Counseling Resources  (LOCAL)

* [**Jordan Family Education Center** (Links to an external site.)Links to an external site.](https://jordandistrict.org/departments/jfec/)
  + 319 West 11000 South, South Jordan | 801-565-7442
  + Provides support services and classes for families and students at no cost in Jordan School District.
* [**SafeUT 24-Hour Crisis Line** (Links to an external site.)Links to an external site.](https://healthcare.utah.edu/uni/programs/safe-ut-smartphone-app/)
* [**Crisis Text Line (Links to an external site.)Links to an external site.**](https://www.crisistextline.org/)
  + Text HOME to 741741
  + Available 24 hours a day, 7 days a week
* [**Utah Youth Suicide Prevention Crisis Toolkit (Links to an external site.)Links to an external site.**](https://www.uen.org/suicideprevention/)
* [**Utah Suicide Prevention Coalition** (Links to an external site.)Links to an external site.](http://www.utahsuicideprevention.org/)
* [**Trevor Project – Suicide Prevention for LGBTQ+ Youth (Links to an external site.)Links to an external site.**](https://www.thetrevorproject.org/#sm.00008ronzi1stfgqsi11x0x3lawe5)
* [**Salt Lake County Youth Services** (Links to an external site.)Links to an external site.](https://slco.org/youth/)
  + West Jordan Campus | 8781 South Redwood Rd. #3, West Jordan | 385-468-4610 | 8am to 8pm
  + Main Campus | 177 West Price Ave. (3610 S.) South Salt Lake City, UT 84115 | 385-468-4500 | 24 hours
* [**Valley Behavioral Health** (Links to an external site.)Links to an external site.](https://www.valleycares.com/)
  + Individuals can call 801-284-4990 and *identify themselves as being from Jordan School District* and the receptionists at that number will gather information and set an appointment ASAP with a therapist with 2 things in mind (urgency and location).
  + VBH has several locations around the valley and the caller will get an appointment same day or next day (no waiting list) with the therapist and location nearest them. Julie said they have additional therapists, including herself, who will help if volume requires additional staff as well.
  + The cost for uninsured individuals will be on a sliding scale based on income.
* [**Family Counseling Center** (Links to an external site.)Links to an external site.](http://www.familycounselingcenterutah.com/)
  + 4500 South 650 East Suite 300, Murray | 801.261-3500 | Mon-Thurs 9:00-7:00, Fri 9:00-5:00, Sat 9:00-2:00
  + FCC accepts most insurance plans, including Select Health Services available for children, adolescents, adults, couples, families. Spanish speaking receptionist and therapy available.
* [**The Sharing Place** (Links to an external site.)Links to an external site.](https://www.thesharingplace.org/)
  + 1695 East 3300 South, Salt Lake City | 801-466-6730
* [**The Bradley Center** (Links to an external site.)Links to an external site.](https://bradleycentergrief.org/)
  + 801-302-0220
* [**American Association of Suicidology (Links to an external site.)Links to an external site.**](http://www.suicidology.org/suicide-survivors/suicide-loss-survivors)
  + American Foundation for Suicide Prevention
* [**Information Regarding the Upcoming Release of *13 Reasons Why, Season 2* (Links to an external site.)Links to an external site.**](http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators/information-regarding-the-upcoming-release-of-13-reasons-why-season-2)
  + The National Association of School Psychologists has issued recommendations and considerations on their website.

Other Mental Health Resources:

[https://findtreatment.samhsa.gov/ (Links to an external site.)Links to an external site.](https://findtreatment.samhsa.gov/)

[https://www.namiut.org/ (Links to an external site.)Links to an external site.](https://www.namiut.org/)

[http://hope4utah.com/ (Links to an external site.)Links to an external site.](http://hope4utah.com/)

Trusted Guide to Mental and Emotional Health: Tips and Tools for Helping Yourself or a Friend:

[https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm (Links to an external site.)Links to an external site.](https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm)

Parenting Resources:

[http://www.utahparentcenter.org/ (Links to an external site.)Links to an external site.](http://www.utahparentcenter.org/)

The Family Support Center:  Protecting Children, Strengthening Families, Preventing Child Abuse

Go to the website below, and click on the tab: "View our family resource guide."  for resources available in Salt Lake County.

[http://www.familysupportcenter.org/ (Links to an external site.)Links to an external site.](http://www.familysupportcenter.org/)

Anger Management Resources for Elementary Students:

[http://www.gway.org/websites/gway/images/i\_m\_not\_bad\_i\_m\_just\_mad.pdf (Links to an external site.)Links to an external site.](http://www.gway.org/websites/gway/images/i_m_not_bad_i_m_just_mad.pdf)

Back to School Anxiety:  [https://childmind.org/article/back-school-anxiety/?utm\_source=newsletter&utm\_medium=email&utm\_content=Back%20to%20School%20Anxiety&utm\_campaign=Weekly-7-17-18 (Links to an external site.)Links to an external site.](https://childmind.org/article/back-school-anxiety/?utm_source=newsletter&utm_medium=email&utm_content=Back%20to%20School%20Anxiety&utm_campaign=Weekly-7-17-18)