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## ABCD Study – Local Resources

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Thank you for participating in the ABCD Study. Here is some information that we give to everyone in our research studies. If you or someone you know is struggling with depression, anxiety, alcohol, drugs or other emotional or life concerns, help is available.

Mental Health Resources	
Huntsman Mental Health Institute (HMHI) (Formally the University Neuropsychiatric Institute (UNI))	501 Chipeta Way Salt Lake City, UT 84108 (801) 583-2500 <a href="https://healthcare.utah.edu/hmhi/">https://healthcare.utah.edu/hmhi/</a>
HMHI Crisis Line & Mobile Crisis Unit	801-587-3000
HMHI Warmline for Support	801-587-1055
HMHI Downtown Behavioral Health Clinic	525 East 100 South, 5 <sup>th</sup> Floor Salt Lake City, UT 84102 (801) 585-1212 <a href="https://healthcare.utah.edu/locations/adult-behavior-clinic/">https://healthcare.utah.edu/locations/adult-behavior-clinic/</a>
Fourth Street Clinic	409 West 400 South Salt Lake City, UT 84101 (801) 364-0058 <a href="http://www.fourthstreetclinic.org">www.fourthstreetclinic.org</a>
Valley Behavioral Health (formerly known as Valley Mental Health)	5965 South 900 East Salt Lake City, UT 84121 <a href="https://www.valleycares.com/">https://www.valleycares.com/</a> <u>Salt Lake and Tooele County: 1-888-949-4864</u>
Urban Indian Center of Salt Lake	120 West 1300 South Salt Lake City, UT 84115 (801) 486-4877 <a href="http://www.uicsl.org">www.uicsl.org</a>

## Mental Health Resources (Cont.)

University of Utah Counseling Center	Student Services Building 201 South 1460 East, Room 426 Salt Lake City, UT 84112 (801) 581-6826 <a href="https://counselingcenter.utah.edu/">https://counselingcenter.utah.edu/</a>
University of Utah Center for Student Wellness	Eccles Student Life Center 1836 Student Life Way, Suite 2100 Salt Lake City, UT 84112 (801) 581-7776 <a href="https://wellness.utah.edu/">https://wellness.utah.edu/</a>
Salt Lake County Health Department	Salt Lake Public Health Center 610 S 200 E Salt Lake City, UT 84111 (385) 468-4100 <a href="https://slco.org/health/">https://slco.org/health/</a>
Utah Department of Health	Cannon Health Building 288 North 1460 West Salt Lake City, UT 84116 1-888-222-2542 <a href="https://health.utah.gov/">https://health.utah.gov/</a>
Association for Utah Community Health	860 East 4500 South, Suite 206 Salt Lake City, UT 84107 (801) 974-5522 <a href="http://www.auch.org">www.auch.org</a>

## Suicide Prevention

National Alliance on Mental Illness	1600 West 2200 South, Suite 202 West Valley City, UT 84119 (801) 323-9900 or (877) 230-6264 <a href="https://www.namiut.org/">https://www.namiut.org/</a>
HOPE4UTAH	5455 North River Run Drive Provo, UT 84604 (801) 342-3447 <a href="http://www.hope4utah.com">www.hope4utah.com</a>
Utah Suicide Hotline	1-800-273-TALK (8255) (24hr Hotline)
Live On Utah (Formally Utah Suicide Prevention Coalition)	<a href="https://liveonutah.org/">https://liveonutah.org/</a>

## Substance Abuse Prevention

Utah Support Advocates for Recovery Awareness (USARA)	180 East 2100 South, Suite 100 Salt Lake City, UT 84115 (385) 210-0320 info@myusara.com www.myusara.com
Utah Division of Substance Abuse & Mental Health	195 North 1950 West Salt Lake City, UT 84116 (801) 538-3939 dsamh@utah.gov <a href="https://dsamh.utah.gov/">https://dsamh.utah.gov/</a>
Salt Lake County Youth Services	177 West Price Avenue (3610 S) Salt Lake City, UT 84115 (385) 468-4500 www.slco.org/youth
University of Utah Assessment and Referral Services (ARS)	450 S 900 E, Suite 300 Salt Lake City, Utah 84102 (801) 587-2770 <a href="https://medicine.utah.edu/psychiatry/assessment-referral-services/">https://medicine.utah.edu/psychiatry/assessment-referral-services/</a>
Huntsman Mental Health Institute Addiction Recovery Services	501 Chipeta Way Salt Lake City, UT 84108 Main: (801) 583-2500 <a href="https://healthcare.utah.edu/hmhi/treatments/addiction-recovery/">https://healthcare.utah.edu/hmhi/treatments/addiction-recovery/</a>

## Other Family & Youth Community Resources

Children's Justice Center	<u>Avenues Center</u> 257 11th Ave & B Street Salt Lake City, UT 84103 (385) 468-4560 <u>South Valley Center</u> 8282 S 2200 W West Jordan, UT 84088 (385) 468-4580 www.cjcslc.org
Violence & Injury Prevention Program	Cannon Health Building 288 North 1460 West Salt Lake City, UT 84116 1-888-222-2542 vipp@utah.gov www.health.utah.gov/vipp/

## Other Family & Youth Community Resources (Cont.)

Utah Parent Center	5296 S Commerce Drive, Suite 302 Murray, UT 84107 (801) 272-1051 Toll-Free in Utah: 1-800-468-1160 En Español: (801) 272-1067 <a href="http://www.utahparentcenter.org">www.utahparentcenter.org</a>
Utah State Office of Education	250 East 500 South Salt Lake City, UT 84111-3204 (801) 538-7500 <a href="http://www.schools.utah.gov">www.schools.utah.gov</a>
Utah Pride Center	1380 S. Main St Salt Lake City, UT 84115 (801) 539-8800 <a href="http://www.utahpridecenter.org">www.utahpridecenter.org</a>
Ogden Pride Center	P.O. Box 13353 Ogden, UT 84412 (801) 917-4588 <a href="http://www.ogdenpride.org/">http://www.ogdenpride.org/</a>
Encircle: LGBTQ+ Family & Youth Resource Center	<u>Provo Center</u> 91 W 200 S Provo, UT 84601 <u>Salt Lake City Center</u> 331 S 600 E Salt Lake City, UT 84102 <u>St. George Center</u> 190 S 100 E St. George, UT 84770  <a href="mailto:info@encircletogether.org">info@encircletogether.org</a> <a href="https://encircletogether.org">https://encircletogether.org</a>
The Trevor Project Lifeline	1-866-488-7386 (24/7 Hotline) <a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a>
Matthew Shepard Foundation	<a href="https://www.matthewshepard.org/">https://www.matthewshepard.org/</a>
Volunteers of America Utah	447 West Bearcat Drive, Salt Lake City, UT 84115 (801) 363-9414 <a href="http://www.voaut.org">www.voaut.org</a>
Continue Mission	<u>Veteran Services</u> (801) 560-9889 <a href="mailto:info@continuemission.org">info@continuemission.org</a> <a href="http://www.continuemission.org">www.continuemission.org</a>
Other Family & Youth Community Resources (Cont.)	

Utah Department of Veterans and Military  
Affairs

550 Foothill Drive, Suite 105  
Salt Lake City, UT 84113  
(801) 326-2372  
veterans@utah.gov  
<https://veterans.utah.gov/>

### Utah County Local Resources

#### Westpark Family Clinic and WMH Administration

750 N. Freedom Blvd. Provo, UT 84601

(801) 373-4760

24-hour Crisis Line: (801) 373-7393

Wasatch Mental Health (WMH)

#### Provo Family Clinic

1165 E 300 N

Provo, UT 84606

801-377-1213

<http://www.wasatch.org/blog/>

<https://providentliving.lds.org>

#### Provo

1190 900 E

Provo, UT 84604

(801) 422-7620

LDS Family Services

#### Springville

1672 W 700 S St.

Springville, UT 84663

(801) 489-9721

#### American Fork

433 S 500 E

American Fork, UT 84003

(801) 216-8000

Family Support and Treatment Center

Joy A. O'Banion Building

1255 North 1200 West

Orem, UT 84057

(801) 229-1181

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

<http://www.utahvalleyfamilysupport.org/>

BYU Comprehensive Clinic

The John Taylor Building (TLRB)

1190 North 900 East

Provo, UT 84602

(801) 422-7759

<https://comprehensiveclinic.byu.edu/>

### Utah County Local Resources (Cont.)

Intermountain Healthcare Behavioral Health Services

Utah Valley Clinic Psychiatry and Counseling  
395 W Cougar Blvd  
Provo, UT 84604  
(801) 357-7525

Utah Valley Hospital Inpatient Psychiatry  
1034 N 500 W  
Provo, UT 84604  
(801) 357-7376

### Recursos Para La Comunidad Hispana (Hispanic Community Services)

Catholic Community Services of Utah

244 N 2200 W  
Salt Lake City, Utah 84116  
(801) 977-9119  
<https://www.ccsutah.org/>

Trabaja en ayudar a las personas necesitadas a lo largo del Frente Wasatch para alcanzar la autosuficiencia sin importar la raza, religión o circunstancia personal

*Works to empower people in need along the Wasatch Front to reach self-sufficiency regardless of race, religion or personal circumstance.*

Centro Hispano

Provo Headquarters  
650 W 100 N  
Provo, UT 84606  
(801) 655-0258  
Salt Lake City  
4055 S 700 E #200  
Salt Lake City, UT 84107  
(801) 655-0258

Ofrecemos servicios tales como consultas sin cita previa para obtener información y referencias, clases gratuitas de educación para adultos, evaluaciones legales, asistencia al contribuyente de bajos ingresos y actividades de promoción de la salud y bienestar. También organizamos eventos comunitarios anuales que promueven el entendimiento intercultural. Algunos de nuestros servicios también se dirigen a personas de bajos ingresos y de riesgo de toda la comunidad.

*We offer services such as walk-in consultations for information and referrals, free adult education classes, legal assessments, low-income tax payer assistance, and health promotion and wellness activities. We also host annual community events that promote cross-cultural understanding. Some of our services also serve targeted at -risk low-income people of the entire community.*

### Recursos Para La Comunidad Hispana (Hispanic Community Services)

Latino Behavioral Health Services (LBHS)

3471 S West Temple

Salt Lake City, Utah  
(801) 935-4447  
<http://www.latinobehavioral.org/>

Es una organización de base sin fines de lucro creada para minimizar las disparidades en el acceso a los servicios de salud mental entre la población latina subatendida de Utah. Existen servicios de salud del comportamiento para mejorar la concienciación sobre la salud mental y el bienestar de las personas con enfermedades mentales.

*LBHS is a nonprofit, grassroots organization created to minimize the disparities in access to mental health services among the underserved Latino population of Utah. As a peer run organization, Latino Behavioral Health Services exists to enhance the mental health awareness and well-being of people with mental illness, their care-givers and loved ones through support, education, empowerment, facilitation of resources and services with competent responsiveness to cultural, socio-economic and linguistics characteristics.*

Alliance Community Services (ACS)

5280 South Commerce Drive, Suite E140  
Murray, Utah 84128  
801-265-1111

[info@Alliance-community.org](mailto:info@Alliance-community.org)

<https://www.alliance-community.org/about-us>

Alliance Community Services (ACS) es una organización sin fines de lucro que brinda servicios comunitarios y promueve la conciencia cultural, la promoción y la comunicación sobre temas que afectan a las comunidades marginadas. Fundada en 2002, Alliance Community Services es un líder en ayudar a la comunidad hispana.

*Alliance Community Services is a 501-c-3 non-profit organization that provides community services and promotes cultural awareness, advocacy and communication about issues that affect the underserved communities. Founded in 2002, Alliance Community Services is a leader in reaching the Hispanic community.*

Holy Cross Ministries

860 East 4500 South, Suite 204  
Salt Lake City, UT 84107  
801-261-3440

Office Hours: Monday - Friday: 9:00AM - 5:00 PM;  
Closed Saturdays and Sundays. \*Please note that the  
Legal Immigration Program closes at 12:00 PM on  
Fridays.

<https://hcmutah.org/>

Holy Cross Ministries se dedica a ayudar a las familias inmigrantes a participar en la comunidad y obtener autosuficiencia. Reconociendo que hay recursos limitados y accesibles para familias de bajos ingresos en Utah, el Programa de Inmigración Legal opera el primer y mayor programa de Visa U de Utah para víctimas de delitos y ha ayudado a más de 10,000 hombres, mujeres y niños a obtener algún tipo de estatus legal desde su apertura en 2000.

*Holy Cross Ministries is dedicated to helping immigrant families participate in the community and gain self-sufficiency. Recognizing that there are limited accessible resources for low-income families in Utah, The Legal Immigration Program operates Utah's first and largest U-Visa program for victims of crime and has helped over 10,000 men, women and children gain some type of legal status since opening in 2000.*

New Americans Hotline (Línea Directa para Nuevos Americanos)

<https://www.newamericans.ny.gov/Hotline/hotline.html>  
1-800-566-7636  
Hotline Hours: 9AM to 8PM (ET)/7AM – 6PM (Local Time)

La línea directa de New Americans es una línea directa multilingüe y gratuita. La línea directa brinda asistencia en vivo en más de 200 idiomas. Cualquier persona puede llamar a la línea directa para obtener información y referencias, independientemente de su ciudadanía o estado documentado. Las llamadas a la línea directa son confidenciales y anónimas. La línea directa opera de 9 a.m. a 8 p.m. (ET), de lunes a viernes (excluyendo feriados federales) y es administrada por Catholic Charities Community Services.

*The New Americans hotline is a toll-free, multi-lingual hotline. The hotline provides live assistance in more than 200 languages. Anyone can call the hotline for information and referrals, regardless of citizenship or documented status. Calls to the hotline are confidential and anonymous.*

*Through the hotline, you can:*

A través de la línea directa, puede:

*Ask general immigration and naturalization questions.*

Hacer preguntas generales de inmigración y naturalización.

*Obtain referrals to immigrant-related public and private programs.*

Obtener referencias para programas públicos y privados relacionados con inmigrantes.

*Find out information about the ONA Opportunity Centers.*

Obtenga información sobre los Centros de

*Report immigration assistance fraud and schemes against immigrants.*

Oportunidades de ONA  
Reportar fraudes de asistencia de inmigración y planes contra inmigrantes