



Renaissance Academy Mental Health Resource List

CRISIS HOTLINES

Center for Women and Children in Crisis (24-hour).....	801.377.5500
Child Find (24-hour).....	800.426.5678
Crisis Line of Utah County (24-hour).....	801.691.5433
Domestic Violence Hotline (24-hour).....	801.377.5500
Division of Child and Family Services-Child Abuse Reporting	
Daytime.....	801.374.7257
After Hours.....	801.376.8261
Family Support & Treatment Crisis Respite Nursery.....	801.229.1181
Hope Line- Utah Valley Regional (crisis/suicide prevention).....	801.357.4673
National Child Abuse Hotline (24-hour).....	800.422.4453
National Runaway Switchboard.....	800.RUN.AWAY
	800.768.2929
National Suicide Prevention Lifeline.....	800.273.TALK
	800.273.8255
Rape Crisis Center (Utah County).....	801.356.2511
Rape Crisis Center (Statewide).....	888.421.1100
Trevor Project.....	866.488.7386
Wasatch Mental Health.....	801.373.7393

ABUSE & NEGLECT RESOURCES

Center for Women and Children in Crisis

801.377.5500

Services: Free domestic violence and support groups.

Children's Justice Center

801.851.8554

Services: Free parents and children support groups. Children 3 to 12 years and 13 to 18 years-educational support groups.

Fees: Insurance, crime victims funding and grants available for those needing services without means of paying.

Family Support and Treatment Center

801.229.1181

Services: Free adult women's trauma group

Provo Police Victim's Advocate

801.852.6375

Eating Disorder Resources

Center for Change

801.224.8255

Eating Disorder Anonymous

Hours: Tuesday from 5:30 to 6:30 p.m.

Fee: No cost

Balance and Awareness Group

10-week course

Hours: Mondays from 5:30 to 6:30 p.m.

Fee: \$80

Emotional Eating Group

Hours: Wednesdays from 4 to 5 p.m.

Fee: \$25 per group

Fundamentals of DBT

Hours: Wednesdays from 3 to 4:30 p.m.

Fee: \$35 per group

Mental Health Resources

BYU Comprehensive Clinic

Brigham Young University
1190 North 900 East
Provo, UT 84602
801.422.7759

Services: Offers therapy sessions for individuals,

T & TH- 8 a.m. to 10 p.m.

F- 8 a.m. to 5 p.m. families, children and couples.

Hours: M-8 a.m. to 7 p.m.

Fees: \$15 per session for therapy. A one-time fee of \$15 for group \$50 for psychological assessment \$400 for neuropsychological and development assessment. Fees negotiable when financial need exists.

Eligibility: Anyone need of therapy. Those with high suicide risk, alcohol and substance abuse, violence, court involvement and severe chronic conditions are often referred to appropriate community agencies.

Family Support and Treatment Center

1255 North 1200 West
Orem, UT 84057
801.229.1181

Services: Therapy for children and adults who have been victims of abuse or other traumatic experiences. Parent education, crisis nursery and prevention programs.

Hours: 8 a.m to 6 p.m
Evenings by appointment vary

Fees: Vary

Eligibility: Those who have experienced trauma, especially abuse.

Institute for Cognitive Therapy, Inc.

560 S. State Street
Suite G1
Orem, UT 84058
801.802.8608

Services: To provide outpatient treatment for mental health, substance abuse or domestic issues. Individual and group therapy, psycho educational classes including; anger management, cognitive restructuring, parenting, relapse prevention, self-esteem, goal setting, couples communication, victim empathy and other abuse and mental health issues.

Hours: M-TH- 9 a.m. to 8 p.m.
Sat. - 8 a.m. to 2 p.m.

Fees: Sliding Scale

Eligibility: Most insurance accepted. If self-pay, must qualify through Utah County Division of Substance Abuse.

LDS Family Services

1190 North 900 East
Provo, UT 84602
801.422.7620

Services: One-to-one counseling and referrals for families and individuals.

Hours: M-F- 8 a.m. to 5 p.m.
T-TH- 8 a.m. to 10 p.m.
Sat- 8 a.m. to 4 p.m.

Fees: Vary depending on services

Eligibility: Unrestricted

Life Enhancement Center

1835 North 1120 West
Provo, UT 84604

850 West SR 198
Salem, UT 84653
801.477.0532
www.lecutah.com

Services: Psychological testing, anxiety, depression, ADHD, bipolar, trauma/abuse, pornography, substance abuse, chronic pain, self-injury, suicide, vocational and career training.

Hours: 8 a.m. to 9 p.m.

Fees: \$40 to \$140, self-pay, insurance, Medicaid

Eligibility: Adolescents, adults, individual, couples, families and groups.

Mountainlands Community Health
589 South State Street
Provo, UT 84606
801.374.9660

Services: Therapy, counseling and education. To provide and collaborate with other , partners to assure high quality health care for everyone in our community; especially those who experience economic, geography, cultural and language barriers to receive care regardless of ability to pay.

Hours: M-Th – 9 a.m. to 9 p.m.
F- 9 a.m. to 5 pm.

Fees: Sliding fee based on income and family size

Eligibility: Unrestricted

National Alliance for Mentally Ill (NAMI)

Utah County Affiliate

801.373.2688 or 801.224.0591

Services: Various support groups and classes on anxiety depression, bipolar , Schizophrenia and personality disorder.

Hours: Call for current schedule

Utah State Hospital

1300 East Center Street

Provo, UT 84601

801.344.4400

Services: To provide excellent inpatient psychiatric care Psychiatry, psychology, nursing, recreation and occupational therapy, social services for children 6 to 12 years, adolescents and adults.

Hours: M-F- 8 a.m. to 5 p.m.

(Care is 24 hours a day)

Fees: Sliding Scale

Eligibility: Utah state resident and a referral from community health system

Wasatch Mental Health

750 North 200 West

Suite 300

Provo, UT 84601

801.373.4760

Services: Wasatch Mental Health exists to provide comprehensive mental health services with professional excellence. Inpatient, residential, outpatient day treatment and prevention for all types of mental or emotional problems.

Hours: 24 hour crisis intervention

Fees: Vary

Eligibility: Medicaid Clients

PARENTING/CHILDREN RESOURCES

BYU Center for Service and Learning

801.422.8686

Services: BYU access and Impact mentoring programs. BYU students are matched with at-risk youth.

Hours: Vary depending on mentors schedule

Fees: None

Eligibility: ACCESS is for kid's ages 3 to 12 IMPACT is for youth ages 11 to 18

Children and Adults with ADHD

801.789.3609

Family Attachment Mentoring

801. 318.3609

Family Support and Treatment Center

801.229.1181

Services: Crisis Respite Nursery provides a safe home-like atmosphere where parents can bring their children when the family is in a stressful situation.

Hours: 24 hours a day, 7 days a week

Eligibility: Any children 0-11 years of age can be brought to the crisis nursery. Kid's social skills group (ages 8-12) Parenting skills class and group sessions

SUBSTANCE ABUSE RESOURCES

Free Substance Abuse Groups

Alanon

800.222.9200

Alateen

800.222.9200

Alcoholics Anonymous

800.222.9200

American Cancer Society

800.234.0533

-Smoking Cessation

Cirque Lodge Groups

800.222.9200

-AA, NA, CA groups

Life Enhancement Center

1835 North 1120 West

Provo, UT. 84604

And

850 West SR 198

Salem, UT 84653

801.477.0532

www.lecutah.cm

Narcotics Anonymous

801.851.727

Utah State Health Department

800.851.7096

-Adolescent Tobacco Cessation

Utah Valley Regional Medical Center-Dayspring

801.357.7525

-Substance abuse treatment program

SUICIDE & SUICIDE PREVENTION RESOURCES

Heart & Soul Suicide Support Group

801.223.9954

-For anyone who has lost a loved one to suicide.

HOPE Line

801.375.4673

HOPE Task Force

801.374.4802

National Suicide Prevention Lifeline

800.274.TALK (8255)

Suicide Prevention Walk

801.357.7612

-Held annually in September

SUPPORT GROUPS AND CLASSES

Anger Management Classes

Institute for Cognitive Therapy

801.802.8608

Turning Point

801.863.7580

Bereavement/ Grief

Canary Gardens

801.636.3602

-For youth ages 3 to 18 who have lost a family member.

Heart & Soul Suicide Group

801.223.9954

-For anyone who as lost a loved one to suicide

Intermountain Healthcare Hospice

801.662.3774

-Bereavement support group