

Counseling Resources

Private Insurance

Contact your insurance company for the list of providers, or ask them if the agencies below are covered by your plan

Youth Services

177 West Price Avenue (3610 South)
Salt Lake City, UT 84115
(385) 468-4500
www.youth.slco.org

Valley Behavioral Health

1141 E. 3900 S. Suite A170
Salt Lake City, Utah 84124
(888) 949-4864
www.valleycares.com

Latino Behavioral Health

3471 South West Temple
Salt Lake City, UT
(801) 935-4447
www.latinobehavioral.org

Multicultural Counseling Center

7625 South 3200 West Suite 2-4
West Jordan, UT 84084
(801) 915-0359
www.mccounseling.com

Empowerment Counseling Services

73 East Fort Union Blvd, Suite 135
Midvale, Utah 84047
(801) 603-2547
info@empowermentcounselingservices.com

Families First Program (in home services)

Utah Youth Village
5800 South Highland Drive
Salt Lake City, Utah 84121 (801) 272-9980
www.utahyouthvillage.org

Summit Community Counseling

5689 South Redwood Road, Suite 27
Taylorsville, Utah 84123
(801) 266-2485
www.summitcommunitycounseling.com

Family Support Center

1760 West 4805 South
Taylorsville, Utah 84129
(801) 955-9110
www.familysupportcenter.org

Hopeful Beginnings

5667 South Redwood Rd, Suite 6B
Taylorsville, UT 84123
(801) 979-1351
www.hopefulbeginnings.com

Aspen Ridge Counseling Center

3509 W. 4700 S
Taylorsville, UT 84118
(801) 990-4300
www.aspenridgecounseling.wixsite.com/aspenridge

1561 W 7000 S, Suite 200
West Jordan, UT 84084

2711 S. 8500 W.
Magna, UT 84044

411 W 7200 S, Suite 304
Midvale, UT 84047

Crisis Text Line

Free & Confidential
Text "Hello" or "GO" to 741-741

CRISIS TEXT LINE

Text HELLO to 741741

Free, 24/7, Confidential

Mobile Outreach Crisis Team (MCOT) by UNI

A free consultation service when experiencing a mental health challenge. Licensed doctors and peer support specialists can come directly to your home, work or in the community (in an unmarked vehicle to support your privacy) or offer virtual tours. Call 1-800-273-8255 to find out how they can support you.



Download the Safe UT app on your phone

- Anonymous reports
- Ask for help
- Communicate with a counselor 24 hours a day, 7 days a week

Utah Crisis Line

Free & Confidential
1-800-273-TALK (8255)



988 SUICIDE & CRISIS LIFELINE

NAMI: National Alliance on Mental Illness

Family Mentoring Programs and Support Groups
1600 West 2200 South, Suite 202
West Valley City, Utah 84119
(801) 323-9900
www.namiut.org



Need help with Medicaid or CHIP applications?

www.medicaid.utah.gov or www.health.utah.gov/chip

Call or search 211 to get additional resources

www.211utah.org

2-1-1

Get Help. Give Help.
United Ways of Utah