

MENTAL HEALTH RESOURCE DIRECTORY

BOX ELDER, CACHE, & RICH COUNTIES

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INTRODUCTION

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

Uninsured and in Crisis ?

Anyone experiencing a mental health crisis has access to crisis services through Bear River Mental Health, regardless of insurance status or inability to pay.

Call 435-752-0750, and be sure to say you are "in a crisis" to access services. There are also many other resources in this directory that have options for uninsured individuals.

Insurance

Private Insurance: This includes most insurance companies.

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

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

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

Uninsured: These are individuals who have no health insurance.

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

Behavioral Health Network

Uninsured or underinsured individuals might qualify to receive psychotherapy or substance abuse treatment through the Behavioral Health Network. Contact the social worker at the Logan Regional Hospital Behavioral Health Unit at 435-716-5602 to learn more. This is a confidential line and voicemails are accepted.

HELPING YOURSELF:

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

HELPING OTHERS:

- When you think someone is struggling, ask them about it.
- Show them you care, help them find treatment.
- Get Advice from the National Suicide Prevention Hotline by calling 1-800-273-8255.
- Take a QPR class to learn about preventing suicide. Classes taught through the Bear River Health Department at 435-792-6500 or CAPSA at 435-753-2500.

LEARN MORE ABOUT MENTAL HEALTH:

www.samhsa.gov

www.mentalhealthamerica.net/

www.nimh.nih.gov/health/topics/index.shtml

MENTAL HEALTH SERVICES



Lovestrong

40 W Cache Valley Blvd. suite C, Logan, UT • 435-535-1203

www.lovestrong.com

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

Providers: Tyler Patrick, LMFT; Bryon Paulsen, LCSW; Jon Bartholomew, CMHC; Steve Flanary, CSW.

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

Aller, Ty LMFT

545 W 465 N Providence, UT • 435-753-1600 ext 101

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

Providers: Ty Aller, MLMFT; David Christian, LMFT; Nicky Jardine, LMFT.

Cost: Accepts some insurances. Self-pay option available.

Anderson, Kent PhD

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

Se Habla Español

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

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

Associated Psychotherapists

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

www.associatedpsych.com

Se Habla Español

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

Providers: Dr. John Christensen, LMFT; Dr. John Arrington, LMFT; Jason J. Williams, LMFT; Cyndi Tangren, LCSW.

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

Bear River Health Department- Substance Abuse

655 E 1300 N, Logan, UT • 435-792-6420
 817 W 950 S Brigham City, UT • 435-695-2076
brhd.org/services/counseling-services/

Se Habla Español and Other Language Services

Services: Substance abuse and mental health counseling. Adult, youth, and women services available for counseling. DUI, MIP, and substance abuse education available as well as urinalysis, drug court, and mental health court. Anger management classes available to public.

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

Bear River Mental Health

663 W 950 S, Brigham City, UT • 435-734-9449
 440 W 600 N, Tremonton, UT • 435-257-2168
 90 E 200 N, Logan, UT • 435-752-0750
 Rich County • 435-752-0750
www.brmh.com

Se Habla Español

Services: Psychologist testing, assessments, behavior management, crisis services, psychotherapy, and medication management and other services..

Cost: Services provided to Medicaid eligible, individuals with serious mental illness, mental health court participants, other priority populations, and to any individual experiencing a mental health crisis. Funding options available for children/youth. A sliding fee schedule may apply.

Behavioral Mental Health Services DBA Comprehensive Treatment Clinic

40 W Cache Valley Blvd. suite 10A, Logan, UT • 435-787-2272
www.comprehensivetx.com

Services: Assessment and treatment for general mental health. Specialize in sex addictions, pornography addictions, other process addictions and trauma disorders.

Providers: Matthew Hedelius, LCSW, PsyD, CSAT; A. Todd Freestone, LCSW, PsyD, CSAT; Jacob Stacy, MSW.

Cost: In network with Bluecross BlueShield, Select Health, Tall Tree, and PEHP. For out of network clients, cash rate is available.

Admission: Accepts children, adolescents, young adults, and adults.

Box Elder Community Health Center

200 N Main Street, Brigham City, UT • 435-723-7999
www.blchc.org

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

Providers: Practitioners at cache locations only

Cost: Charges based on a sliding fee scale. Payment plans are available. Discount available for payments paid on same day of service..

Box Elder Family Support Center

276 N 200 E, Brigham City, UT • 435-723-6010
 1386 S Main St., Garland, UT • 435-730-5898
befsc.org

Se Habla Español

Services: Family, individual, and couples counseling. In-home family parenting assistance available. Provides a case management program. Crisis nursery is available for anyone in Box Elder County that needs a break or has a crisis. Access to immunization records and picture ID required for the crisis nursery. Every 3rd Friday at 6:30pm in Brigham City there is a Parents with Autistic kids group

Providers: Katie Bonds, CSW; Jill Scharrenberg, Parent Advocate.

Cost: All services are free to those who do not have insurance or Medicaid. Crisis nursery is available to children 0-11 years of age.

Admissions: Only families who are uninsured or underinsured are eligible for the mental health services. Anyone with a child under 12 is eligible for the crisis nursery services.

Cache Ketamine & Mental Health

115 W Golf Course Road Suite E, Logan UT • 435-999-4059
cacheketamine.com

Services: Medication management, Ketamine treatments, medical cannabis, vitamin infusions/injections, lab testing.

Providers: Ashley Smith PMHNP; Colby Martin PA-C, Brittany Strong FNP; Dr. Wesley Hill, MD (not seeing patients at this location).

Cost: Some insurance accepted. Some services are private pay only due to lack of insurance coverage. Med management with Psychiatric NP is \$174 for initial visit and \$80 to \$150 for follow ups depending on time needed.

Admission: All ages.

Cache Valley Community Health Centers

1515 N 400 E suite 104, North Logan, UT • 435-755-6061
 944 S Hwy. 89, Logan, UT • 435-755-6075
 26 W Main St. suite 3A, Hyrum, UT • 435-245-6988
www.bearlakecommunityhealthcenter.org

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

Providers: Jacob C. Hunsaker, LAMFT; Suezan Johnson, LCSW; Philip Archibald, LCSW; Nancy Weston, DNP; Nate Zurcher, DNP, APRN, TMHNP.

Cost: Accepts most insurance. Medicaide, Medicare, CHIP. Sliding fee scale for qualified patients. All patients will be seen regardless of ability to pay.

Cache Valley Counseling

585 W 100 N suite F, Providence, UT • 435-535-3169
www.cvcounselingservices.com

Services: Individual, couple, family and group therapy. Therapeutic yoga available at providence location.

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

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

Campbell, Sue PhD, MFT

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

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

Cost: Accepts most major insurances, EAP's from some insurances, and partial sliding-fee scales are available for those who qualify. Self-pay options are available. Ecclesiastical payment is accepted.

Admission: All ages.

CAPSA - Citizens Against Physical and Sexual Abuse

308 W 1000 N, Logan, UT • 435-753-2500
www.capsa.org

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

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

Cost: Free, regardless of insurance status.

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

Capstone Counseling

851 N Main St., Logan, UT 801-341-0411
www.capstonecounselingcenters.com

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

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

Admission: Adults, ages 18 or older.

Chuck Sharp Counseling LPC

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

Services: Counseling and therapy for all ages.

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

Christian, David PhD

435-753-1600 Ext. 101

Services: Outpatient therapy.

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

Comprehensive Treatment Clinic

40 W Cache Valley Blv. suite 10A • 435-787-2272

www.addictions-healing.com

Services: Assessment, partner/spouse treatment, biofeedback therapy, nuerofeedback therapy, individual/group psychotherapy, phone consultation, sexual behavior evaluation, mental health evaluation, modified IOP for sexual compulsivity and marital and family therapy.

Providers: Matthew Hedelius, PsyD, LCSW; Todd Freestone, LCSW; Jacob Stacy, LCSW.

Cost: Accepts most insurances. Cash rate is available.

Christensen, Travis LCMHC

60 E Center St., Logan, UT • 435-994-8367

Se Habla Español

Services: Individual, couple, and group therapy.

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

Admission: Individuals, ages 5 or older.

Covenant Sex Therapy

130 S Main St., Logan, UT • 385-312-9844

www.covenantsextherapy.com

Services: Sexual pain disorders, sexual desire disorders, general sexual dysfunction, sexual behaviors and pornography or sex addiction. Couple therapy, and mood disorder therapy.

Providers: Call for list of providers.

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

Family Institute of Northern Utah

175 E Pioneer Ave., Logan, UT • 435-752-1976

www.finu.org

Se Habla Español

Services: Outpatient mental health services provided for couples, individuals, and families. We address issues including depression, anxiety, PTSD, family violence and survivors of crime, thinking errors, etc. Hours are Monday-Thursday from 9 AM to 5 PM. Emergency on-call therapist available 24/7.

Providers: Jeannine Nielson, MS, LMFT; Bryan Ramboz, PhD, LMFT; Allison Hale, CSW; Alex Hansen, LCMHC; Kevin Barlow, MS, LMFT; Tracy Sorensen, LCMHC.

Cost: Most major insurance and Employee Assistance Programs accepted. We do not accept Medicaid or Medicare. Self-pay is also accepted and we have a sliding fee available for some services.

Admission: Accepts clients ages 12 and older..

The Family Place

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

10 N 600 E, Hyrum, UT • 435-752-8880

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

www.thefamilyplaceutah.org

Services: Counseling for children, individuals, couples, and families for general mental health needs, with speciality in trauma. Crisis counseling and group therapy are also available.

Providers: Reece Nielson, LMFT; Analee Pacheco, LCSW; Patricia Winn, CSW; Reyna Perry, CSW; Sharon Bingham, LMFT; Diane Calloway-Graham, PhD; AnnaMarie Koopman, CSW; Jud Christensen, LMFT; Madison Elliott, CSW; Jessi Shipley, CSW.

Cost: Accepts most insurances. Self-pay discounts and sliding-fee scales available depending on income and family size. Clergy-pay is also available. Some obtainable free services to eligible individuals and families.

Admission: No age limit.

Fraleigh, Lisa DO

965 S 100 W suite 204, Logan, UT • 435-213-3797

Services: Counseling for gender confusion, depression, addiction, anxiety, PTSD, eating disorders, and developmental delays.

Cost: Accepts most major insurances; Medicaid and Medicare not accepted. Self-pay option available at \$300 for initial visit, \$150 after initial visit.

Admission: Children and adolescents up to age 24.

Gunn, Miriam LMFT

186 E 1800 N, North Logan, UT • 435-770-6025

www.miriamgunn.com

Services: Specialty with professionals for anxiety/depression and trauma. Therapy for individuals, couples, and families. Equine assisted therapy, Eye movement desensitization and reprocessing (EMDR), and life coaching are also offered.

Cost: Accepts Select Health and PEHP insurances. Medicaid and Medicare are not accepted. Self-pay option is available.

Hope Recovery and Healing

A fully online treatment center • PO Box 93, Providence, UT • 435-522-8446

www.hoperecoveryandhealing.com

Services: Psychiatric and clinical assessment, intensive outpatient treatment for mental health and trauma (accepting co-occurring substance use diagnoses. Serving adults anywhere in Utah or Idaho. Specializing in religious trauma and mission-related struggles (pre, during, or post).

Providers: Jack Kettering, LCMHC, ACS, ICAADC, CCTS; Tonya Lundahl, CSW; Chris Morgan, DNP, NP-C; Lane Fischer, PhD, LP.

Cost: Self-pay with payment options available; documentation and support provided for insurance reimbursement claims.

Iman-Miles, Terry LCSW

18 N 200 E suite 311, Tremonton, UT • 435-452-2025

www.milescounselingservices.com

Services: Counseling for individuals, couples, and families with anxiety, depression, relationship issues, PTSD, etc. Crisis intervention is also offered.

Cost: Accepts insurance; contact for more information. Check, credit, card, paypal or cash are accepted.

Admission: Individuals, ages 18 or older.

Jones, Stacy PhD

95 W 100 S suite 102, Logan, UT • 435-216-9937

stacy.jones@theratechtx.com

Services: Individual, couple, and family therapy. Specialization in attachment-based, cognitive behavioral, dialectical, EMDR, and family/marital therapies.

Cost: \$100-\$150/session. Many insurances accepted. Call for more information.

Jardine, Nichole LCSW

545 W 465 N suit 130, Providence, UT • 435-753-1600 ext 101

Services: Specializes in mood disorders, anxiety, co-dependency, divorce, suicidal ideation, LGBTQ trauma, and PTSD.

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

King, Pamela, LMFT

274 N Main Street, Logan, UT • 435- 213-9278

www.solutionplay.net

Services: Keynote speaker on healthy family and workplace.

Cost: Call for more information.

Krambule, Sandy LMFT

878 W 2600 S Nibley, UT • 435- 881-7966

Services: Counseling for children, adolescents, couples, and families for anxiety, depression, problem solving, etc.

Cost: Accepts some insurance, contact for more information, Medicaid and Medicare are not accepted. No sliding fee scale is offered. Out-of-pocket discount for self-pay on the day of service is offered.

LDS Family Services

175 W 1400 N suite A, Logan, UT • 435-752-5302

*Brigham City Office • jolleycr@churchofjesuschrist.org • 435-723-8228

www.providentliving.org/lds-family-services

Se Habla Español

Services: Counseling to individuals, couples, and families. Also offers addiction recovery and support for young, pregnant women.

Providers: Brock Alder, LCSW; Jared Bohman LCSW; Jeff McBride LMFT; Brian Ramboz, LMFT; Paul Sinley, LMFT; Dan Sorensen, MSW; Jared Taylor, LCSW; Brad Kelstrom, LCSW; Kwin Willis, LMFT.

Cost: Call for details and options.

Admission: Accepts All Ages

Logan Psychiatry

Intermountain Budge Clinic, 1350 N 500 E, Logan, UT • 435-716-1280
Se Habla Español or Other Language Services

Services: Outpatient therapy for individuals and medication management.

Providers: Sam Weber, MD; Darrell A. Roberge, DO; Tyler J. Christensen, PhD; Angela M. Martinez, LCSW; Ken Weigand, PsyD; Eric M. Barker, MD.

Cost: Accepts most major insurance. Private pay on the day of visit and payment plan/financial assistance is available.

Midtown Community Health Center

550 E 1400 N suite Y, North Logan, UT • 435-752-7060
Se Habla Español

Services: Individual and family therapy for depression, anxiety, abuse, trauma, anger management, couple/parenting concerns, etc.

Cost: Starts at \$15.

Admission: Must be underinsured or uninsured to qualify for services.

Miggin, Dan LMFT

75 W 100 S suite 120, Logan, UT • 435-554-1041
therapists.psychologytoday.com/279355

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

Cost: Accepts SelectMed, Blue Cross Blue Shield insurance and is reimbursable as an "out-of-network" provider for all other insurances.

Admission: All ages, including youth.

Mt Logan Clinic

246 E 1260 N, Logan, UT • 435-750-6300
www.mtloganclinic.com

Services: Individual, marital, family, or group therapy, comprehensive psychological evaluation, etc.

Providers: See website

Cost: Contact for billing questions.

North Logan Therapy Associates

186 E 1800 N, North Logan, UT • 435-213-3062
www.northlogantherapy.com

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

Providers: See website for providers that fit your needs; categorized by age groups.

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

Oka, Megan PhD, LMFT

Sorensen Center for Clinical Excellence, USU, Logan, UT • 435-797-7456

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

Cost: Accepts Blue Cross Blue Shield insurance.

Peak Mental Health

965 S 100 W suite 103, Logan, UT • 435-994-9754 • 435-890-0198
www.Peakmentalhealth.net

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

Cost: Accepts insurance, average cost is \$100-120 per session. Contact for details.

Price, Cristine CMHC

517 W 200 S Providence, UT • 435-915-6915
www.cristineprice.com

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

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

Priestley Mental Health

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

Se Habla Español

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

Providers: David Priestly, LCSW; Dallas Spencer, LCSW; Trent Alder, LMSW; Angelika Gutenberger, LPC.

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

Randall, Marque PhD

1300 N 200 E suite 114A, Logan, UT • 435-753-2687

Services: Individual, couple, and family therapy.

Cost: Accepts most major insurances. A sliding scale fee is available for those without insurance. Self-pay option is available.

Admission: Individuals, ages 12 or older.

Spendlove, Alan CMHC

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

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

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

Admission: Must be 17 or older

Trice, Jill LCSW

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

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

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

USU Marriage and Family Therapy Clinic

750 N 950 E, Logan, UT • 435-797-7430

www.scce.usu.edu/services/marriage-family-therapy or email sorensonmft@usu.edu • Se Habla Español

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

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

USU Department of Psychology - Behavioral Health Clinic

3rd floor, Sorensen Center Logan, UT • 435-797-3401

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

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

CRISIS SERVICES



Bear River Valley Hospital Emergency Department

905 N 1000 W, Tremonton, UT • 435-207-4575

www.intermountainhealthcare.org

Se Habla Español and Other Language Services

Services: On call, 24-hour coverage for crisis. Telecrisis Services 24/7

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

Bear River Mental Health

90 E 200 N, Logan UT • 435-752-0750

www.brmh.org

Se Habla Español

Services: Mental health crisis hotline available 24/7, where you will be directly forwarded to a therapist.

Cost: All services are free.

Box Elder Family Support Center

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

utahfamilysupport.org/brigham/index.html

Se Habla Español

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

Cost: All services are free.

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

Brigham City Community Hospital

950 S Medical Dr., Brigham City, UT • 435-734-9471

www.brighamcityhospital.com

Se Habla Español or Other Language Services

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

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

Cache Pride Center

596 E 900 N, Logan, UT • 435-755-2888

info@cachepridecenter.org

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

CAPSA - Citizens Against Physical and Sexual Abuse

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

www.capsa.org

Se Habla Español

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

Cost: Free.

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

Family Promise

814 W 800 S, Salt Lake City, UT • 801-961-8622

www.fpsl.org

Services: Temporary shelter for homeless families.

Cost: Free.

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

Logan Regional Hospital- Emergency Department

1400 N 500 E, Logan, UT • 435-716-1000

intermountainhealthcare.org/

Se Habla Español or Other Language Services

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

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

New Hope Crisis

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

www.newhopecrisiscenter.com

Se Habla Español

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

Cost: Free.

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

Ogden Rescue Mission

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

Services: Shelter, meals, and a clinic. MWF 3-5pm Sign in at 6pm when beds are available.

Cost: Free.

Admission: Must present a photo ID.

Pregnancy Resource Center of Salt Lake City

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

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

pregnancyresource.net

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

Cost: Free and confidential.

Admission: Contact to see if you qualify for admission.

The Family Place

380 W 1400 N, Logan, UT • 435-752-8880
 10 N 600 E, Hyrum, UT • 435-713-0704
 502 S Main St, Smithfield, UT • 435-752-8880
www.thefamilyplaceutah.org

Se Habla Español

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

Cost: All services are free.

Admission: Emergency care for children ages 0-11.

YCC Family Crisis Center

2261 Adams Ave., Ogden, UT • 801-394-9456
 24/7 Hotline: 801-392-7273
www.yccogden.org/

Se Habla Español

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

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

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

RESIDENTIAL TREATMENT



Avalon Hills

175 E 100 N, Logan, UT • 435-755-0434

www.avalonhills.org/

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

Cost: Contact for more information.

Admission: Adolescent females and adult women.

Brighton Recovery Center

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

www.brightonrecoverycenter.com

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

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

Admission: Criteria based on clinical review.

Catalyst

435-723-4600

www.catalystrtc.com/

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

Logan River Academy

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

www.loganriver.com

Se Habla Español or Other Language Services

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

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

Admission: Visit website for admission criteria.

Paradise Creek Recovery

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

2666 S US Hwy 81, Malta, ID

www.paradisecreekrecovery.com

Services: Offers a 31- day residential treatment program for process addictions, especially sex addictions. Extended programs as needed.

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

Admission: Accepts males 18 years or older.

Synergy Youth Treatment Center

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

info@synergy4youth.com

synergyyouthtreatment.com/

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

Cost: For more information, contact center.

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

Triumph Youth Services

62 S 950 W, Brigham City, UT • 435-494-1740

www.triumphyouthservices.com

Services: Residential treatment services for boys 12-17 for substance abuse, mental health issues, as well as behavioral issues. An accredited secondary school.

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

Admission: Boys, ages 12-17.

Uinta Academy

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

uintaacademy.com

Services: Inpatient residential treatment that includes psychiatric services and individual, family, group, and group equine therapy and therapeutic daily milieu.

Cost: Self-pay. Contact for details

Admission: Girls only, ages 12-21

USU STUDENT SERVICES



Access and Diversity Center

Taggart Student Center, Room 315, Logan, UT • 435-797-1728
access@usu.edu
www.usu.edu/accesscenter/
Se Habla Español

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

Bear River Health Department

655 E 1300 N, Logan, UT • 435-792-6500
brhd.org
Se Habla Español

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

Cost: \$50 per session or \$70 if an evaluation is needed. We have ability to bill insurance.

Admission: Adults and youth over 8.

Counseling and Psychological Services (CAPS)

Utah State University, Taggart Student Center Room 306, Logan, UT • 435-797-1012
aggiewellness.usu.edu/logan/mentalwellness

Services: Counseling and therapy.

Admission: Counseling, therapy, crisis appointments, consultation, group workshops and online resources for USU students enrolled in at least nine credit hours. 6 hours for graduate students.

Disability Services

Disability Resource Center, University Inn Room 101 Logan, UT • 435-797-2444
www.usu.edu/drc

Services: The DRC works with individuals, faculty, and staff to ensure that students with disabilities can fully participate in University programs, services, and activities.

Admission: No qualified student with a disability shall, on the basis of disability, be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination under any ... postsecondary education program or activity

Student Health Services

Student Health Services, 850 E 1200 N, Logan, UT • 435-797-1660
ship@usu.edu

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

Cost: Professional services are covered by the Student Health Fee, which is paid with tuition. Laboratory testing, x-rays, pharmacy services off campus only.

Admission: Accept referrals or self-admittance.

Sexual Assault and Anti-Violence Information Office

Taggart Student Center Room 311, Logan, UT •
 Hotline: 435-797-7273
www.usu.edu/saavi

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

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

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

SUPPORT GROUPS



Adult Grief Support Group

Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716-5081
shannon.rhodes@imail.org

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

Cost: Free.

Admission: Open group for adults ages 18 or older.

Alcoholics Anonymous

Various Locations, Various times

Find a meeting in your area on the web: www.utahaa.org/meetinglist.html

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

Cost: Free.

Brigham Suicide Prevention Coalition

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

email: brighamsuicideprevention@gmail.com

brighamsuicideprevention.org

Services: Mental health and suicide related support groups and suicide prevention trainings. Typically meet for loss support group the first Thursday of every month. But can change from month to month. Contact for more information.

Cost: Free.

Admission: Anyone who has been affected by suicide.

Cache Pride Center

596 E 900 N, Logan, UT • 435-250-4048

cachepridecenter.org

info@cachepridecenter.org

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

Cost: Free.

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

CAPSA - Citizens Against Physical and Sexual Abuse

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

www.capsa.org

Se Habla

Español

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

Cost: Free.

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

Forget-Me-Not

Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716-5081 • shannon.rhodes@imail.org

Services: Children's grief workshop. Adult grief group, 1st Wednesday of each month at 5:30pm.

Cost: Free.

Admission: Childrens ages 6-18, adults 19 +

Grief Relief

634 E 200 S, Brigham City, UT • Gillies Funeral Chapel: 435-723-5236

www.gfc-utah.com

Se Habla Español

Services: Support group for any type of loss. Group meets twice a month on Wednesday from 6:00-7:30 PM, Gilles Funeral Chapel.

Cost: Free.

Heart t' Heart

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

www.heart-t-heart.org

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

Cost: Free.

Mending Moments

www.facebook.com/mendingmomentscommunity/

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

Cost: Free.

Narcotics Anonymous

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

www.northernutahna.org

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

Cost: Free.

National Alliance for the Mentally Ill (NAMI)

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

90 E 200 N, Logan, UT • 435-787-4165

namicachevalley.org

www.namiut.org/find-resources-by-county/

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

Cost: Free.

Admission: Adults, ages 18 or older.

Peaceful Healing

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

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

Cost: Free.

The Family Place

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

10 N 600 E, Hyrum, UT • 435-752-8880

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

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

Cost: Free.

HOT LINES



Adult Protective Services

800-371-7897

daas.utah.gov/adult-protective-services/

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

Bear River Health Department-Substance Abuse Help Line

Logan: 435-881-0368

Box Elder: 435-730-2793

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

Bear River Mental Health

Box Elder: 435 452-8612

Cache/Rich: 435-752-0750

Se Habla Español or Other Language Services

Services Provided: Mental Health Emergency intervention and assistance.

CAPSA- Citizens Against Physical and Sexual Abuse

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

www.capsa.org

Se Habla Español

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

Child Abuse and Neglect- DCFS

855-323-3237

dcfs.utah.gov/

Se Habla Español

Services: Report an abuse or suspected abuse situation.

Child Find of America- Parent Hotline

Parent help: 800-716-3468

Location services: 800-I-AM-LOST

www.childfindofamerica.org/

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

South Valley Services Domestic Violence Helpline

801-255-1095 Ext. 0

svsutah.org/

Services: Domestic violence support shelter.

The Family Place Information and Referral Service

435-752-8880

www.thefamilyplaceutah.org

Se Habla Español

Services: 24-hour parenting crisis hotline; questions about parenting, concerns about children, and emergency situations. Crisis counseling for victims of abuse / crime.

UNI Crisis Line

801-587-3000

Se Habla Español or Other Language Services - Text HOLA to 741741

Services: 24/7 hotline providing crisis intervention, emotional support, problem solving, referral to available resources, and risk assessment.

Utah Crisis Line

800-273-TALK

www.udvc.org/resources/get-help-now.html

Services: Help for any age. Call 24/7

Utah Domestic Violence Link Line

800-897-5465 (LINK)

www.udvc.org/resources/get-help-now.html

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

Utah Poison Control

800-222-1222

poisoncontrol.utah.edu/

Services: 24-hour poison crisis support, information, and educational resources.

Veterans Crisis Line

800-273-8255 (TALK) & Press 1 or Text 838255

www.veteranscrisisline.net/Chat

Services: The Veterans Crisis Line connects veterans in crisis, their families, and friends with qualified professionals who understand military culture and can help confidentially.

Childhelp National Child Abuse

800-422-4453 or 800-4-A-Child

www.childhelp.org/

Services: Reporting child abuse, receiving information on child abuse, or to speak with a Childhelp counselor.

Crisis Text Line

Text "HOME" to 741-741

www.crisistextline.org/textline/

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

National Alliance on Mental Health Illness-Utah

801-323-9900

www.namiut.org

Services: Educates about mental illness, offers resources to those in need, and insist that mental illness become a high national priority. Offer an array of peer education and training programs, initiatives, and services for family members, individuals, health care providers, and the general public.

National Parent Helpline

855-427-2736 or 855-4A PARENT

www.nationalparenthelpline.org/

Services: Emotional support, information, and empowerment for parents/ caregivers.

National Suicide Prevention Lifeline

800-273-8255 (TALK)

www.suicidepreventionlifeline.org/

Services: 24-hour support for those having suicidal thoughts.

Rape Recovery Center Crisis Hotline

801-467-7273

www.raperecoverycenter.com/

Services: 24-hour crisis line for reporting sexual assault/rape, receiving support, and accessing other resources.

South Valley Services Domestic Violence Helpline

801-255-1095 Ext. 0

svsutah.org/

Services: Domestic violence support shelter.

The Family Place Information and Referral Service

435-752-8880

www.thefamilyplaceutah.org

Se Habla Español

Services: 24-hour parenting crisis hotline; questions about parenting, concerns about children, and emergency situations. Crisis counseling for victims of abuse / crime.

UNI Crisis Line

801-587-3000

Se Habla Español or Other Language Services - Text HOLA to 741741

Services: 24/7 hotline providing crisis intervention, emotional support, problem solving, referral to available resources, and risk assessment.

Utah Crisis Line

800-273-TALK

www.udvc.org/resources/get-help-now.html

Services: Help for any age. Call 24/7

Utah Domestic Violence Link Line

800-897-5465 (LINK)

www.udvc.org/resources/get-help-now.html

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

Utah Poison Control

800-222-1222

poisoncontrol.utah.edu/

Services: 24-hour poison crisis support, information, and educational resources.

Veterans Crisis Line

800-273-8255 (TALK) & Press 1 or Text 838255

www.veteranscrisisline.net/Chat

Services: The Veterans Crisis Line connects veterans in crisis, their families, and friends with qualified professionals who understand military culture and can help confidentially.

Warm Line

833-SPEAKUT (833-773-2588)

Services: If you need to talk to someone, you can call the Utah Warm Line for that support. Free for all callers.

OTHER RESOURCES



***211 Information & Referral**

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

www.uw.org/211/

Se Habla Español or Other Language Services

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

American Association of Suicidology

www.suicidology.org/

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

American Foundation for Suicide Prevention

www.afsp.org/

Services: Suicide prevention education, support, and research.

Bear River Association of Governments (BRAG)

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

2535 S Hwy 89, Perry, UT • 435-723-1111

www.brag.utah.gov

Se Habla Español

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

Behavioral Health Services Navigation

833-442-2211

Services: Sponsored by Intermountain Healthcare, make just one call to find help to access behavioral health resources. .

Cost: Open and free for anyone who needs mental health support. 7AM - 7PM

Box Elder & Cache County Family Support Centers

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

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

380 W 1400 N, Logan, UT • 435-752-8880

10 N 100 E Hyrum, UT

utahfamilysupport.org/brigham/index.html

Se Habla Español

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

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

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

Brigham Suicide Prevention Coalition

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

Email: brighamsuicideprevention@gmail.com

brighamsuicideprevention.org

Services: Support groups, volunteer opportunities to increase awareness of suicide prevention locally.

Admission: Anyone interested in suicide prevention.

Cache Suicide Prevention Coalition

Facebook: @CacheSPC

Instagram: @CacheSPC

Email: cachespc@gmail.com

Services: Volunteer opportunities. A group of community volunteers who meet monthly to help increase awareness of suicide prevention in their local communities.

Admission: Anyone interested in suicide prevention.

Cancer Survivor Network, The American Cancer Society

800-227-2345

www.cancer.org/csn

Services: Connect survivors and sharing of resources and information.

CAPSA - Citizens Against Physical and Sexual Abuse

308 W 1000 N, Logan, UT • 435-755-2500

www.capsa.org

Se Habla Español

Services: Emergency shelter, support network, support and safety planning, housing program, order of protection, 24/7 support phone line, and volunteering opportunities.

Cost: Free.

Center for Pregnancy Choices

90 N 100 E suite 140, Logan, UT • 435-752-1222

Hotline: 1-800-712-4357

www.centerforpregnancychoices.com/

Services: Confidential peer counseling related to pregnancy.

Cost: All services are free.

Department of Workforce Services

180 N 100 W, Logan, UT • 866-435-7414

138 W 990 S, Brigham City, UT • 866-435-7414

www.jobs.utah.gov

Se Habla Español

Services: Financial assistance, emergency assistance, Medicaid, SNAP program, child care subsidy, stake employment information, job board, and job training.

Help Me Grow Utah

801-691-5322

www.helpmegrowutah.org

Se Habla Español

Services: Information on general child development and parenting topics, referrals to community resources (intervention agencies, family therapy, literacy support, mentoring/tutoring programs, etc.) developmental screening questions and more.

Admission: Children, ages 0-8.

Institute for Disability Research, Policy & Practice

765 N 990 E, Logan, UT • 435-797-1981

www.idrp.usu.edu

Se Habla Español or Other Language Services

Services: Services for children and adults with developmental delays and disabilities.

Cost: Varies depending on program or service; see website for more information.

Admission: Varies; see website for more information.

Juvenile Mental Health Court

43 N Main St., Brigham City, UT • 435-434-4600

135 N 100 W, Logan, UT • 435-750-1296

Services: Identify and coordinate appropriate treatment services, ensure compliance with appropriate treatment services, recognize and reward progress, provide sanctions, provide skills classes for youth and parents, and provide credit for community service.

Admission: Must be in the court jurisdiction.

King, Pamela LMFT

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

www.solutionpay.net

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

Cost: Contact Pamela King.

Life Line for Attempt Survivors

www.lifelineforattemptsurvivors.org

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

Live Through This

www.livethroughthis.org

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

Now Matters Now

www.nowmattersnow.com

Services: Dialectic Behavioral Therapy or DBT for those considering suicide.

Options for Independence

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

www.optionsind.org

Se Habla Español

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

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

Pregnancy Care Center

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

www.pccbc.org

Se Habla Español

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

Cost: Free.

Stabilization & Mobile Response

1-833-SAFE-FAM (723-3326)

<https://hs.utah.gov/smr>

Se Habla Español

Services: For families with children/youth ages 0-20 experiencing challenges.

Cost: Free, family guided, and youth driven.

Suicide Prevention Resource Center

800-273-TALK (8255)

www.sprc.org/

Se Habla Español

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

Cost: Free.

Talking About Suicide Blog

Services: Blog for attempted suicide survivor support and education, Referral links for suicide crisis lines, attempted suicide support groups, therapists, military suicide research, suicide forums, suicide speakers, and support for those who have attempted suicide or have suicide.

Cost: Free.

The Family Place

380 W 1400 N, Logan, UT • 435-752-8880

10 N 600 E, Hyrum, UT • 435-713-0704

502 S Main St., Smithfield, UT • 435-755-5872 Limited Hours

www.thefamilyplaceutah.org

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

Cost: Services are provided at low to no cost.

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

USU Food \$ense-Extension Services

Cache County, 179 N. Main St. suite 111, Logan, UT • 435-752-6263

extension.usu.edu/cache

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

extension.usu.edu/boxelder

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

Mental Health and Suicide Prevention Apps

Calm

Happify: For Stres & Worry

Headspace: Meditation & Sleep

I am - Positive Affirmations

KnowBullying by SAMSHA

Mood App: Journal

Moodpath: Depression & Anxiety

My3 - Support Network

SafeUT

Suicide Safety Plan

Virtual Hope Box