.html