

COMMUNITY RESOURCES

UTAH MILITARY ACADEMY, CAMP WILLIAMS CAMPUS

3901 W Waterbury Drive
Lehi, UT 84043

Phone (385) 498-6167

Fax (385) 265-4613

Emergencies (24 Hours)

Life Threatening..... 9-1-1

Lehi Police(801) 768-7110

Crises/Suicide Prevention.....801-625-3700

National Suicide Prevention Lifeline1-800-273-TALK (8255)

Poison Control1-800-222-1222

Adult & Child Abuse / Neglect

- Adult Protective Services (APS) (reporting)1-800-371-7897
- Child Protective Services (CPS) (reporting).....1-855-323-3237
- Guardian Ad Litem/ Court Appointed Special Advocate (CASA).....801-444-4340
- Prevent Child Abuse Utah801-393-3366
- Center for Women & Children in Crisis..... 801-377-5500
 - Provides a confidential and safe shelter for women and children affected by domestic violence.
- The Children's Justice Center.....801-851-8554
 - Provides support services in a homelike facility for children who have experienced physical or sexual abuse
- Family Support & Treatment Center 801-229-1181
 - Provides prevention and treatment of child abuse, trauma and neglect.
- Adult Protective Services..... 800-371-7897

Domestic Violence

- Domestic Violence Information Line.....1-800-897-LINK (5465)
- Utah Legal Services 801-328-8891 or 1-800-662-4245
- VINE (Victim Information & Notification Everyday)1-877-884-8463

Food Assistance Programs

- Community Action Services and Food Bank..... 801-373-8200
- Supplies food for families in need.
- Food and Care Coalition..... 801-373-1825
 - Provides hot meals and sack lunches to individuals who are homeless, low income or transient.
- Women, Infants and Children (WIC)801-851-7300.
 - Offers nutritional counseling and food assistance for families.
- Tabitha's Way
 - Provides a food pantry, laundry service and showers to those in need.
 -Spanish Fork: 801-709-8573
 -American Fork:801-692-1881.
- Compassionate Sheep.....801-691-0166.
 - Provides a food pantry, laundry service and showers to those in need.

Employment Assistance

- *People Helping People (primarily for low income women)*
 - Salt Lake 205 N 400 W, Salt Lake (801) 583-5300
 - Orem 748 N 1340 W (Scout office, upstairs) (855) 303-5300 or email info@phputah.org.
 - Open 6pm to 8pm, classes on Wednesday in the Orem location
- Provo Homeless Shelter - Food and Care Coalition....801-373-1825

Homeless Services/emergency shelter

Homeless Youth Resource Center.....(801) 364-0744

Household Items / Furniture / Clothing

Housing / Utilities

- Utah Community Action Partnership (Weatherization) 1-801-359-2444 x 5
- UTAP (Utah Telephone Assistance Program) – Lifeline.....1-800-948-7540
- Utah Department of Workforce Services (DWS) (Eligibility)..1-866-435-7414

Mental Health / Counseling

COUNSELING/THERAPY

- BYU 801-422-7759
 - Comprehensive Clinic provides quality low-cost counseling services for children, adults, couples and families. Open to the community
- The Family Support and Treatment Center..... 801-229-1181
 - offers several services, such as individual counseling, family counseling, and child counseling for those who have been affected by abuse or neglect.

- Mountainlands Family Health Center.....801-429-2000
 - Offers individual therapeutic sessions. Fees based on sliding scale if eligible.
- Utah Valley Psychiatry and Counseling Clinic..... 801-357-7525.
 - Provides outpatient counseling services for children and adults. Accept CHIP, Medicare, and private insurance. Sliding scale fee is available if eligible
- Wasatch Wellness Recovery Clinic801-852-3789
 - Is a no-fee clinic for individuals who are uninsured or underinsured. The clinic offers group therapy, case management psychiatric evaluations.
- Provo Canyon Behavioral Hospital..... 801-852-2273
 - Provides counseling services for individuals 12 years and older. Medicaid, Medicare, Tri-care and most insurances are accepted.
- Valley Mental Health888-949-4864
 -801-587-3000
- National Alliance on Mental Illness.....800-950-6264
- Military & Veteran Counseling Center
 - 140 W. 2100 S. suite 244, Salt Lake City, Utah 84115
 - (385) 231-8387 www.militarycounselingcenter.com

ADDICTION/ SUBSTANCE ABUSE

- Addiction and Psychological Services provides outpatient mental health and substance abuse services including educational classes and counseling:
 - American Fork.....801-847-7272
 - Orem.....801-222-0603
 - Spanish Fork.....801-794-2350
- Project Reality.....801-851-7118.
 - Offers a variety of services designed to provide comprehensive, therapeutic treatment for those struggling with substance abuse.
- Utah County Drug and Alcohol Treatment.....801-851-7128
 - Provides access to services for those who struggle with substance abuse and addiction
- Alliance Clinical Services.....701-763-7775.
 - Provides individual and group counseling for substance abuse.
- Institute for Cognitive Therapy..... 801-802-8608
 - Provides substance abuse treatment services for adolescents and adults.
- House of Hope..... 801-373-6562.
 - Provides residential treatment services for pregnant women and women who are trying to reunite with their children.

ADVOCACY AND AWARENESS

- Hope 4 Utah801-342-3444
 - Provides suicide training and prevention efforts for school districts, leaders and community members.
- National Alliance on Mental Illness.....385-208-1796
 - improves the lives of those who live with mental illness and their families. They provide free educational classes.

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EATING DISORDERS

- **BYU Comprehensive Clinic.....801-422-7759**
 - offers a process group and support group for anyone who is struggling with eating disorders.
- **Center for Change..... 801-224-8255**
 - Offers treatment for a variety of severe eating disorders. Provides inpatient and out-patient therapy, residential treatment, and follow-up care

MENTAL HEALTH EVALUATIONS/ ASSESSMENTS

- **BYU Comprehensive Clinic.....801-422-7759.**
 - offers free child and family check-ups. \$50 psychological assessments and \$400 neuropsychological assessments.
- **Wasatch Mental Health801-373-9656**
 - Offers walk-in assessments and intake for Medicaid patients only. Held every Monday, Tuesday and Thursday at 8 am and 12 pm..
- **Provo Canyon Behavioral Hospital.....801-852-2273**
 - provides a free suicide risk assessment available 24 hours a day, 7 days a week.
- **Highland Springs Specialty Clinic1-800-403-0295**
 - Provides comprehensive mental health evaluations.

VETERANS

- Provo Veterans Center..... 801-377-1117.
 - Offers support groups and bereavement counseling, and other related services.
- Veteran Crisis Line.....800-273-8255
 - Provides a 24/7 crisis line for veterans.

EMERGENCY/ CRISIS

- Crisis Line of Utah County..... 801-691-5433
 - Is a 24-hour confidential hotline available to anyone who is experiencing a crisis.
- Crisis Text Line.....text START to 741-741.
 - provides confidential and free crisis support and relief with trained crisis counselors.
- National Suicide Prevention Lifeline.....1-800-273-8255
 - is a 24-hour, toll-free and confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

SUPPORT GROUPS

- Alcoholics Anonymous801-375-8620
 - Supports alcoholics and families to overcome alcoholism.
- Utah Support Advocates..... 385-210-0320
 - For Recovery Awareness works to empower people in all stages of addiction recovery.
- Compassionate Friends..... 801-471-7011.
 - Provides support groups for parents, grandparents and adult siblings who have recently experienced the death of a child.
- Narcotics Anonymous.....801-810-4081
 - Provides peer support groups for those struggling with overcoming drug addiction..
- National Alliance on Mental Illness.....385-208-1796
 - Provides support groups for individuals with mental illness and their family members.

Other

- Red Cross.....801-627-0000

Education

Enrollment/Admissions

- Mountainland Technical College (Utah County).....(801)753-6282
- WSU(801)626-6743
- Ogden-Weber Tech College.....(801)627-8300
- Snow College.....1-800-848-3399

- WSU Education Access & Outreach:(801)626- 7006
- WSU Scholarship and Financial Aid Office:.....(801)627-8327
- UVU.....801.863.8000
- BYU..... (801) 422-4636

Child Care

Care.com

This site offers a free service as well as a paid service, but the free use of the site is sufficient to find sitters in the area. It also allows you to search for housekeepers, tutors, care for the elderly and other special needs. It can be used for finding short notice sitters, regularly scheduled sitters, or even nannies. It offers background check services, but only for those who pay for the site. The free services include posting a job, viewing profiles and resumes of applicants.

United Way 2-1-1 is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.