

# MENTAL HEALTH RESOURCE DIRECTORY

BOX ELDER, CACHE, & RICH COUNTIES

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## INTRODUCTION

This directory is intended to promote mental wellbeing. This content is being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by the Bear River Health Department. Always verify information listed with that specific agency.

## Uninsured and in Crisis ?

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

Call 435-752-0750, and be sure to say you are “in a crisis” to access services.

There are also many other resources in this directory that have options for uninsured individuals.

## Insurance

Private Insurance: This includes most insurance companies.

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

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

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

Uninsured: These are individuals who have no health insurance.

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

## Behavioral Health Network

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

### HELPING YOURSELF:

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

### HELPING OTHERS:

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

### LEARN MORE ABOUT MENTAL HEALTH:

[www.samhsa.gov](http://www.samhsa.gov)

[www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/)

[www.nimh.nih.gov/health/topics/index.shtml](http://www.nimh.nih.gov/health/topics/index.shtml)

# MENTAL HEALTH SERVICES



## Lovestrong

40 W Cache Valley Blvd Ste 3c Logan, UT 84341 • 435-535-1203

[www.lovestrong.com](http://www.lovestrong.com)

Services: Sex Addiction Recovery, Betrayal Trauma Healing, Group Therapy, Trauma Therapy.

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

Cost: Self-Pay, Third Party Pay, Bishop Pay \$80 - \$200

## Aller, Ty LMFT

545 W 465 N Ste 130 Providence, UT • (385) 290-4541 x101

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

Cost: \$110- 140 per session. Accepts some insurances. Self-pay option available.

## Anderson, Kent PhD

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

<https://kentwandersonphdpc.com/>

Se Habla Español

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

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

## Associated Psychotherapists

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

[www.associatedpsych.com](http://www.associatedpsych.com)

Se Habla Español

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

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

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

### Bear Lake Community Health Center

325 W Logan Hwy Garden City, UT 84028 • 435-9463660 •  
[bearlakecommunityhealthcenter.org](http://bearlakecommunityhealthcenter.org) • Habla Espanol  
 Services: Medical, Dental, Behavioral Health, Pharmacy, Nutrition, Counseling  
 Providers: Kristin Buys, Nancy Weston, Dr. Mark Weston  
 Cost: Varies

### Bear River Health Department- Substance Abuse

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

950 South 663 West, Brigham City, UT • 435-734-9449  
 440 W 600 N, Tremonton, UT • 435-257-2168 90 E  
 200 N, Logan, UT • 435-752-0750  
 Rich County • 435-752-0750  
[www.brmh.com](http://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.

### Box Elder Community Health Center

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

### Box Elder Family Support Center

276 N 200 E, Brigham City, UT • 435-723-6010  
 1386 S Main St., Garland, UT • 435-730-5898  
[befsc.org](http://befsc.org)  
 Se Habla Español  
 Services: Crisis & Respite Nursery, Case Management, Family Life Education, Family Therapy.  
 Providers: Katie Bonds, CSW; Jill Scharrenberg, Parent Advocate.  
 Cost: All services are free to those who do not have insurance or Medicaid. Crisis nursery is available to children 0-11 years of age.  
 Admissions: Only families who are uninsured or underinsured are eligible for the mental health services. Anyone with a child under 12 is eligible for the crisis nursery services.

### Cache Ketamine & Mental Health

115 W Golf Course Road Suite E, Logan UT • 435-999-4059  
[cacheketamine.com](http://cacheketamine.com)  
 Services: Medication management, Ketamine treatments, medical cannabis, Spravato  
 Providers: Colby Martin PA, Ashley Smith PMHNP, Ashley Peterson FNP  
 Cost: Varies depending on services. We accept most insurances  
 Admission: All ages.

### Cache Valley Community Health Centers

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

### Cache Valley Counseling

525 W 465 N STE 130, Providence, UT • 435-535-3169  
[www.cvcounselingservices.com](http://www.cvcounselingservices.com)

Services: Individual, couple, family and group therapy.  
 Providers: Chelsea Petersen, LMFT, ACMHC; Julie Dymock, AMFT; Spencer Dutson, AMFT; Conrad Cannell, Laura Whitney, Takoma Lindsay, Aubrey Housekeeper, Jeffrey Allen  
 Cost: \$150+

### Campbell, Sue PhD, MFT

965 S 100 W Ste 203 Logan, UT • 435-752-1976

Services: Individual, couple, family and parent/child counseling for depression and anxiety. Provides counseling for relationship issues. Mediation.  
 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](http://www.capsa.org)  
 Services: Domestic Violence Shelter, Therapy, Sexual assault survivor support and advocacy, 24/7 crisis line, youth advocacy, education and prevention, training, social/casework  
 Providers: Leila Elmi-Stuart, LCSW ; Clinical Director; Melanie Peckham, LCSW; Sherrie Arnold, ACMHC; McKensie Bartholomew, LCSW; Dennis Wildman, CSW; Candice James, CSW; Jane Thornton, MSW; Hailey Bowler, MSW  
 Cost: Free, regardless of insurance status.  
 Admission: Non-offenders, all ages, all sexes, & LGBTQ.

### Capstone Counseling

851 N Main St., Logan, UT 801-341-0411  
[www.capstonecounselingcenters.com](http://www.capstonecounselingcenters.com)  
 Services: Evaluations, PRIME For Life, Court Ordered Educational Classes (theft, thinking errors, anger management, parenting, appropriate conduct, etc.), and Outpatient Treatment (IOP/GOP)  
 Cost: Varies per service. Accepts most major insurances; Medicaid or Medicare are not accepted. Self-pay option and payment plans are available.  
 Admission: Adults, ages 18 or older.

### Chuck Sharp Counseling LPC

431 W 200 N, Brigham City, UT • 435-225-1132 • 435-723-1063  
 French Services  
 Services: Counseling and therapy for all ages.  
 Cost: Accepts most insurance. Self-pay option is available.

### Christian, David PhD

629 S 575 W Logan, UT 84321 • 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](http://www.addictions-healing.com)  
 Services: Assessment, partner/spouse treatment, biofeedback therapy, nurofeedback therapy, individual/group psychotherapy, phone consultation, sexual behavior evaluation, mental health evaluation, modified IOP for sexual compulsivity and marital and family therapy.  
 Providers: Matthew Hedelius, PsyD, LCSW; Todd Freestone, LCSW; Jacob Stacy, LCSW.  
 Cost: Accepts most insurances. Cash rate is available.

### Clear Direction Counseling: Christensen, Travis LCMHC

60 E Center St. STE 110 Logan, UT • (435) 258-8533  
 Se Habla Español  
 Services: Individual, couple, and group therapy.  
 Cost: Accepts most major insurances. Self-pay option is available.  
 Accepts payment from ecclesiastical leader.  
 Admission: Individuals, ages 5 or older.

## Covenant Sex Therapy

130 S Main St. #119 , Logan, UT • 385-312-9844

[www.covenantsextherapy.com](http://www.covenantsextherapy.com)

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

Providers: Call for list of providers.

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

## Family Institute of Northern Utah

190 East Center Street Logan, UT 84321 • (435) 752-1976

[www.finu.org](http://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. Jeani Peck, M.S.

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

Admission: Accepts clients ages 12 and older.

## The Family Place

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

10 N 600 E, Hyrum, UT • 435-752-8880

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

[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)

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

Providers: Reece 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.

## Family Solutions Counseling

115 Golf Course Rd. Suite E, Logan, UT • 435-799-5035

[www.familysolutionsutah.org](http://www.familysolutionsutah.org)

Services: Individual, couples, group counseling; DBT groups, equine therapy, ketamine assisted psychotherapy

Providers: Primarily LCSWs

Cost: \$120 most insurances accepted; Groups around \$50

## 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.

## Leave Better - Gunn, Miriam LMFT

186 E 1800 N, North Logan, UT • (435) 213-3062

[leavebetter.com/](http://leavebetter.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](http://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.

### Miles Counseling Services - Iman-Miles, Terri LCSW

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

[www.milescounselingservices.com](http://www.milescounselingservices.com)

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

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

Admission: Individuals, ages 18 or older.

### Intermountain Healthcare Budge Psychiatry

Intermountain Budge Clinic, 1350 N 500 E, 3rd Floor Logan, UT • 435-716-1280

Services: Mental Health Counseling

Providers: Angela Martinez, LCSW, Ken Weigand, PsyD, Tyler Christensen, PhD.

Cost: Varies

### Jones, Stacy PhD

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

[www.theratechtusa.com](http://www.theratechtusa.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) 213-3583

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

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

### Keystone Counseling - Scott Hull

75 west 100 south suite # 200 • 435-255-1214

Services: Mental health counseling for individuals. Specializes with emotional regulating, anxiety, depression, and life-changing situations.

Cost: \$100 self pay \$120 for insurance

### King, Pamela, LMFT

274 N Main Street, Logan, UT • 435- 213-9278 [www.solutionplay.net](http://www.solutionplay.net)

Services: Solution- focused therapy. Experienced in trauma resolution, depression, anxiety, and family relations. Keynote speaker on healthy family and workplace.

Cost: Call for more information.

### LDS Family Services

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

\*Brigham City Office • [jolleycr@churchofjesuschrist.org](mailto:jolleycr@churchofjesuschrist.org) • 435-723-8228

[www.providentliving.org/lds-family-services](http://www.providentliving.org/lds-family-services) • Se Habla Español

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

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

Cost: Call for details and options.

Admission: Accepts All Ages

### Logan Mental Health and Wellness

1638 N 200 W Logan UT • 435-754-7120 • [Loganmhw.org](http://Loganmhw.org)

Services: Therapy and Med Management and Nutritionist

Providers: Paige Barnard, Cija Hauver, Ani Eccles, Amy Bowen, Lee Williams, Rachel Rood

Cost: Varies on provider

### Main Sreet Therapy

274 North Main Street • 435-213-9278 • [www.mainstreettherapyassociates.com/](http://www.mainstreettherapyassociates.com/)

Services: Mental health, Play Therapy

Providers: Pam King, Dr. Megan Oka, Dolores Michaels, BeckyLynn Spotten, Lesli Dustin, Joseph Yang, Brittany Jordan, Kelly Young.

Cost: \$65-150

### Midtown Community Health Center

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

Se Habla Español

Services: 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](http://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: \$120-\$140 Accepted Insurance plans -SelectHealth and Out of Network  
 Admission: All ages, including youth.

### Mt Logan Clinic

246 E 1260 N, Logan, UT • 435-750-6300  
[www.mtloganclinic.com](http://www.mtloganclinic.com)

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

Providers: See website

Cost: Contact for billing questions.

### New Beginnings Therapy

95 West 100 South • 4359156398 • [newbeginningstherapy.net](http://newbeginningstherapy.net)

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

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

Cost:\$75-\$160

### North Logan Therapy Associates

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

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

Providers: Visit website for information about each therapist and their specialty.

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

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

### Oka, Megan PhD, LMFT

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

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

Cost: Accepts Blue Cross Blue Shield insurance.

### Peak Mental Health

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

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

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

### Price, Cristine CMHC

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

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

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

### Priestley Mental Health

75 S 1st W, Preston, ID • 208-852-2370  
[priestleymentalhealthinc.com](http://priestleymentalhealthinc.com) • Se Habla Español

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

Providers: David Priestly, LCSW; Dallas Spencer, LCSW; Steve Flanary, LMSW; Angelika Gutenberger, LPC; Alyssa Dyer, MSW, LSW,;

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



## Quality Youth Services

180 S 600 W Logan UT • 877-393-6232 • [qualityyouthservices.com](http://qualityyouthservices.com)

Services: Parent support group for children with problematic sexual behavior, Mental health assessment and treatment of mental health disorders, trauma and DBT, SBA/SBRA assessment and NOJOS treatment.

Providers: LCSW, CSW in person and online

Cost: Sliding scale, multiple insurance boards

## Randall, Marque PhD

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

Services: Individual, couple, and family therapy.

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

Admission: Individuals, ages 12 or older.

## Resilience Counseling Services

2072 N Main St, ste 205 North Logan, UT 84341 • (435) 612-0788  
[resiliencecachevalley.com](http://resiliencecachevalley.com)

Services: Individual, couple, group and family therapy.

Providers: C.J. Sorenson, LCSW; Andee Bott, CSW; Erin Black, CSW; Brook Murphy, CSW

Cost: \$120 for intake; \$90 for therapy session

## Spendlove, Alan CMHC

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

[alanspendlovecounseling.com/](http://alanspendlovecounseling.com/)

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

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

Admission: Must be 17 or older

## Time to Blossom

75 W.100 S, suite 200 Logan Utah 84321 • 435-554-8534

Services: Therapy

Providers: Jackie Andersen

Cost: \$125-150

## Trice, Jill LCSW

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

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

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

## USU Marriage and Family Therapy Clinic

6405 Old Main Hill, Logan, UT • 435-797-7430 • [sorensonmft@usu.edu](mailto:sorensonmft@usu.edu)

[www.scce.usu.edu/services/marriage-family-therapy](http://www.scce.usu.edu/services/marriage-family-therapy)

Se Habla Español

Services: Therapists are Master's students. Individual and family outpatient therapy, marriage and family therapy, group therapy, child play therapy, evaluations for mental health, substance abuse, domestic violence, psycho-sexual, 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.

## Utah Behavior Services

35 Skyline Dr, Ste 103 Brigham City, UT 84302-6773 • 801-255-5131

[www.utahbehaviorservices.com](http://www.utahbehaviorservices.com)

Services: Mental Health, Medication Management, and ABA services

Providers: We have many providers licensed as LCSW's, Psychologists, Family Nurse Practitioners, Psychiatric Mental Health Nurse Practitioners, and Behavior Analysts

Cost: We accept most insurances and have Private Pay plans to accommodate client needs

# CRISIS SERVICES



## Bear River Valley Hospital Emergency Department

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

[www.intermountainhealthcare.org](http://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](http://www.brmh.org)

Se Habla Español

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

Cost: All services are free.

## Box Elder Family Support Center

276 N 200 E, Brigham City, UT • 1386 S. Main Street, Garland, UT 84312 •

435-723-6010 • [utahfamilysupport.org/brigham/index.html](http://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](http://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 • 435-250-4048

[info@cachepridecenter.org](mailto:info@cachepridecenter.org)

Services: Therapist on call for crises and crisis care. Temporary Services available. Youth programs and peer support groups. See website for full details.

### CAPSA - Citizens Against Physical and Sexual Abuse

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

[www.capsa.org](http://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](http://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 • 435-716-2240

[intermountainhealthcare.org/](http://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.

### Mobile Crisis Outreach Team

Available 24/7/365 • 1-800-273-8255 (TALK)

Services: MCOT provides fast, free, face-to-face or virtual video response. MCOT is for Utah residents who are having a mental health challenge. Youth and adult services teams are available and offer consultation and support to individuals, families, schools, treatment providers, and first responders.

Cost: Free

### New Hope Crisis

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

<https://newhopecrisiscenter.org/>

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 • 801-399-3058

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 #3478, Salt Lake City, UT • 801-363-5433

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

[pregnancyresource.net](http://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

1525 N. 22 W. Logan, UT • 435-752-8880  
 10 N 600 E, Hyrum, UT • 435-713-0704  
 502 S Main St, Smithfield, UT • 435-752-8880  
[www.thefamilyplaceutah.org](http://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/](http://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 • 866-872-5723

[www.avalonhills.org/](http://www.avalonhills.org/)

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

Cost: Contact for more information.

Admission: Adolescent females and adult women.

### Brighton Recovery Center

6000 S 1075 E, South Ogden, UT • 866-582-0983

[www.brightonrecoverycenter.com](http://www.brightonrecoverycenter.com)

Services: Residential treatment for substance abuse and dual diagnoses.

Intensive outpatient services are also offered.

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

Admission: Criteria based on clinical review.

### Catalyst

970 South 1025 West, Brigham City, UT 435-723-4600 • [info@catalystrtc.com](mailto:info@catalystrtc.com)

[www.catalystrtc.com/](http://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](http://www.loganriver.com)

Se Habla Español or Other Language Services

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

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

Admission: Visit website for admission criteria.

### Paradise Creek Recovery

40 W Cache Valley Blvd Suite 10A, Logan, UT • 855-442-1912

2666 S US Hwy 81, Malta, ID

[www.paradisecreekrecovery.com](http://www.paradisecreekrecovery.com)

Services: Offers a 28 & 42 day residential treatment program for process addictions, especially sex addictions. Extended programs as needed.

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

Admissions: Accepts males 18 years or older.

### Triumph Youth Services

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

[www.triumphyouthservices.com](http://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](http://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

### Bear River Mental Health Residential Group Home

78 West 1000 North Logan, UT • (435) 753-7053

[brmh.com/residential-group-home/](http://brmh.com/residential-group-home/)

Services: Group therapy, individual therapy, medication management, personal development, skill building activities, employment assistance, socialization rehabilitation.

Cost: Contact Bear River Mental Health for more information.

Admission: Contact Bear River Mental Health for more information.

# USU STUDENT SERVICES



## Inclusion Center

Taggart Student Center, Room 315, Logan, UT • 435-797-1728

[inclusion@usu.edu](mailto:inclusion@usu.edu)

[www.usu.edu/inclusion/](http://www.usu.edu/inclusion/)

Se Habla Español

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

## Bear River Health Department

655 E 1300 N, Logan, UT • 435-792-6500

[brhd.org](http://brhd.org)

Se Habla Español

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

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

Admission: Adults and youth over 8.

## Counseling and Psychological Services (CAPS)

Utah State University, Taggart Student Center Room 306, Logan, UT • 435-797-1012

[www.usu.edu/aggiewellness/mental-health](http://www.usu.edu/aggiewellness/mental-health)

Services: Counseling, therapy, crisis appointments, consultation, group workshops and online resources.

Admission: USU students enrolled in at least nine credit hours. Six hours for graduate students.

## Disability Resource Center

Disability Resource Center, University Inn Room 101 Logan, UT • 435-797-2444

[www.usu.edu/drc](http://www.usu.edu/drc)

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

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

## Student Health and Wellness Center

Student Health and Wellness Center, Rm 102 • 435-797-1660

<https://www.usu.edu/aggiwellness/shwc/>

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

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

**Admission:** Accept referrals or self-admittance.

## Sexual Assault and Anti-Violence Information Office

Taggart Student Center Room 311, Logan, UT • Hotline: 435-797-7273

[www.usu.edu/saavi](http://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 and Times: Find a meeting in your area on the web:

[www.utahaa.org/meetinglist.html](http://www.utahaa.org/meetinglist.html)

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

Cost: Free.

### Brigham Suicide Prevention Coalition

35 S Main Street, Brigham City, UT • 435-225-5764 (text or call)

brighamsuicideprevention@gmail.com

[www.brighamsuicideprevention.org/offerings](http://www.brighamsuicideprevention.org/offerings)

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](http://cachepridecenter.org)

[info@cachepridecenter.org](mailto:info@cachepridecenter.org)

Services: Preteen support group Tuesday from 5-7 pm for LGBTQIAP+ ages 10-14; Teen support group Fridays from 6-8 pm for LGBTQIAP+ ages 14-18.

Cost: Free.

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

### CAPSA - Citizens Against Physical and Sexual Abuse

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

[www.capsa.org](http://www.capsa.org)

Se Habla Español

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

Cost: Free.

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

### Depression and Bipolar Support Alliance

831-915-7654 • [dbsacachecoutny@yahoo.com](mailto:dbsacachecoutny@yahoo.com) • [DBSAlliance.org/FindSupport](http://DBSAlliance.org/FindSupport) • for more information call or email

Services: For those affected by depression and bipolar disorder, these support groups offer interpersonal support, coping strategies, decision making strategies, information about medications and treatment.

### Forget-Me-Not

Intermountain Homecare & Hospice, 550 E 1400 N suite G, Logan, UT • 435-716- 5081 • [shannon.rhodes@imail.org](mailto: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](http://www.gfc-utah.com)

Se Habla Español

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

Cost: Free.

### Mending Moments

[www.facebook.com/mendingmomentscommunity/](http://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](http://www.northernutahna.org)

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

Cost: Free.



### National Alliance on Mental Illness (NAMI)

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

[namicachevalley.org](http://namicachevalley.org)

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

Cost: Free.

Admission: Adults, ages 18 or older.

### Options for Independence

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

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

### Peaceful Healing

209 West 300 North, Logan UT • (435) 716-8541

Services: Sponsored by Sunshine Home Health & Hospice. Opened-ended support group for grief, loss, and bereavement. Offered every Monday from 3:30-4:30 PM.

Cost: Free.

### 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.

### Utah Twelve-step Information Network

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

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

Cost: Free.

# HOT LINES



### Adult Protective Services

800-371-7897 • 8am- 5pm  
[daas.utah.gov/adult-protective-services/](http://daas.utah.gov/adult-protective-services/)

Services: Report abuse, neglect, or exploitation of vulnerable adults. 24/7 Online Report Form

### Bear River Health Department-Substance Abuse Help Line

Logan: 435-881-0358 • Box Elder: 435-730-2793  
<https://brhd.org/services/counseling-services/#substanceAbuse>

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

### Bear River Mental Health

Box Elder: 435 734-9449• Cache/Rich: 435-752-0750 • Crisis Line: 800-273-8255  
 Se Habla Español or Other Language Services

Services: Mental Health Emergency intervention and assistance.

### CAPSA- Citizens Against Physical and Sexual Abuse

308 W 1000 N, Logan, UT • 435-753-2500  
[www.capsa.org](http://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/](http://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: 800-426-5778  
[www.childfindofamerica.org/](http://www.childfindofamerica.org/)

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

### Childhelp National Child Abuse

800-422-4453 call or text  
[www.childhelp.org/](http://www.childhelp.org/)

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

### Crisis Text Line

Text "HOME" to 741-741  
[www.crisistextline.org/textline/](http://www.crisistextline.org/textline/)

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

### National Alliance on Mental Illness-Utah

800- 950-6264 or helpline@nami.org  
[www.namiut.org](http://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/](http://www.nationalparenthelpline.org/)

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

### National Suicide Prevention Lifeline

800-273-8255 (TALK) • dialing code 988  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

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

### Rape Recovery Center Crisis Hotline

888-421-1100  
 Se Habla Español 801-924-0860  
[www.raperecoverycenter.com/](http://www.raperecoverycenter.com/)

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

### South Valley Services Domestic Violence Helpline

801-255-1095

[svsutah.org/](http://svsutah.org/)

Services: Domestic violence support shelter.

### SafeUT

833-372-3388 • online chat available

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

### SafeUTNG

833-3SAFENG or 833-372-3364

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

### The Family Place Information and Referral Service

435-752-8880

[www.thefamilyplaceutah.org](http://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

800-273-8255

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

Services: Emotional support, suicide prevention, psycho- education, education on how to support loved ones, therapeutic assistance.

### Utah Domestic Violence Link Line

800-897-5465 (LINK)

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

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

### Utah Poison Control

800-222-1222

[poisoncontrol.utah.edu/](http://poisoncontrol.utah.edu/)

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

### Veterans Crisis Line

800-273-8255 & Press 1 or Text 838255

[www.veteranscrisisline.net/Chat](http://www.veteranscrisisline.net/Chat)

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

### Warm Line

833-SPEAKUT (833-773-2588) or 801-587-1055

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

# OTHER RESOURCES



## \*211 Information & Referral

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

[www.uw.org/211/](http://www.uw.org/211/)

Se Habla Español or Other Language Services

Services: Information on employment, emergency shelter/housing, transportation, support groups, food assistance, healthcare expenses, substance abuse, domestic violence, and any human resources.

## American Association of Suicidology

[www.suicidology.org/](http://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/](http://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](http://www.brag.utah.gov)

Se Habla Español

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

## Behavioral Health Services Navigation

833-442-2211/ Adults • 801-313-7711/ Children

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

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

### Box Elder & Cache County Family Support Centers

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

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

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

10 N 100 E Hyrum, UT

[befsc.org/](http://befsc.org/) • [utahfamilysupport.org/find-a-center/cache-county/](http://utahfamilysupport.org/find-a-center/cache-county/)

Se Habla Español

Services: Family life education classes and in-home classes, respite nursery, and family therapy.

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

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

### Brigham Suicide Prevention Coalition

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

Email: [brighamsuicideprevention@gmail.com](mailto:brighamsuicideprevention@gmail.com)

[brighamsuicideprevention.org](http://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](mailto: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](http://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](http://www.capsa.org)

Se Habla Español

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

Cost: Free.

### Center for Pregnancy Choices

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

[www.centerforpregnancychoices.com/](http://www.centerforpregnancychoices.com/)

Services: Confidential peer counseling related to pregnancy, abortion information, adoption information, maternity and infant supplies, medical referrals, parenting education, post abortion support, pregnancy tests, STD/STI information, and support for men.

Cost :All services are free.

### Department of Workforce Services

180 N 100 W, Logan, UT • 866-435-7414

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

[www.jobs.utah.gov](http://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](http://www.helpmegrowutah.org)

Se Habla Español

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

Admission: Children, ages 0-8.

## Heart t' Heart

450 E 100 S Room 10, Hyrum, UT • 435-512-2108  
[www.heart-t-heart.org](http://www.heart-t-heart.org)

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

## Institute for Disability Research, Policy & Practice

765 N 990 E, Logan, UT • 435-797-1981  
[www.idrpp.usu.edu](http://www.idrpp.usu.edu)

Se Habla Español or Other Language Services  
 Services: Services for children and adults with developmental delays and disabilities.  
 Cost: Varies depending on program or service; see website for more information.  
 Admission: Varies; see website for more information.

## Juvenile Mental Health Court

199 North Main St. Logan, UT • (435) 755-1860  
 Services: Identify and coordinate appropriate treatment services, ensure compliance with appropriate treatment services, recognize and reward progress, provide sanctions, provide skills classes for youth and parents, and provide credit for community service.  
 Admission: Must be in the court jurisdiction.

## Now Matters Now

[www.nowmattersnow.com](http://www.nowmattersnow.com)  
 Services: Dialectic Behavioral Therapy or DBT for those considering suicide. Website offers videos with tips and advice from people who have been there.

## Open Counseling

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

## Options for Independence

106 E 1120 N, Logan, UT • 435-753-5353  
[www.optionsind.org](http://www.optionsind.org)  
 Se Habla Español

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

## Personalized Mind Plan

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>  
 Services: Answer 5 questions to get top tips and tailored advice that work for you. Try the plan to boost your wellbeing today - and make sure to email it for quick access and to easily swap in new ideas.

## Pregnancy Care Center

142 S 100 W suite 101, Brigham City, UT • 435-723-0500  
[www.pccbc.org](http://www.pccbc.org)  
 Se Habla Español  
 Services: Pregnancy tests and counseling, ultrasound, pregnancy options, support throughout pregnancy, and the Earn While You Learn Program parenting class.  
 Cost: Free.

## Stabilization & Mobile Response

1-833-SAFE-FAM (723-3326)  
<https://hs.utah.gov/smr>  
 Se Habla Español  
 Services: For families with children/youth ages 0-20 experiencing challenges such as aggressiveness, theft, apathy, depression/ anxiety, difficulty in school, bullies or bullied, severe changes in mood, developmental disabilities.  
 Cost: Free, family guided, and youth driven.

## Suicide Prevention Resource Center

800-273-TALK (8255)

[www.sprc.org/](http://www.sprc.org/)

Se Habla Español

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

Cost: Free.

## Talking About Suicide Blog

<https://talkingaboutsuiicide.com/>

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

Cost: Free.

## Create Better Health

<https://extension.usu.edu/createbetterhealth/>

Cache County, 179 N. Main St. suite 111, Logan, UT • 435-752-6263 Box Elder County, 01 South Main St. Brigham City, UT • 435-695-2542

Services: Help people cook healthy meals on a budget, buy and prepare whole foods, understand food labels, practice safety in the kitchen, and much more. With the increase in disease and obesity in the United States, there is an obvious need for more education to promote positive lifestyle changes. Create Better Health is designed to increase the knowledge, skill set, and overall well-being of those it serves.

Cost: Free

## Mental Health and Suicide Prevention Apps

Calm

Happify: For Stres & Worry

Headspace: Meditation & Sleep

I am - Positive Affirmations

KnowBullying by SAMSHA

Mood App: Journal

Moodpath: Depression & Anxiety

My3 - Support Network

SafeUT

Suicide Safety Plan

Virtual Hope Box

