

WELL BEINGS



Utah Mental Health Resource Toolkit





The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit [WellBeings.org](https://www.WellBeings.org) or follow @WellBeingsOrg on [Instagram](#), [Facebook](#), or [Twitter](#), and join the conversation with #WellBeings.

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the **Crisis Text Line** (text **HELLO** to **741741**) or call the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. Both services are free and available, 24 hours a day, seven days a week.

LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Utah residents. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in Utah.

ASIAN ASSOCIATION OF UTAH

aau-slc.org

aau@aau-slc.org | 801-467-6060

Improves the quality of life for the refugees and immigrants living in Utah.

CATHOLIC COMMUNITY SERVICES, REFUGEE RESETTLEMENT

ccsutah.org

801-977-9119

Provides refugees with the assistance they need to become self-sufficient in their new home.

ENCIRCLE THERAPY

encircletherapy.org

admin@encircletherapy.org

Provides affirming, accessible, world-class mental health care to LGBTQ+ people in the communities.

ENGLISH SKILLS LEARNING CENTER

eslcenter.org

info@eslcenter.org

801-328-5608

Connects communities through language learning by pairing English language learners with trained and mentored volunteer ESL teachers.

IMPACT MENTAL HEALTH

impactmentalhealth.org

info@impactmentalhealth.org

801-590-9557

Nonprofit psychiatric clinic serving low income and uninsured individuals at no cost to the patient.

LATINO BEHAVIORAL HEALTH SERVICES

latinobehavioral.org

comments@wasatch.org

801-935-4447

Minimizes the disparities in access to mental health services among the underserved Latino population.

MENTAL HEALTHY F.I.T.

mentalhealthyfit.org

info@createreelchange.org

617-697-0051

Aims to succeed at ending mental health stigma through education, entertainment, and impact.

NAMI UTAH

namiut.org

801-323-9900

NAMI Utah educates, supports, and advocates for individuals and families experiencing mental health conditions. All courses and support groups provided are available online at no charge, supporting those with mental health conditions and their loved ones. If individuals are searching for one-on-one assistance, mentors are available daily to answer your questions.

UTAH BEHAVIOR SERVICES

utahbehaviorservices.com

801-255-5131

Provides the highest quality behavior and mental health services in Utah.

UTAH MENTAL HEALTH COUNSELORS ASSOCIATION

umhca.org

The Utah Chapter of the American Mental Health Counselors Association which attempts to unite with all mental health providers in the State of Utah.

UTAH REFUGEE CONNECTION

serverefugees.org

info@utahrefugee.org | 801-871-5903

Creates meaningful connections between refugees, community, public, and private organizations that support refugees in developing self-sufficient and fulfilling lives.

UTAH REFUGEE SERVICES

refugee.utah.gov

dwscontactus@utah.gov

801-526-9675

Supporting refugee communities' efforts to find appropriate solutions towards integration.

LOCAL RESOURCES

UTAH VALLEY REFUGEES

utahvalleyrefugees.org

info@utahvalleyrefugees.org

801-850-6013

Assists in supporting refugees in their quest to become self-reliant.

VOICES FOR UTAH CHILDREN

utahchildren.org

801-364-1182

Works to make Utah a place where all children can thrive in five key developmental areas: Health, School Readiness, Safety, Economic Stability, Diversity.

ALLIANCE HOUSE

alliancehouse.org

info@alliancehouse.org

801-486-5012

Provides an environment where adults with severe, persistent mental illness can rebuild their self-respect, dignity, and abilities.

VALLEY BEHAVIORAL HEALTH

valleycares.com

888-949-4864

Helps individuals seeking mental health resources and treatment, helping them achieve a life free from mental illness, addiction, and problematic behaviors.

WASATCH BEHAVIORAL HEALTH

wasatch.org

comments@wasatch.org

435-654-3003

Provides quality mental health care through programs and services for children, teens, and adults.

SAFE UT (FREE TEXTING APP)

healthcare.utah.edu/uni/safe-ut/

SafeUT@hsc.utah.edu

801-587-8852

Provides real-time crisis intervention to youth through live chat and a confidential tip program – right from your smartphone.

NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

ACTIVE MINDS

<https://www.activeminds.org>

Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

www.aacap.org

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers](#)

Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

[What do Disruptive Behaviors Indicate?](#)

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

[Diversity & Health Equity Education](#)

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

[Mental Health Facts - Refugees, Asylum-seekers, & Survivors of Forced Displacement](#)

ddhe@psych.org

The number of people displaced from their home countries due to war, armed conflict, political violence, and related threats continues to grow. Unfortunately, most refugees, asylum seekers, unaccompanied minors, and other survivors of forced displacement will not receive needed mental health care due to scarcity of services and stigma against mental health care. This resource summarizes the facts and scope of this problem, and includes suggested systems of mental health care for this population.

[Guide to Treating Immigrant and Refugee Patients Who Have Experienced Intimate Partner Violence](#)

ddhe@psych.org

Treating survivors of Intimate Partner Violence (IPV) in the context of immigrant and refugee communities requires highly trained, community-based advocates who understand the dynamics and consequences of IPV. Providers should have the working knowledge of the legal framework governing immigrants and refugees in the U.S. and be sensitive to the cultural experiences of women in the survivor community.

[Role of Psychiatrists in Addressing Care for People Affected by Forced Displacement - Policy Approved by the APA Board of Trustees, July 2017](#)

ddhe@psych.org

American psychiatrists have broad skill sets for relieving suffering inflicted upon immigrants and refugees by displacement from and within their home countries and can provide direct psychotherapeutic and psychosocial interventions, as well as programmatic leadership, for the care of persons suffering posttraumatic symptoms and other migration-related syndromes of distress. This policy summarizes the APA's position.

NATIONAL RESOURCES

Working Remotely During COVID-19 **workplacementalhealth@psych.org** **202-559-3900**

We are navigating uncharted waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

Five Myths and Facts **About Depression**

Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

ASHA INTERNATIONAL

<https://myasha.org>
gayathri@myasha.org
971-340-7190

ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include [Let's Talk About Mental Health](#) & [My Story MY SUPERPOWER Movement](#).

BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

<https://www.beam.community/>

The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

BLACK MENTAL HEALTH ALLIANCE (BMHA)

<https://blackmentalhealth.com/>

A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

CALL TO MIND

calltomindnow.org

@calltomindnow

Call to Mind is American Public Media's (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it's time to end the misconceptions and discrimination associated with mental health conditions.

COLORÍN COLORADO

<https://www.colorincolorado.org/>

Colorín Colorado is the nation's leading website with free resources for educators and families of English learners (ELs), including refugees. Colorín Colorado is a public media project based at PBS station WETA.

TEACHING REFUGEE STUDENTS: **RESOURCE SECTION**

These multimedia resources offer ideas and examples on how to welcome students into the school community and partner with refugee families around social-mental health.

HOW TO SUPPORT **REFUGEE STUDENTS IN THE ELL** **CLASSROOM**

Learn how educators of refugees can support students' social-emotional health, academic instruction, and acclimation to a new life in the U.S. This article also offers strategies for smoothing the transition for both refugees and mainstream students and supporting students through the COVID-19 pandemic.

SOCIAL AND EMOTIONAL SUPPORT **FOR REFUGEE FAMILIES: A SCHOOL** **PSYCHOLOGY PERSPECTIVE**

Learn about the importance of strengths-based approaches in working with refugees, the impacts of displacement and trauma on children, and the unique factors that affect outreach to refugees in rural communities.

YOU ARE WELCOME HERE: SUPPORT **FOR IMMIGRANT STUDENTS IN DEARBORN, MICHIGAN**

[You Are Welcome Here](#)

(#DearbornWelcome) is an award-winning 20-minute film from Colorín Colorado highlighting how the Dearborn, MI public school district is helping its immigrant students succeed. The film features two schools with large populations of families from Yemen who have fled the country's civil war. The film, which is also available with [Arabic subtitles](#), won a Michigan Emmy for Societal Concerns in 2020.

NATIONAL RESOURCES

BOOKLISTS: REFUGEE STORIES FOR CHILDREN, TEENS, AND ADULTS

These books for readers of all ages capture the triumphs and the resilience of refugee families. They also convey the hardships that refugees face as they flee war and persecution. The booklists include titles about refugees from around the world, with many recent books about refugees from Syria.

CREDIBLEMIND & WELL BEING TRUST

<https://wellbeingtrust.org/mental-health-resources/>

Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it is easy to search and access by topic and type of material, curated mental health resources.

DANA FOUNDATION

dana.org

danainfo@dana.org

Explore the brain with the Dana Foundation's free resources for kids and adults. Find fact sheets, lesson plans, articles, and puzzles about brain function and health, all reviewed and approved by scientists.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE

<https://www.dbsalliance.org/brochures/>

DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

HERSH FOUNDATION

http://www.struckbyliving.com/uploads/resources/Adult_SENSE_2020.pdf

http://www.struckbyliving.com/uploads/resources/College_SENSE_2020.pdf

This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD

hopesquad.com #hopesquads

support@hopesquad.com

801-342-3447

A peer-to-peer suicide prevention program for grades 4 -12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE

www.humanestcare.com

Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION

JED's POV on Student Mental Health and Well-Being in Fall Campus Reopening

Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Seize the Awkward

Seize the Awkward provides young adults with tips on how to sustain a conversation with their peers around mental health.

Love is Louder Action Center
and **COVID-19 Resource Guide**

JED's Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.

Set to Go

Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

NATIONAL RESOURCES

Press Pause

JED and MTV's Press Pause includes animated PSAs and an online hub with simple mindfulness techniques – like breathing exercises, meditation, perspective checks, music and movement – to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

Ulifeline

Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

Equity in Mental Health Framework

The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: <https://www.youtube.com/c/jedfoundation/playlists>

JUVENILE BIPOLAR RESEARCH FOUNDATION

<https://www.jbrf.org/families/>
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

KAISER PERMANENTE THRIVING SCHOOLS

<https://thrivingschools.kaiserpermanente.org>
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you'll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

THE LOVELAND FOUNDATION

<https://thelovelandfoundation.org/loveland-therapy-fund/>
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

MELANIN & MENTAL HEALTH

<https://www.melaninandmentalhealth.com/>
Serving the mental health needs of Black and Latinx communities by offering a therapist directory and podcast on mental health issues.

MENTAL WELLNESS COLLECTIVE

<https://www.mentalwellnesscollective.com/>
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

MENTAL HEALTH FIRST AID

<https://www.mentalhealthfirstaid.org>
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

MOVEMBER CONVERSATIONS

conversations.movember.com

#Movember

A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can't fix someone else's problems, but a listening ear can make all the difference.

NATIONAL RESOURCES

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS

www.nami.org #NotAlone

Call the NAMI Helpline at

800-950-6264 M-F, 10 am-6pm, ET

Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling

The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami instagram.com/namiconnnect twitter.com/namiconnnect

NAMI Basics OnDemand

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

[The OnDemand program](#) is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness

NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. [#FirstRespondersFirst](#)

ONE MIND PSYBERGUIDE

[@PsyberGuide](https://onemindpsyberguide.org/info@psyberguide.org)

One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

OTSUKA PATIENT SUPPORT

OtsukaPatientSupport.com

1-855-242-7787 (M-F, 8am-8pm ET)

“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.”

- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientssupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER

Individuals and Families page:

<https://smiadviser.org/individuals-families>

SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

NATIONAL RESOURCES

SUTTER HEALTH

<https://www.sutterhealth.org/about/mental-health>

24-Hour Crisis Support Call
(800) 273-TALK(8255)

Text Crisis Line

Text MHA to 741741 for support.

Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person's total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.

THE STEVE FUND

www.stevelfund.org

info@stevelfund.org

401-249-0044

The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation's young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365

strong365.org #URstrong

@strong365community (Facebook, Instagram) | @strong365 (Twitter)

Enter code "strong" to connect with trained listeners for free, 24/7:

7cups.com/p/strong365/?wla=strong365

info@strong365.org

A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS

<https://therapyforblackgirls.com/>

An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN

<https://therapyforblackmen.org/>

A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT

www.TheTrevorProject.org

If you or someone you know needs help or support, contact The Trevor Project's TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT

The Parent Support Network™

ymhproject.org/parent-support-network

#youthmentalhealthproject

parentsupportnetwork@ymhproject.org
773-501-9548

The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE

<https://thisismybrave.org>

This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL

Work2BeWell.org

The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.

WELL BEINGS

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