

Promise South Salt Lake Mental Health Resources Guide

October, 2015



nami

Utah

National Alliance on Mental Illness

South Salt Lake
Coalition for
Drug Free Youth
www.ssldrugfree.org



Promise South Salt Lake

Mental Health Resources Guide

Table of Contents

Quick Guide Numbers to Know	3
National Alliance for Mental Illness (NAMI) local programs information	
Bridges Program (Peer Support Groups)	4
Hope for Tomorrow	5
Family to Family Education	6
Connections to Recovery	7
Progression (young people) Peer Support	8
Strength of Us (online community)	8
NAMI Peer Support Groups	9
Salt Lake County (Optum) Community Resources	10
Section 1 Information and Crisis Lines	11
Section 2 Grief Services	17
Section 3 Healthcare and Insurance Assistance	19
Section 4 Legal Matters	23
Section 5 Children & Youth Services	28
Section 6 Family Support	35
Section 7 Women's Services	38
Section 8 Substance Abuse Services	41
Section 9 Food Services	48
Section 10 Homeless or Displaced	51
Section 11 Seniors and Veterans Services	57
Section 12 Domestic Violence/Rape/Crime	64
Section 13 Consumer and Family Run Organizations	69
Section 14 Services for People with Disabilities.....	71
Section-15 Suicide Prevention	74
Section 16 Education Services	77
Section 17 LGBTQ Resources	80
Section 18 Employment and Volunteering	82
Noteworthy Articles:	
Mental Health Tips from Practitioners in the Field	89
81 Awesome Mental Health Resources When You Can't Get to or Afford a Therapist	94
Good Sleep Can Change Your Life. Here's How to Get It	104
Data:	
Salt Lake County Health Department Data for South Salt Lake (updated May 2015).....	106
Other Data Links available at sslneighbors.com, Community Data tab.....	113

Quick Guide: Numbers to know

South Salt Lake Clinics:

Poilizzi Mental Health Clinic: 801.277.7740

515 East 4500 South, South Salt Lake

Accepts uninsured patients

Maliheh Free Clinic: 801.266.3700

415 East 3900 South, South Salt Lake

By appointment only. Accepts uninsured patients

South Main Clinic: 385.468.4000

3690 South Main St, South Salt Lake

Accepts uninsured, all forms of Medicaid, fees based on sliding scale

Midtown Community Health Center: 801.486.0911

2253 South State Street, South Salt Lake

Mental Health services available by appointment

Salt Lake County Warm/Hot Lines:

The Warm Line: 801.587.1055

A certified peer specialists support line available daily from 3-7pm

Crisis Line: 801.587.3000

A 24 hour line staffed by mental health professionals

National Suicide Prevention Hotline: 800.273.8255

United Way 211 Resources: 2-1-1

Alcoholics Anonymus Hotline (24/7): 801.484.7871

South Salt Lake Police Non Emergency Dispatch: 801.840.4000

South Salt Lake Police Emergency Dispatch: 911



BRIDGES PROGRAM

Learn about mental illness from those who have
been there.

The NAMI BRIDGES Program is a FREE 12-week recovery course that brings together people who share the experience and knowledge of mental illness to empower each other with the tools to build bridges of recovery. BRIDGES is a peer-to-peer class taught by trained individuals who have personal experience with mental illness.

Course Topics Include:

1. Foundations of BRIDGES
2. Mood Disorders: Depression, Bipolar Disorder
3. Thought Disorders: Schizophrenia, Relapse Prevention and Recovery
4. Anxiety and further disorders
5. Helpful support
6. Medications and the brain
7. Problem Management
8. Communication
9. Topics chosen by class
10. Dual-Diagnosis
11. Healthy Behaviors
12. Advocacy and Graduation.

Classes starting soon. Must register in advance. Call NAMI Utah:

801-323-9900 or toll free **877-230-6264**

<http://www.namiut.org/peer-support/free-education-classes/item/103-bridges>



HOPE FOR TOMORROW PROGRAM

Parents, Educators and Professionals come together to educate about Mental Illness.

Hope for Tomorrow is a Mental Health education program developed by parents, students, educators, school administrators, Utah PTA, the State Office of Education and the Department of Pediatrics, and Child and Adolescent Psychiatry at the University of Utah to raise awareness about mental health issues affecting youth. To erase the stigma surrounding mental illness and foster a feeling of hope among students and their families.

Program Topics:

- **Mood Disorders-** Covers general information about brain disorders and stigma, as well as the most common mood disorders diagnosed in adolescents.
- **Substance Use Disorders-** discusses substance use, explaining abuse and dependence.
- **Eating Disorders-** Talks about societal pressures, signs and symptoms, and how to seek help.

Hope for Tomorrow program consists of a manual, 3-segment video/DVD, and a supplemental CD. Including:

In-class discussion guide, video interviews, Parents & Teachers as Allies teacher in-service, parent community forums, mental health daily tips, lunchtime forums, anonymous student box, bulletin boards and posters.

Contact NAMI Utah: **801-323-9900** or toll free **877-230-6264**

Packet download: / **images/stories/master_hft_information_packet_2008.pdf**

Parents & Teachers as Allies flyer: / **images/stories/programs/08_flyers/ptaa-color.pdf**



FAMILY TO FAMILY EDUCATION PROGRAM

Family members of individuals with severe mental illness coming together.

Over 115,000 family members have graduated from this free 12-week course. Taught by trained family member of mentally ill individuals, families and loved ones learn about and how to live with mental illness.

Course Topics Include:

- Current information about schizophrenia, depression, bipolar and panic disorders, obsessive-compulsive disorder, borderline personality disorder, co-occurring brain disorders, and addictive disorders.
- Up-to-date information about medications, side effects and strategies for medication adherence.
- Current research related to the biology of brain disorders and the evidence-bases, most effective treatments to promote recovery.
- Gaining empathy by understanding the subjective, lived experience of a person with metal illness.
- Special workshops for problem solving, listening and communication techniques.
- Acquiring strategies for handling crises and relapse.
- Focusing on the caregiver: coping with stress and emotional overload.
- Guidance on locating appropriate local supports and services.
- Information on advocacy initiatives designed to improve and expand services.

Contact NAMI Utah: **801-323-9900** or toll free **877-230-6264**
<http://www.namiut.org/family-caregivers/free-education-classes/items/102-family-to-familly>



CONNECTIONS RECOVERY SUPPORT GROUP

Peer support for individuals living with mental illness

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there. NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. The groups meet on a bi-weekly, weekly or monthly basis.

What You'll Gain:

- * See the individual first, not the illness
- * Recognize that mental illnesses are medical illnesses that may have environmental triggers
- * Understand that mental illnesses are traumatic events
- * Aim for better coping skills
- * Find strength in sharing experiences
- * Reject stigma and not tolerate discrimination
- * Not judge anyone's pain
- * Forgive ourselves and reject guilt
- * Embrace humor as healthy
- * Accept that we cannot solve every problem
- * Work for a better future in a realistic way

Wednesdays: 12:30 p.m. Valley Behavioral Health (basement) 1020 S. Main St.
Contact NAMI Utah: **801-323-9900** or toll free **877-230-6264**
<http://namiut.org>



PROGRESSION PROGRAM

Focusing on young people with mental illness

Progression is a course for young people between the ages of 13 and 18 who are dealing with mental health issues. The name, Progression, alludes to its purpose of empowering young people with information and tools to advance towards their dreams and goals.

Topics include:

- Mental health information
- Resiliency and recovery
- Finding support and allies
- Self advocacy
- Transition issues

STRENGTH OF US ONLINE COMMUNITY

This NAMI online community is for young adults between the ages of 18-25 navigating unique challenges during critical transition years. Strength of us is a user-driven social networking community where members can connect with peers by sharing stories and photos, finding helpful resources, write and respond to blogs and engage in discussion groups.

strengthofus.org

Call NAMI Utah: **801-323-9900** or toll free **877-230-6264**

Namiut.org



PEER SUPPORT MENTORING

Mentors empower others to move forward along the path of recovery

The Mentoring Program consists of peer mental health consumers and/or family members who have experience dealing with the effects of mental illness. They model that treatment works, recovery is possible, and people are not alone. Mentors listen and connect people to valuable education and support programs and to other community resources.

Mentors provide:

- A listening ear
- Problem solving ideas
- Information on education and support groups
- Aid in building support networks
- Advocacy for consumers and families

Call and speak with a NAMI Utah Mentor today: **801-323-9900**
or toll free **877-230-6264**

Namiut.org



**OPTUM™ Salt Lake
County**

Community Resource Guide

Revised 09/08/2015

Section 1 - Information and Crisis Hotlines

FOR ALL LIFE-THREATENING SITUATIONS, IMMEDIATELY CALL 911

Adults Call:



UNI Warm Line: A non-crisis support line available 3pm.-11pm. 365 days a year. A supportive peer who has dealt with their own mental health issues and is now in recovery provides a listening ear for people that need someone to talk to.

801-587-1055



UNI Crisis Line: A 24 hour phone service staffed by mental health professionals for a person experiencing a crisis.

801-587-3000



Mobile Crisis Outreach Team (MCOT): A team of mental health professionals including peer support available 24/7 to help anyone in crisis wherever they are.

801-587-3000



UNI Receiving Center: A safe, supportive, and welcoming place open to individuals in crisis for a maximum of 23 hours. It recognizes each person as a guest and provides the time needed to work through a crisis.

801-587-7988



UNI Wellness Recovery Center (WRC): A place to go for a few days to get support from mental health professionals including peer support as you work through your psychiatric or emotional crisis.

801-236-7710



Emergency Room: Before using the Emergency Room consider some of the other options listed unless you are also experiencing a medical emergency.

Local Hospital



If you are in danger of hurting yourself or someone else call...

911

For Children or Adolescents Call:



UNI Warm Line: A non-crisis support line available 3pm.-11pm. 365 days a year. A supportive peer who has dealt with their own mental health issues and is now in recovery provides a listening ear and hope for people that need someone to talk to.

801-587-1055



UNI Crisis Line: A 24 hour phone service staffed by mental health professionals for a person experiencing a crisis.

801-587-3000



Mobile Crisis Outreach Team (MCOT): A team of mental health professionals including peer support available 24/7 - 365 days a year to help anyone in crisis wherever they are.

801-587-3000



Family Support Center Crisis Nurseries: Crisis nursery care for children 0-11. Can be used for family emergencies and other crisis situations. Call for more information.

Midvale:
Sugarhouse: 801-487-7778
WVC:801-967-4259



Youth Services Juvenile Receiving Center (JRC): 24 hour short term facility for youth 8-17. They offer free crisis counseling, referrals, and a break - away from family when needed.

385-468-4470



Emergency Room: Before using the Emergency Room consider some of the other options listed unless you are also experiencing a medical emergency.

Your local
hospital



If you are in danger of hurting yourself or someone else call...

911

C.I.T.....Dial 911 and ask for a C.I.T. trained officer
Crisis Intervention Team has trained police officers that can effectively deal with situations involving persons experiencing a mental health crisis

211 Information and Referral.....2-1-1
A free service that connects and provides callers with local resources in their communities. Available in English and Spanish. www.211ut.org

Adult Protective Reporting Line (SLCo)..... 801-538-3567
In Utah, the law states that any person who has reason to believe that an elder *or* disabled adult is being abused, neglected or exploited must immediately report the situation to Adult Protective Services intake or the nearest law enforcement office.
<https://daas.utah.gov/adult-protective-services/aps-form/>

Aging and Adult Services Outreach Program.....385-468-3200
Program that connects people with services in the community. Provides information and assistance for the elderly, their family members and the public. http://aging.slco.org/html/outreach_overview.html

AIDS Hotline..... 800-366-2437
Utah AIDS Foundation HIV/AIDS/STI Hotline. Answers questions, concerns, and makes referrals for community AIDS resources. www.utahaids.org

Asian Association of Utah Refugee Immigrant Center..... 801-467-6060
Provides culturally-sensitive and language-specific social services that include education, employment services, advocacy, mental health treatment, domestic violence counseling, substance abuse treatment for adults and youth, parenting classes, English classes, after-school tutoring and activities, and case management. 155 S 300 W, SLC, UT 84101 www.aau-slc.org

Center for Safe and Healthy Families (Primary's Children's)..... 801-662-3600
Addresses child maltreatment through medical assessment, mental health treatment, education, and research. 675 E 500 S, Suite 300, SLC, UT 84113
<http://intermountainhealthcare.org/hospitals/primarychildrens>

Child Abuse Reporting Line (DCFS)..... 855-323-3237
Division of Child and Family Services 24/7 Reporting line www.hsdcsf.utah.gov

Crossroads Urban Center..... 801-364-7765
Provides an emergency food pantry, free/low cost thrift store, and participates in community organizing and advocacy. 347 S 400 E, SLC 84111. <http://www.crossroadsurbancenter.org>

CWCIC Domestic Violence Hotline..... 801-377-5500
The Center for Women and Children in Crisis domestic violence 24 hour hotline and shelter
www.cwcic.org/cwcic_domestic_violence.php

CWCIC Rape Crisis Line.....801-356-2511

Domestic Violence Crisis Line..... 801-444-9161

Safe Harbor 24/7 Domestic Violence Crisis Line www.womensdvshelter.org

Domestic Violence LINKLine..... 800-897-5465

State-wide toll-free confidential, anonymous line for individuals to receive assistance with domestic violence issues. <http://www.udvc.org/linkline.htm>

Family Support Center..... 801-955-9110

Provides counseling, family mentoring, adoption respite care, classes and groups, and free 24/7 crisis nursery care for any child ages 0-11. The nurseries can be used for: preventing abuse and neglect of children, stress breaks, medical emergencies, appointments, legal obligations, job searching, interviews, family emergencies, and other crisis situations. www.familysupportcenter.org

Crisis Nursery Locations:

Sugarhouse (Open 9-5, Mon-Sat)..... 801-487-7778

West Valley (Open 24/7)..... 801-967-4259

Midvale (Open 8-8, Mon-Sat)..... 801-255-6881

Granite School District Weapons Hotline..... 801-481-7199

Reporting line for any information concerning weapons at school. All contacts are confidential. <http://schools.graniteschools.org/valleyjr/contact-us/granite-school-district-safety-hotline/>

Jordan School District RiskLine..... 801-565-7475

24-hour service for students, parents or teachers employees to access guidance and referrals for counseling support. <http://departments.jordandistrict.org/studentintervention/riskline.html>

Medicaid Information Line..... 801-538-6155

Provides Medicaid information for Medicaid clients and providers. http://health.utah.gov/medicaid/provhtml/medicaid_information.htm

National Suicide Prevention Lifeline 800-273-8255

Spanish..... 888-628-9454

TTY..... 800-799-4889

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in the national network of more than 150 crisis centers that provide crisis counseling and mental health referrals day and night. www.suicidepreventionlifeline.org

Pregnancy Risk Line..... 800-822-2229

Provides information to women who are pregnant, considering becoming pregnant, or breastfeeding, and to their healthcare providers. <http://health.utah.gov/prl/>

Public Health Resource Line..... 888-222-2542

Provides free information on public health programs, medical services, and health resources, making referrals to the appropriate agency. <http://health.utah.gov/phonehotlines/index.html>

Rape Recovery Center.....801-467-7282

24/7 Crisis Line.....801-467-7273

Empowers those victimized by sexual violence through advocacy, crisis intervention, and therapy.

Educates the community about the cause, impact, and prevention of sexual violence.

2035 S 1300 E, SLC, UT 84105 <https://raperecoverycenter.org>

The Road Home.....801-359-4142

Homeless shelter for individuals and families. 210 S Rio Grande St., SLC, UT 84101

www.theroadhome.org

Salt Lake County Behavioral Health Services.....385-468-4707

Salt Lake County Behavioral Health Services strives to be an information resource to the citizens of Salt Lake County. Click on the link for the very latest up-to-date information in our Library.

Salt Lake County Government Center, 2001 South State Street S2300 SLC, UT. 84190

<http://behavioralhealthservices.slco.org>

Salvation Army.....801-988-4204

Provides rehabilitation after care, family, social, youth, homeless, church, and disaster services.

438 S 900 W, SLC, UT 84104 www.salvationarmyutah.org

Sexually Transmitted Infection Helpline.....800-227-8922

American Social Health Association's sexually transmitted infection resource center hotline. Provides information, materials and referrals concerning STI's. Specialists will answer questions via phone or e-mail on transmission risk reduction, prevention, testing and treatment. www.ashastd.org

St. Vincent De Paul Dining Hall/Weigand Homeless Day Center801-363-7710

Offers services for the homeless, showers, laundry facilities, haircuts and a library. With agencies offering job, medical, mental health, and legal services. 437 W 200 S, SLC, UT 84101 www.ccsutah.org

United Way Crisis Line of Utah County.....801-691-5433

Free listening agency and referral service for people of all ages who have problems of almost any nature. www.unitedwayuc.org/crisisline

Utah Poison Control Center (U of U).....800-222-1222

Free and confidential 24/7 resource for poison information, clinical toxicology consultation and poison prevention education. **TDD is available for the hearing impaired and translators for non-English speaking callers.** 30 S 2000 E, Suite 4540, SLC, UT 84112 <http://poisoncontrol.utah.edu>

UTA.....801-743-3882

Utah Transit Authority – bus, FLEX, MAX, TRAX, and FrontRunner lines. www.rideuta.com

Flextrans.....801-287-7433

Bus route that is able to deviate up to ¾ mile off of fixed route

VA Access Crisis Team (ACT).....800-273-8255

The Access/Crisis Team serves as a point of access to mental health services for veteran patients.

ACT performs intake assessments with patients who are seeking MH services for the first time, and facilitates appropriate follow-up and intervention with MH providers and clinics. The team is dispatched for mental health crises after calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) http://www.saltlakecity.va.gov/psychology_internship/ACT.asp

SECTION 2

Grief Services

Section 2 – Grief Services

Caring Connections..... 801-585-9522

University of Utah College of Nursing bereavement care program. 10 S 2000 E, SLC, UT 84112.
<http://nursing.utah.edu/caring-connections/>

NAMI Suicide Survivors.....801-323-9900

Support group for families and friends who have lost a loved one to suicide. Every 4th Wed., 7:00 p.m. at Riverton Hospital, Bluffdale Conference Room, 12600 South Bangerter Highway, Riverton, UT.
<http://www.namiut.org/find-local-support/item/15-salt-lake-city-affiliate>

Primary Children's Medical Center – Grief Support Groups..... 801-662-3778

Offers monthly parent support groups and six-week parent and school-age children groups. 100 North Mario Capecchi Drive, SLC, UT 84113
<http://intermountainhealthcare.org/hospitals/primarychildrens/Pages/home.aspx>

The Sharing Place.....801-466-6730

A grief support program for children. 1695 E 3300 S, SLC, UT 84106. <http://thesharingplace.org>

Utah AIDS Foundation.....801-487-2323

Provides education and services to help prevent HIV infection and empower people living in the Intermountain region who are affected by or living with HIV/AIDS to live healthier lives. 1408 S 1100 E, SLC, UT 84105 www.utahaids.org

Utah SIDS Alliance (SID support groups)..... 801-261-4222

Utah Chapter, Sudden Infant Death Syndrome Group for parents who have lost a child to SIDS. 1760 American Park Circle, West Valley City, UT 84119

SECTION 3

Healthcare and Insurance Assistance

Section 3 – Healthcare and Insurance Assistance

Children with Special Health Care Needs (CSHCN)..... 800-829-8200

Evaluation, assessment, diagnosis, treatment planning, and case management for children in Utah with special health care needs. 44 N Mario Capecchi Dr., SLC, UT 84114. <http://health.utah.gov/cshcn/>

CHIP (Children's Health Insurance Program).....877-543-7669

Provides comprehensive health insurance, including limited dental, to eligible Utah children.
<http://health.utah.gov/chip>

Community Health Centers Provide primary health care to low income and uninsured people on a sliding fee scale. www.chc-ut.org

72nd Street Clinic.....801-566-5494

220 W 7200 S. Ste. A, Midvale, UT 84047

Central City..... 801-539-8617

461 S 400 E, SLC, UT 84111

Oquirrh View.....801-964-6214

4745 S 3200 W. Taylorsville, UT 84118

Stephen D. Ratcliffe..... 801-328-5750

1365 W 1000 N, SLC, UT 84116

Eye Care for Kids Foundation.....801-255-8525

Helps visually impaired children from low-income families receive eye care and provides vision education. Eye exam and glasses: Kids 17 and under \$25, Adults 18 and over \$50. 6911 S State St., Midvale, UT 84047. <http://eyecare4kids.org>

Fourth Street Clinic..... 801-364-0058

Comprehensive medical home providing free coordinated primary care, behavioral health, and pharmacy services to homeless individuals. 404 S 400 W, SLC, UT 84101. www.fourthstreetclinic.org

George E. Wahlen Department of Veterans Affairs Medical Center.....801-582-1565

Veteran care facility with 121 authorized active beds. It is a teaching facility, providing a full range of patient care services, with state-of-the-art technology as well as education and research. Comprehensive health care is provided through primary care, tertiary care, and long-term care in areas of medicine, surgery, psychiatry, physical medicine and rehabilitation, neurology, oncology, dentistry, and geriatrics. 500 Foothill Drive, SLC, UT 84148 <http://www.saltlakecity.va.gov>

Health Access Project (HAP)..... 801-412-3980

Helps uninsured individuals obtain needed health care before it becomes an emergency. Referral needed from HAP provider. 140 W 2100 S, Ste. 208, SLC, UT 84115. www.healthaccessproject.org

Health Care Insurance Coverage – HealthCare.gov

Health care insurance coverage for individuals, families and small businesses with links to Medicaid/CHIP. <https://www.healthcare.gov/>

Indian Walk-In Center.....801-486-4877, 866-687-4942

Aids and assists American Indians and Alaska Natives– promotes and provides access to basic needs services, primary medical care, dental care and prenatal care. 120 W 1300 S, SLC, UT 84115.

www.iwic.org

Intermountain Community and School Clinics – Provides primary health care to identified populations of low income, uninsured patients, and those without access in defined geographical areas.
<https://intermountainhealthcare.org/communitysupport/community/clinics/pages/home.aspx>

Intermountain Neighborhood Clinic.....801-408-4550

1388 Navajo St., SLC. Provides primary healthcare services to the residents of Salt Lake County

Intermountain North Temple Clinic..... 801-408-8654

54 N 800 W, SLC. Provides urgent, same day healthcare services

Maliheh Free Clinic.....801-266-3700

Provides free medical services for uninsured individuals and low income families. 415 E 3900 S, SLC, UT 84107 www.malihehfreeclinic.org

Medicaid Eligibility Office..... 801-526-0950

Apply at any Department of Workforce Services location.

Medicaid Information Line.....801-538-6155

Provides Medicaid information for Medicaid clients and Medicaid providers.

http://health.utah.gov/medicaid/provhtml/medicaid_information.htm

Mid Valley Health Clinic..... 801-417-0131

Provides family medical primary care services for individuals and low income families.. 8446 S, Harrison St., Midvale, UT www.upfh.org

Midvale Family Health Clinic..... 801-561-2211

Provides family medical primary care services for individuals and low income families.. 7852 S Pioneer Street, Midvale, UT www.midvalefamilyhealthclinic.com

Partnership for Prescription Assistance..... 888-477-2669

Assists qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. www.pparx.org

Refugee Health Program.....801-538-6191

Provides referrals for health care and prevention activities for refugees. 288 N 1460 W, SLC, UT 84116.
http://health.utah.gov/cdc/refugee_home.htm

RX Connect Utah..... 866-221-0265

Utah Department of Health program that links individuals with the necessary resources to obtain required prescriptions. <http://health.utah.gov/rxconnectutah>

Ryan White Title II Program.....801-538-9913
Offers assistance in paying for HIV medication if the program requirements are met. Utah Department of Health, 288 N 1460 W, SLC, UT 84114

Salt Lake City Health Clinic.....801-715-3500
Family practice clinic. Medicaid/PCN CCHIP, Medicare, and private insurance-caseworkers available. 168 N 1950 W, Ste. 201, SLC, UT 84116. <http://health.utah.gov/clinics/>

Salt Lake County Donated Dental Services.....801-983-0345
Provides dental services by professional volunteers at little or no cost. Contact clinic for eligibility requirements. 1383 S 900 W, Ste.128, SLC, UT 84104. www.donateddental.org

Salt Lake County Prescription Discount Card.....877-321-2652
Prescription discount card to lower the cost of prescriptions for those without prescription coverage. <http://www.slvhealth.org/SERVICES/prescriptionDiscountCard/>

Salt Lake Family Dental Plan Clinic.....801-715-3400
168 N 1950 W, Suite 202, SLC, UT 84116. <http://health.utah.gov/clinics/familydentalplan.html>

Salt Lake Valley Health Department.....385-468-4100
Preventative health services to residents of Salt Lake County, particularly to low-income uninsured and underinsured. <http://www.slvhealth.org>

Ellis R. Shipp.....385-468-3700
4535 S 5600 W, West Valley City, UT 84120

International Travel Clinic.....385-468-4111
2001 S State Street, S2400, SLC, UT 84190

Rose Park.....385-468-3660
799 N Redwood R., Ste. A, SLC, UT 84116

Salt Lake City.....385-468-4225
610 S 200 E, SLC, UT 84111

South Main.....385-468-4000
3690 South Main Street, SLC, UT 84115

Southeast.....385-468-4330
9340 South 700 East, Sandy, UT 84070

West Jordan.....385-468-4365
1740 West 7800 South, West Jordan, UT 84088

Utah Department of Health.....801-538-6003
Offers health services and protection to Utah residents. 288 N 1460 W, SLC, UT 84116.
<http://health.utah.gov>

SECTION 4

Legal Matters

Section 4 – Legal Matters

American Civil Liberties Union (ACLU)..... 801-521-9862

Offers legal assistance specific to constitutional violations, lobbying, and public education. 355 N 300 W, SLC, UT 84103. <http://www.acluutah.org>

C 3 Court (Coordination of Care Court).....801-238-7859

The purpose of the C3 court is to implement a dynamic environment within the current court system that is able to address community safety, offender accountability, and increase offender competency, while reducing the penetration of the mentally ill youth (12-17 ½) into the juvenile justice system.

http://www.utcourts.gov/courts/juv/juvsites/3rd/coord_car_court.html

Disability Law Center (DLC).....801-363-1347

Nonprofit organization designated as the protection and advocacy agency for the state of Utah, to protect the rights of people with disabilities. 205 N 400 W, SLC, UT 84103.

www.disabilitylawcenter.org

District Attorney's Victim Counseling Unit.....801-363-7911

Information for criminal court cases, referrals for treatments made, and crisis counseling for victims, witnesses and families. 111 E Broadway, Ste. 400, SLC, UT 84111.

<http://districtattorney.slco.org/criminalDiv/Counseling.html>

Division of Consumer Protection..... 801-530-6601

The Division of Consumer Protection protects consumers from unfair and deceptive business practices, encourages the development of fair business practices, and provides consumer's education. 160 E 300 S, SLC, UT 84111 <http://consumerprotection.utah.gov>

Drug Court (Misdemeanor and Third District)385-468-3559

These programs represent a collaborative effort involving several government agencies and substance abuse treatment providers. Criminal Justice Services provides case management, treatment and educational services and administrative support to individuals with a substance use disorder involved in the legal system.

Family Justice Center.....801-236-3370

The Family Justice Center guides and supports families seeking co-located services at a confidential walk-in center. YWCA Lolie Eccles Center - lower level, 344 E 300 S, SLC, UT 84111

<http://www.ywca.org/site/pp.asp?c=gLUJgP9H&b=3960215>

Family Law Legal Clinic.....801-924-3370

The Family Law legal clinic is held on the 1st and 3rd Wednesdays of every month between 6:00 pm and 8:00 pm at the Matheson courthouse (450 S. State St.) in room 19 A. The public can sign in and be seen by a law student supervised by a lawyer volunteering their time. They handle only family law matters such as child custody, divorce, protective orders, etc. They offer information only not legal advice. No criminal cases.

Federal Drug Court (RISE).....801-535-7346

The purpose of RISE (Re-entry Independence through Sustainable Efforts) is to promote re-entry independence through sustainable efforts that increase public safety by supporting sobriety and law-abiding behavior through reducing relapse and recidivism for moderate and high risk individuals. www.utd.uscourts.gov/documents/RISE_DrugCourtProgramFinal.pdf

Federal Mental Health Court (RISE).....801-535-2817

RISE (Re-entry Independence through Sustainable Efforts) Mental Health Court Program – District of Utah promotes re-entry independence through sustainable efforts that improve health and increase public safety. These sustainable efforts promote personal responsibility, monitor risk factors, and assist participants to develop and maintain a healthy, law-abiding lifestyle, resulting in cost-savings to taxpayers. www.utd.uscourts.gov/documents/RISE_MentalHealthProgram.pdf

H.I.R.E. Network..... 202-544-5478

National Helping Individuals with Criminal Records Reenter through Employment network. National clearing house for information and advocate for policy change. Provides information for resources for those with criminal backgrounds to go back to work. <http://hirenetwork.org/content/utah>

Holy Cross Ministries..... 801-261-3440

Provides immigration services for application filing and legal status. 860 E 4500 S, Ste. 204, SLC, UT 84107 www.holycrossministries.org

Immigration and Naturalization.....801-265-8678

Toll Free..... 800-375-5283

Provides accurate and useful information for lawful immigrants to the US, granting immigration and citizenship benefits, promoting an awareness and understanding of citizenship, and ensuring the integrity of the US immigration system. 660 S 200 E, Ste. 400, SLC, UT 84111. www.uscis.gov/portal/site/uscis

Landlord/Tenant Mediation Program (CAP)..... 801-359-2444

Volunteer landlord/tenant intervention and mediation to prevent eviction. 764 S 200 W, SLC, UT 84101. www.slcap.org/phppages/housing.php

Legal Aid Society of Salt Lake, Inc. (Family Law).....801-328-8849

Nonprofit organization that promotes safety, stability and self-sufficiency for low income families and individuals, as well as victims of domestic violence through legal advocacy and assistance. 205 N 400 W. SLC. UT 84103 <http://legalaidsocietyofsaltlake.org>

NAACP..... 877-637-1958

Legal aid for African Americans www.naacp-saltlakebranch.org

Office of Guardian Ad Litem – provides legal representation for children.

www.utcourts.gov/specproj/galcasa.htm

Salt Lake.....801-578-3962

West Jordan.....	801-233-9972
Salt Lake County District Attorney's Office.....	801-468-3300
Salt Lake County Mental Health Court.....	385-468-3490
Mental Health Court is collaboration between criminal justice and mental health agencies in Salt Lake County. The Mental Health Court provides case management, treatment services, and community supervision for the purpose of improving the mental health and wellbeing of participants, protecting public safety, reducing recidivism, and improving access to mental health resources. http://www.slco.org/criminaljustice/drc/mentalhealthcourtser.html	
Salt Lake Legal Defender Association (by court appointment only).....	801-532-5444
Senior Legal Help Line.....	800-662-1772
Provides advice, referrals and assistance with legal problems. Any Utah resident 60 years of age or older may call between 9 a.m. and 2 p.m., Monday – Friday. www.utahlegalservices.org/public/seniors	
Street Law Project – Free problem solving help with housing, landlord/tenant issues, small claims court, divorce/custody, child support, domestic violence issues, and Workforce Services benefits. Meet with volunteers from Utah Legal Services and U of U College of Law on a walk-in basis at: Horizonte School in the cafeteria located at 1234 S. Main St., SLC every Tuesday night from 5pm-7pm. http://www.law.utah.edu/probono/free-legal-clinics/	
Tuesday Night Bar, Utah State Bar.....	801-297-7037
The TNB is held the first Tuesdays of each month between 5:30pm and 7:00pm at the Utah Law & Justice Center, 645 S 200 E, SLC. Appointments for this program may be scheduled by calling eight days prior to the appointment from 1:00 - 5:00 p.m. No walk-ins are accepted at this clinic.	
Utah Antidiscrimination and Labor Division.....	801-530-6801
Investigates and resolves employment and housing discrimination complaints and enforces Utah's minimum wage, wage payment requirements and laws which protect youth in employment. 160 E 300 S, 3 rd Floor, SLC, UT 84111 http://laborcommission.utah.gov/divisions/AntidiscriminationAndLabor/index.html	
Utah Crime Victims Legal Clinic.....	801-746-1204
Provides free legal services to crime victims in criminal district, justice, juvenile and appellate courts. 124 S 400 E, SLC, UT 84105 www.utahvictimsclinic.org	
Utah Dispute Resolution (Mediation).....	801-532-4841
Nonprofit organization that provides mediation services and training on conflict resolution to residents of Utah. 645 S 200 E, SLC, UT 84111 www.utahdisputeresolution.org	

Utah Legal Services – Nonprofit law office that provides free legal help in non-criminal cases to low income people. 205 N 400 W, SLC, UT 84103 www.utahlegalservices.org

Salt Lake County..... 801-328-8891

Utah Office for Victims of Crime..... 801-238-2360

Provides financial compensation for victims of crime, and monitors the Victim of Crime Act Compensation and Assistance grants and Violence Against Women grants, networks victim services across the state, provides enhanced training, and provides staff support to the Utah council on Victims of Crime. 350 E 500 S, Ste. 200, SLC, UT 84111 <http://crimevictim.utah.gov/>

Utah State Bar Lawyer Referral.....801-531-9077

www.utahbar.org - click on Find a Utah Lawyer

SECTION 5

Children and Youth Resources

Section 5 – Children and Youth Resources

CHILDREN AND YOUTH RESOURCES

CTA Community Supports..... 801-268-4887

Nonprofit organization that provides residential services, day services, after school, family support, behavior support, clinical services, and professional parenting programs for individuals with autism. 4444 S 700 E, Ste. 203, Murray, UT 84107. www.ctautah.org

Carmen B. Pingree School for Children with Autism..... 801-581-0194

Provides educational services to students by conducting and supporting research into the cause of autism and its eventual cure. 780 S Guardsman Way, SLC, UT 84108. www.carmenbpingree.com

Caught In the Crossfire..... 801-565-7442

A support group for children dealing with divorce (Ages 7-12) help at the Jordan Family Education Center at River's Edge School, 319 W 11000 S, South Jordan, UT 84095
www.jordandistrict.org/departments/jfec/

The Children's Center – Provides psychiatric evaluations, parent-toddler therapeutic programs, mental health services, parenting classes, services for youth 8-18 and their families, a therapeutic preschool program, and psychological, speech and language therapy. www.tccslc.org

Salt Lake City Center – 350 S 400 E, SLC, UT 84111.....**801-582-5534**

Kearns Center – 5242 S 4820 W, Kearns, UT 84118.....**801-966-4289**

DDI Vantage..... 801-266-3979

Promotes and provides exemplary services to facilitate the development and independence of children, adults and families with special needs. www.ddivantage.com

Family Support Center..... 801-955-9110

Provides counseling, family mentoring, adoption respite care, classes, groups, and free 24/7 crisis nursery care for any child ages 0-11. The nurseries can be used for: preventing abuse and neglect of children, stress breaks, medical emergencies, appointments, legal obligations, job searching, interviews, family emergencies, and other crisis situations. www.familysupportcenter.org

Crisis Nursery Locations:

Sugarhouse (Open 9-5, Mon-Sat).....801-487-7778

West Valley (Open 24/7).....801-967-4259

Midvale (Open 8-8, Mon-Sat)..... 801-255-6881

Head Start..... 801-977-1122

Comprehensive early childhood development programs serving low-income children ages 0-5 and their children www.saltlakeheadstart.org

Jordan Valley School..... 801-826-7200

A center-base school in Midvale, UT and in the Jordan School District. Students come from the entire school district. All students have severe multiple disabilities including Autism, Cerebral Palsy,

Traumatic Brain Injury, etc. 7501 S 1000 E, Midvale, UT 84047
<http://jordanvalley.canyonsdistrict.org/>

Neighborhood House - Quality, affordable day care and support services. Rates are based on one's ability to pay. www.nhutah.org

Children's Day Care Center - 1050 W 500 S, SLC, UT 84104.....**801-363-4589**

Project Link.....**801-969-3307**

Drug and alcohol prevention program for youth involved with Truancy Court or that are self-referred. Provides skills development classes, recreation activities and service projects.
<http://behavioralhealthservices.slco.org/Prevention/provDescrip/yssPrev.html>

Salt Lake County Division of Youth Services.....**385-468-4500**

Provides shelter for youth from birth to 18 years of age, counseling and substance abuse services, after school programs and job trainings, 24/7 availability, crisis training, and parenting classes. 177 W Price Ave., SLC, UT 84115. www.youth.slco.org

Spectrum Academy.....**801-936-0318**

Charter school for children with Autism and Asperger's Syndrome. 575 N Cutler Dr., SLC, UT 84054
www.spectrumcharter.org

Teen Mother and Child Program (18 or younger).....**385-468-3950**

Affordable program that provides health care to pregnant teens and their children. 3690 S Main St., SLC, UT 84115.
www.slvhealth.org/SERVICES/clinicalSvsWomensChildrensHealth/teenMotherChild.html

U Can Learn.....**801-281-5546**

Provides low cost interventions for dyslexia, attention deficit disorders, academic problems, speech and language problems, and memory and learning deficits. 1231 E 6600 S, SLC, UT 84121.
www.ucanlearn.net

UNI H.O.M.E. Program.....**801-581-5515**

A provider of services to individuals with developmental problems such as genetic disorders, birth trauma, Autism Spectrum Disorders, and brain injuries. 650 S Komas Drive, Ste. 200, SLC, UT 84108 <http://healthcare.utah.edu/home/>

Utah Office of Child Care (OCC).....**801-468-0049**

Provides child care assistance and resource and referral, quality improvement, and afterschool and summertime activity information. 1385 S State St., SLC, UT 84115
<http://jobs.utah.gov/occ/occ2/index.html>

YouthCity.....**801-535-7917**

Provides youth development services for youth ages 9-18 through various programs. Youth ages 14-18 can become eligible to participate in apprenticeship programs. 615 S 300 E, SLC, UT 84111
www.slcgov.com/youthcity

DAYCARE

Care About Childcare.....855-531-2468

Promotes quality childcare and helps parents locate licensed providers in their area. 124 S 400 E, Ste. 400, SLC, UT 84111. <http://careaboutchildcare.utah.gov/>

Neighborhood House - Quality, affordable day care and support services for low-income children based on their ability to pay www.nhutah.org

Children's Day Care Center, 1050 W 500 S, SLC, UT 84104..... **801-363-4589**

EATING DISORDERS

Center for Change.....888-224-8250

Inpatient treatment, inpatient short-term stabilization program, residential treatment, day program, evening intensive outpatient treatment, and outpatient treatment. 1790 N State St., Orem, UT 84057. www.centerforchange.com

Eating Disorders Anonymous.....801-231-3442

12-step meeting with a focus on eating disorders. All Saints Episcopal Church, 1710 S Foothill Dr., SLC, UT 84108. www.utin.org/eda.html

Eating Disorders for Women.....801-581-0422 x2

Eating disorder group counseling facilitated by Lindy Burton, LCSW. An intake is required. Aspen Grove Counseling, 1433 S 1100 E, SLC, UT 84105. www.aspengrovecounseling.com/groups.html

IHC Behavioral Health.....801-408-8500

Offers behavioral health services at any location most appropriate for each patient – therapist's office, clinic, or hospital. <http://intermountainhealthcare.org/services/behavioral/Pages/home.aspx>

LDS Family Services.....801-487-0499

Provides community resource referrals, single expectant parent counseling, adoption services, addiction recovery services and one-to-one counseling and referrals for families and individuals. The professional counseling staff holds a master's degree in the behavioral sciences at a minimum. 724 E 2100 S, Ste. B, SLC, UT 84106. www.providentliving.org/lds-family-services-counseling-services

Overeaters Anonymous.....801-484-1442

12-step meeting with a focus on compulsive eating. <http://www.oautah.org/>

GANG PREVENTION

Colors of Success.....801-596-9081

Gang prevention/intervention program that targets troubled youth in Salt Lake City and Ogden

schools, provides case management, campus security, family support, and crisis intervention. 2970 S Main St., Ste. 300, SLC, UT 84115. www.colorsofsuccess.com

End Graffiti Hotline.....801-363-4723

Free graffiti removal in Salt Lake County. <http://www.slco.org/graffiti/>

Salt Lake Area Gang Project.....801-743-5864

Identifies, controls and prevents criminal gang activity. Provides education, free gang tattoo removal services, and investigative assistance to law enforcement agencies. 3365 S 900 W, SLC, UT 84119. http://updsl.org/divisions/metro_gang_unit/metro_gang_unit

Salt Lake Graffiti Removal.....385-468-9770

Free graffiti removal in Salt Lake City. Call the hotline or fill out a graffiti work order online. 1965 W 500 S, SLC, UT <http://www.slcgov.com/graffiti>

RECREATION

4-H Youth Clubs..... 385-468-4830

Empowers youth to reach their full potential by working and learning in partnership with caring adults through a variety of groups, projects and meetings. 2001 S State St., S-1200, SLC, UT 84190. <http://saltlakecounty4-h.org>

Big Brothers Big Sisters..... 801-313-0303

Provides children facing adversity with strong, enduring, and professionally supported one-to-one relationships that change their lives for the better. 151 E 5600 S, Ste. 200, Murray, UT 84107. www.bbbsu.org

Boys & Girls Club, Greater Salt Lake.....801-322-4411

Inspires and enables youth to become caring and responsible individuals through guidance-oriented adult relationships and engagement of enriching activities within a safe environment. 669 S 200 E, Ste. 100, SLC, UT 84111. www.bgcgsl.org

Boys & Girls Club, South Valley.....801-284-4254

Inspires and enables youth to become caring and responsible individuals through guidance-oriented adult relationships and engagement of enriching activities within a safe environment. 244 Myrtle Ave., Murray, UT 84107. www.bgcsv.org

Boy Scouts of America..... 801-582-3663

Provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. 15 W South Temple #1070, SLC, UT 84101. <http://www.gslc-bsa.org/>

Girl Scouts of Utah.....801-265-8472

Youth organization for girls that provides programs to empower girls and to teach positive values and participating citizenship. 445 E 4500 S, SLC, UT 84157. www.gsutah.org

Salt Lake County Parks & Recreation..... 385-468-1800

Operates and oversees facilities across the entire Salt Lake Valley. 2001 S State St., S4800, SLC, UT 84190 www.recreation.slco.org

SPLORE.....801-484-4128

Nonprofit organization that brings together people of varying abilities for outdoor activities exploring risk. 774 E 3300 S, Ste. 105, SLC, UT 84106 <http://splore.org>

Utah Pride Center 801-539-8800

Non-profit organization that plays the vital role of providing information, programs, referrals, and services to a diverse LGBTQ community in the Salt Lake City metropolitan area. 255 E 400 S, Suite 200, SLC, UT 84111 www.utahpridecenter.org

Utah Youth Soccer Association.....801-307-5150

Promotes, develops and governs youth soccer in Utah and provides quality educational and developmental opportunities for all members. 9256 S State St., Ste. 100, Sandy, UT 84070. www.utahyouthsoccer.net

Wheeler Historic Farm.....385-468-1755

Salt Lake County owned historic park that provides group service project opportunities and Eagle Scout projects. 6351 S 900 E, SLC, UT 84121 www.wheelerfarm.com

YWCA855-992-2752

Provides a variety of basic, immediate needs for safety, shelter, food, and clothing, as well as longer term needs for affordable housing, quality child care, economic empowerment, racial justice, emotional health, and physical well-being. 322 E 300 S, SLC, UT 84111 www.ywca.com

RUNAWAYS

SL County Youth Services Juvenile Receiving Center..... 385-468-4500

24 hour facility that provides free crisis counseling, referrals to community agencies and a short-term placement for youth ages 8 to 17. 177 W Price Ave., SLC, UT 84115 and 1292 W 12700 S, Riverton, UT 84065. www.youth.slco.org/programs/receiving.html

VOA Homeless Youth Resource Center.....801-364-0744

Drop-in program for youth ages 15-22. Basic need items, laundry and showering facilities, meals served 2x a day, classes, referrals for services, case management, and housing case management. 655 S State St., SLC, UT www.voaut.org

TEEN PARENTS

Baby Your Baby Hotline.....800-826-9662

Provides helpful information for parents and their children, financial help, preparation for pregnancy, and other assistance. Mon-Fri 8am-5pm. www.babyyourbaby.org

Children's Service Society.....801-355-7444

Provides support services such as adoption, parent education, grand families kinship parenting, and mental health counseling. 655 East 4500 South, Suite 200 Salt Lake City, Utah 84107
www.cssutah.org

Pregnancy Resource Center801-363-5433

Provides free confidential services for people unprepared for pregnancy such as education, peer counseling, adoption assistance, community referrals and pregnancy tests. 644 S 900 E, SLC, UT 84102. www.pregnancyresource.net

Pregnancy Risk Line.....800-822-2229

Provides information to women who are pregnant, considering becoming pregnant, or breastfeeding, and to their healthcare providers. <http://health.utah.gov/prl>

SLVHD Teen Mother and Child Program.....385-468-3950

Provides healthcare to pregnant teens and their children. Must be 18 years or younger. South Main Clinic, 3690 S Main St., SLC, UT 84115.
www.slvhealth.org/SERVICES/clinicalSvsWomensChildrensHealth/teenMotherChild.html

YWCA855-992-2752

Provides a variety of basic, immediate needs for safety, shelter, food, and clothing, as well as longer term needs for affordable housing, quality child care, economic empowerment, racial justice, emotional health, and physical well-being. 322 E 300 S, SLC, UT 84111 www.ywca.com

SECTION 6

Family Support

Section 6 – Family Support

Allies With Families801-433-2595

Allies With Families is the Utah Chapter of the Federation of Families for Children's Mental Health. It provides practical support and resources for parents and their children with emotional, behavioral, and mental health needs. 505 East 200 South, #25, SLC, UT 84102

www.allieswithfamilies.org

Canyons Family Center801-826-8190

Canyons Family Center provides a spectrum of individual and family-based counselling, student-support groups and parent-education classes. The services, which include preliminary counselling sessions that help our experienced school psychologists determine what services may be needed to meet a family's specific needs, whether as a result of an emotional crisis or not, are provided at no cost to families in Canyons School District..8449 S. 150 W., Midvale , UT

<http://www.canyonsdistrict.org>

Jordan Family Education Center.....801-565-7442

The Jordan Family Education Center provides support services and classes for families and students in Jordan School District. Services provided by the District's school psychologists and counsellors. The Center offers classes and short-term counselling on Tuesday, Wednesday and Thursday evenings. There are classes and support groups covering topics like parenting skills, dealing with adolescence, attention deficit, anger, grief, single parenting, blended families and many more. 319 W 11000 S South Jordan, UT 84095

<http://jordandistrict.org/departments/jfec/>

Salt Lake City School District Community Learning Centers (CLCs).....801-578-8599

A CLC is a partnership between a school and other community resources. The community learning center model builds on the core instructional program of a school by adding educational and life skill enrichment for the entire family and removing barriers to learning by providing necessary social services.

Rose Park CLC.....801-578-8554

1105 West 1000 North Salt Lake City, UT 84116

<http://rosepark.slcschools.org/>

Glendale/Mountain View CLC.....801-974-8315

1380 S. Navajo Salt Lake City, UT 84104

<http://mountainview.slcschools.org/>

Lincoln CLC.....801-578-8180

1090 S. Roberta Street Salt Lake City, UT 84111

<http://lincoln.slcschools.org/>

Utah Family Voices.....801-272-1051

Utah Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. They provide families tools to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families and serve as a trusted resource on health care. 2290 East 4500 South, #170, SLC UT 84117

www.utahfamilyvoices.org

Utah Parent Center.....801-272-1051

Assists parents with disabled youth by providing information, support, referrals, workshops, IEP coaches and conferences. 230 W 200 S, Ste. 1101, SLC, UT 84101. www.utahparentcenter.org

SECTION 7

Women's Services

Section 7 – Women’s Services

PREGNANCY

Baby Your Baby Hotline.....800-826-9662

Provides helpful information for parents and their children, financial help, preparation for pregnancy, and other assistance. Mon-Fri 8am-5pm. www.babyyourbaby.org

Children’s Service Society.....801-355-7444

Provides support services such as adoption, parent education, grand families kinship parenting, and mental health counseling. 655 East 4500 South, Suite 200 Salt Lake City, Utah 84107
www.cssutah.org

Community Health Centers Provide primary healthcare to low income and uninsured individuals on a sliding fee scale. www.chc-ut.org

Division of Child and Family Services (DCFS)..... 855-323-3237

Centralized intake and reporting line. Provides parent education, child placement, adoption services, domestic violence services, and other services. 3452 S 8400 W, Magna, UT 84044.
www.hsdccfs.utah.gov

Central City..... 801-539-8617

461 S 400 E, SLC, UT 84111

72nd Street Clinic.....801-566-5494

220 W 7200 S. Ste. A, Midvale, UT 84047

Oquirrh View..... 801-964-6214

4745 S 3200 W. Taylorsville, UT 84118

Stephen D. Ratcliffe..... 801-328-5750

1365 W 1000 N, SLC, UT 84116

LDS Family Services..... 801-487-0499

Provides community resource referrals, single expectant parent counseling, adoption services, addiction recovery services and one-to-one counseling and referrals for families and individuals. The professional counseling staff holds a master’s degree in the behavioral sciences at a minimum. 724 E 2100 S, Ste. B, SLC, UT 84106. www.providentliving.org/lds-family-services-counseling-services

Planned Parenthood Association of Utah.....801-532-1586

Provides information to individuals of all ages concerning human sexual behavior and reproduction and affordable reproductive health care services. 654 S 900 E, SLC, UT 84102.
www.plannedparenthood.org/utah

Pregnancy Resource Center801-363-5433

Provides free confidential services for people unprepared for pregnancy such as education, peer counseling, adoption assistance, community referrals and pregnancy tests. 664 S 900 E, SLC, UT 84102. www.pregnancyresource.net

Pregnancy Risk Line.....800-822-2229

Provides information to women who are pregnant, considering becoming pregnant, or breastfeeding, and to their healthcare providers. <http://health.utah.gov/prl>

SLVHD Pediatrics / Prenatal Services.....801-468-3690

Provides WIC and immunizations, teen mother and children healthcare, and nurse midwifery care.
3690 S Main St., SLC, UT 84115.

www.slvhealth.org/SERVICES/clinicalSvsWomensChildrensHealth/pediatricServices.html

Welcome Baby.....801-697-5304

Free community service designed to promote a healthy, secure and enjoyable beginning for parents, new babies and their family members. www.welcomebabyuc.org

Women, Infants, & Children (WIC) program..... 801-942-5437

The WIC program provides low-income women, infants and children with nutrition education, counseling, food, and access to health care.

<http://www.slcohealth.org/programs/wic/index.html>

SUPPORT

Center for Women and Children.....801-261-9177

30 bed social model residential detoxification center for homeless women and children that seeks to provide women with the skills necessary for successful treatment and transitioning from homelessness.

697 W 4170 S, Murray, UT 84123. <http://www.voaut.org/Services/Detoxification-Services/Center-for-Women--Children>

Center for Women and Children in Crisis.....801-377-5500

A safe place for survivors of domestic violence and their children to find food, shelter and support for up to 30 days. http://www.cwcic.org/cwcic_about.php

Family Support Center..... 801-955-9110

Provides counseling, family mentoring, adoption respite care, classes and groups, and free 24/7 crisis nursery care for any child ages 0-11. The nurseries can be used for: preventing abuse and neglect of children, stress breaks, medical emergencies, appointments, legal obligations, job

searching, interviews, family emergencies, and other crisis situations. www.familysupportcenter.org

Crisis Nursery Locations:

Sugarhouse (Open 9-5, Mon-Sat).....801-487-7778

West Valley (Open 24/7).....801-967-4259

Midvale (Open 8-8, Mon-Sat)..... 801-255-6881

Salt Lake Valley Health Department..... 385-468-4100

Preventative health services to residents of Salt Lake County, particularly to low-income uninsured and underinsured. 2001 S State Street, S2500, SLC, UT 84114. <http://www.slvhealth.org>

SECTION 8

Substance Abuse Services

Section 8 – Substance Abuse Services

**Providers that accept OptumHealth Medicaid*

***Salt Lake County Behavioral Health Services.....385-468-2009**

***Assessment and Referral Services (ARS)..... 801-532-1850**

Provides assessments and referrals for individuals that do not have insurance or financial means to access treatment (unfunded). 450 S 900 E, Ste. 300, SLC, UT <http://medicine.utah.edu/ars>

***Asian Association of Utah Refugee Immigrant Center..... 801-467-6060**

Provides culturally-sensitive and language-specific social services that include education, employment services, advocacy, mental health treatment, domestic violence counseling, substance abuse treatment for adults and youth, parenting classes, English classes, after-school tutoring and activities, and case management. 155 S 300 W, SLC, UT 84101 www.aau-slc.org

***Clinical Consultants..... 801-233-8670**

Provides mental health and substance abuse treatment services and counseling. 7601 S Redwood Rd., Bldg. E, West Jordan, UT 84084. *Farsi speaking available.* www.clinicalconsultants.org

***Catholic Community Services..... 801-977-9119**

Provides assistance to people who are most in need in our community through refugee resettlement, substance abuse treatment services and basic needs services programs. 745 E 300 S, SLC, UT 84102. www.ccsutah.org

***Family Counseling Center..... 801-261-3500**

Assists adolescents and adults struggling with depression, anxiety, parenting skills, divorce adjustment, substance abuse and other life problems. 5250 Commerce Dr, Suite 250, Murray, UT 84107. <http://familycounselingcenterutah.com>

***The Haven..... 801-533-0079**

Residential treatment center for adults who suffer from drug and alcohol addiction. 974 E South Temple, SLC 84102. www.havenhelps.com

***House of Hope..... 801-487-3276**

Substance abuse day treatment, outpatient services, and women and children's residential treatment. 857 E 200 S, SLC, 84102 www.houseofhopeut.org

***First Step House.....801-359-8862**

Provides residential and outpatient substance abuse services for adults. www.firststephouse.org

Outpatient – 2200 S State St., SLC, UT 84115

Residential – 411 Grant St., PO Box 16508, SLC, UT 84116

***Odyssey House.....801-428-3417**

Provides treatment, education, and prevention services for substance abuse, mental health, juvenile delinquency, and people with self-destructive life styles. **Admissions: 801-322-3222** 340 E 100 S, Ste. 301, SLC, UT 84111. www.odysseyhouse.org

Administrative Office and Accounting

344 East 100 South, Suite 301
Salt Lake City, Utah 84111
(801) 322-4257

Transitional Services

344 East 100 South (1st Floor Back Building)
Salt Lake City, Utah 84111

Adult Residential Program

68 South 600 East
Salt Lake City, Utah 84102

Adult Outpatient Services

350 East 2100 South
Salt Lake City, Utah 84115

Adolescent Program

607 East 200 South
Salt Lake City, Utah 84102
801-428-3245

Youth State Custody Program

880 East 3375 South
Salt Lake City, Utah 84106

Parents with Children Program (Mother's House)

42 South 500 East
Salt Lake City, Utah 84102

Parents with Children Program (Father's House)

623 South 200 East
Salt Lake City, Utah 84102

Children Services Center

340 East 100 South (Back of Building)
Salt Lake City, Utah 84111

- *Project Reality.....801-364-8080**
Comprehensive treatment programming for individuals with compulsive and dysfunctional substance abuse histories. 150 E 700 S, SLC, UT 84111. www.projectreality.net
- *Sandy Counseling.....801-944-1666**
Provides mental health and substance abuse counseling for adolescents and adults. 8184 Highland Dr., Ste. C8, Sandy, UT 84093. www.sandycounselingcenters.com
- *Valley Behavioral Health.....888-949-4864**
Provides comprehensive treatment and services for people of all ages who are experiencing serious mental illnesses, substance use disorders and behavior problems, with a well trained staff of therapists, psychiatrists, case managers, social workers and medical staff in Salt Lake, Summit and Tooele Counties. 5965 S 900 E, Ste. 240, SLC, UT 84121. www.vmh.com
- *Volunteers of America.....801-355-2846**
Provides mental health counseling and substance abuse detoxification and counseling services for adolescents and adults. *Spanish speaking available.* www.voaut.org
Main Office – 443 W Bearcat Dr., SLC, UT 84115
VOA Cornerstone Counseling Center – 447 W Bearcat Dr., SLC, UT 84115
Adult Detox Center – 252 W Brooklyn Ave., SLC, UT 84101
- *Salt Lake County Youth Services.....385-468-4500**
Provides mental health and substance abuse counseling for youth and their families residing in Salt Lake County. 177 W Price Ave., SLC, UT 84115. www.youth.slco.org
- *Youth Support Systems.....801-969-3307**
Drug and alcohol prevention program for youth involved with Truancy Court or are self-referred. Provides skills development classes, recreation activities and service projects.
<http://behavioralhealthservices.slco.org/Prevention/provDescrip/yssPrev.html>

- ATR (Access to Recovery).....385-468-4730**
 ATR (Access to Recovery) is a voluntary program which provides vouchers (funding) to eligible individuals for certain recovery support services. ATR is funded and supported by the federal, state, and local governments.
- 12 Step InterGroup Network..... 801-359-4325**
 Intergroup network for several of Utah 12-step programs. www.utin.org
- Adult Children of Alcoholics..... 801-583-6855**
 A 12-step program for women and men who grew up in alcoholic or otherwise dysfunctional homes. www.utin.org/acoa.html
- Al-Anon/Alateen.....801-262-9587**
 12-step program for family and friends of alcoholics. Alateen is part of the Al-Anon program for young people who are friends or relatives of an alcoholic. www.utah-alanon.org
- Alcohol and Drug Abuse Clinic.....801-581-6228**
 Outpatient evaluations and treatment for alcohol and drug abuse for adults. Must be sober 5 days. 30 N 1900 E, SLC, UT 84132. <http://medicine.utah.edu/pmr/contact/alcohol.htm>
- Alcoholics Anonymous..... 801-484-7871**
 12-step program for people who desire to stop drinking; participants share experiences, strengths, and help others recovery from alcoholism. www.utahaa.org
- Assessment, Counseling, and Educational Services (ACES).....801-265-8000**
 Provides counseling services for substance abuse, domestic violence, and other family issues. 2970 S Main St., Ste. 200, SLC, UT 84115. www.acestreatment.com
- Cocaine Anonymous.....801-493-7879**
 12-step meetings with a focus on cocaine. www.caofutah.com
- Co-Dependents Anonymous..... 801-870-4533**
 12-step meetings with a focus on co-dependency. www.coda.org
- Crystal Meth Anonymous.....801-485-4451**
 12-step meetings with a focus on crystal meth. www.crystalmeth.org
- Fourth Street Clinic..... 801-364-0058**
 Comprehensive medical home providing free coordinated primary care, behavioral health, and pharmacy services to homeless individuals. 404 S 400 W, SLC, UT 84101 www.fourthstreetclinic.org
- George E. Wahlen Department of Veterans Affairs Medical Center.... 801-582-1565**
 Veteran care facility with 121 authorized active beds. It is a teaching facility, providing a full range of patient care services, including mental health services. Offers treatment on: domestic violence, inpatient mental health treatment, outpatient detoxification, outpatient mental health counseling, outpatient PTSD treatment, recreation therapy, substance abuse treatment, crisis intervention,

substance abuse treatment, and others. 500 Foothill Drive, SLC, UT 84148
<http://www.saltlakecity.va.gov>

Help Nest 801-893-1900

Addiction Recovery Solutions 24/7 substance abuse resource line. <http://helpnest.org>

Insight Program..... 801-578-8432

Support and education for families of children who have violated Salt Lake City School District's drug and alcohol policy, as well as those referred for anger management issues. Held at Volunteers of America Cornerstone Counseling, 447 W Bearcat Dr., SLC, UT 84115.

www.slcschools.org/departments/student-services/Insight.php

LDS 12-Step Addiction Recovery Meetings..... 801-487-0499

12-step addiction and recovery meetings sponsored by the Church of Jesus Christ of Latter-day Saints <http://addictionrecovery.lds.org>

LifeLine, Inc..... 801-936-4000

Family focused residential substance abuse treatment program. 1130 West Center St., SLC, UT 84054. <http://lifelineutah.com>

Living Clean and Sober..... 801-595-0666

Support group through Pride Counseling for the LGBTQ community dealing with substance abuse issues. Intake appointment required. 124 S 400 E, Ste. 230, SLC, UT 84111 www.pridecounseling.tv

Mothers Against Drunk Driving 801-269-8645

MADD's mission is to stop drunk driving, support the victims of this violent crime and prevent underage drinking. www.maddutah.org

Narcotics Anonymous (UWANA) 801-252-5326

United Wasatch Area of Narcotics Anonymous 12-step program. www.uwana.org

Nicotine Anonymous..... 877-879-6422

12 step group focused on nicotine addiction. www.utin.org/nica.html

Northwest Passage..... 801-364-3138

Alcohol and drug rehabilitation center. 432 N 300 W, SLC, UT 84103. www.nwpltd.org

Prime for Life..... 801-538-3939

Utah mandated statewide DUI offender education program that significantly reduces the rate of recidivism. Taught in 16 hours spread over at least 4 classes. www.dsamh.utah.gov/primeforlife.htm

The Sober Home..... 801-400-9526

Sober living residence in a drug-free environment for adults completing drug treatment programs or for those who are 30 days clean and sober. Midvale, UT. www.thesoberhome.com

Turnabout/Stillwater Academy..... 866-359-4600

Adolescent substance abuse treatment program for 12-17 yr. old troubled teens. 11175 S Redwood Rd., South Jordan, UT 84095. www.turnaboutteens.org

Turning Point..... 888-576-4325

Residential substance abuse treatment facility. 10658 Dimple Dell Rd., Sandy, UT 84092. <http://turningpointcenters.com>

Utah Federation for Youth..... 801-468-0699

Promotes positive youth development and drug prevention through education, community involvement, and outdoor recreation. www.ufyi.org

Utah State Division of Substance Abuse and Mental Health..... 801-538-3939

State agency responsible for ensuring that prevention and treatment services for substance abuse and mental health are available statewide. 195 N 1950 W, SLC, UT 84116. www.dsamh.utah.gov

Utah Tobacco Quit Line..... 800-784-8669

Free tobacco quit line. Provides tobacco coaching to help prevent and help individuals stop smoking. www.tobaccofreeutah.org/quitline.html

SECTION 9

Food Services

Section 9 – Food Services

Crossroads Urban Center.....801-364-7765

Provides an emergency food pantry, free/low cost thrift store, and participates in community organizing and advocacy. 347 S 400 E, SLC 84111. www.crossroads-u-c.org

DROPS (Delivery Redistribution of Produce and Surplus)..... 2-1-1

Call 211 to be connected to your closest local food pantry

Eagle Ranch Ministries 801-254-4945

Sunday Breakfast Free breakfast for the homeless 500 S 600 W, Salt Lake City, UT 84101. (Outdoors), 7am to 11am, Sundays. www.eagleministries.net

Good Samaritan Program801-328-5633

Sack lunches: 9am – 8pm 7 days a week. 347 E South Temple, SLC, UT 84103. <http://good-samaritan-program.org>

Granger Community Christian Church.....801-968-3301

Provides an emergency food pantry. 3232 W 4100 S, West Valley City, UT 84110 <http://www.forministry.com/USUTCCDOCGCCGC/>

Hildegard's Pantry..... 801-328-2303

Provides an emergency food pantry. 231 E 100 S, SLC 84111

Magna CAP.....801-250-6414

Provides an emergency food pantry. 3441 S 8400 W Ste. C, Magna, UT 84044. www.slcap.org/phppages/foodpantry.php

Meals on Wheels..... 385-468-3200

Salt Lake County Aging and Adult Services Nutrition Program. Delivers hot noontime meals to frail and isolated seniors six days a week. Special diets are available. Seniors must be eligible for program. http://aging.slco.org/html/mow_overview.html

Murray CAP..... 801-281-4937

Provides an emergency food pantry. 6110 S 404 W, Murray, UT 84107 www.slcap.org/phppages/foodpantry.php

Northwest CAP (Northwest Rec Center)..... 801-359-8741

Provides an emergency food pantry. 1300 W 300 N, SLC, UT 84116

Reach Salt Lake (Appointment only).....801-972-5708

Provides an emergency food pantry. 1235 W California Ave., SLC, UT 84104

Redwood CAP (Redwood Multipurpose Center).....801-972-6661

Provides an emergency food pantry. 3060 S Lester Street, WVC, UT 84119 www.slcap.org/phppages/foodpantry.php

Rescue Mission	801-355-1302
Provides brown bag lunches, a homeless day room, baggage check, food pantry, showers, and free clothing. 463 S 400 W, SLC, UT 84101 http://rescuesaltlake.org	
St. Andrew's Food Pantry	801-446-3500
Provides an emergency food pantry. 11835 S 3600 W, Riverton, UT 84065.	
St. James Episcopal Church	801-566-1766
Provides an emergency food pantry. 7486 Union Park Ave., Midvale, UT 84047	
St. Joseph's	801-739-3169
Provides an emergency food pantry. 7405 S Redwood Rd., West Jordan, UT 84084	
Salt Lake City Mission (Food Pantry)	801-355-6310
Provides an emergency food pantry. 1151 S Redwood Rd., Ste. 106, SLC, UT 84104	
Salt Lake City Mission (Prepared Meal Site)	801-355-6310
South side of Pioneer Park. Breakfast 8am-9am, M- SA.	
The Salvation Army	801-988-4204
Provides rehabilitation after care, family, social, youth, homeless, church, and disaster services. 438 S 900 W, SLC, UT 84104 www.salvationarmyutah.org 30 Days Between Food Pantry Visits	
South County CAP (Copperview Rec. Center)	801-255-3516
Provides an emergency food pantry. 8446 S Harrison, Midvale, UT 84047. www.slcap.org/phppages/foodpantry.php	
Taylorsville Pantry	801-428-7689
Provides an emergency food pantry. 4775 S Plymouth View Dr., Taylorsville, UT 84123 – <i>Serves Taylorsville residents only</i>	
Utah Food Bank (SLCo)	801-978-2452
Serves those in need throughout the state with the help of community partners and volunteers. 3150 S 900 W, SLC, UT 84119 www.utahfoodbank.org	
Utahns Against Hunger	801-328-2560
455 E 400 S #407, SLC. A statewide anti-hunger <i>advocacy only</i> organization. www.uah.org	
Valley Free Will Baptist Church	801-973-0221
Provides an emergency food pantry. 2574 S Redwood Rd., West Valley City, UT 84119.	
WIC (Women, Infants & Children)	801-538-6960
Provides vouchers for specific nutritious food supplements to pregnant, postpartum, and breast-feeding women. Also to infants and children up to five years of age, who have been determined to be at nutritional risk due to inadequate nutrition and income. 288 N 1460 W, SLC, UT 84114. http://health.utah.gov/wic/	

SECTION 10

Homeless or Displaced Services

Section 10 – Homeless or Displaced Services

CLOTHING/HOUSEHOLD ITEMS

Crossroads Urban Center..... 801-364-7765

Provides an emergency food pantry, free/low cost thrift store, and participates in community organizing and advocacy. 347 S 400 E, SLC 84111. www.crossroads-u-c.org

Deseret Industries (DI).....801-240-7202

Free / low-cost thrift store and vocational training. 743 W 700 S, SLC, UT 84104.
<http://deseretindustries.lids.org>

Eagle Ranch Ministries.....801-254-4945

Distribution and receiving of food, clothing, personal care, household items, furniture, etc.
Open to public Tues. 12-3. 1624 S 1000 W, SLC, UT 84104. www.eagleministries.net

Rescue Mission.....801-355-1302

Provides brown bag lunches, a homeless day room, baggage check, food pantry, showers and free clothing. 463 S 400 W, SLC, UT 84101 <http://rescuesaltlake.org>

St. Vincent De Paul Dining Hall/Weigand Homeless Day Center801-363-7710

Offers services for the homeless, showers, laundry facilities, haircuts and a library, with agencies offering job, medical, mental health, and legal services. 437 W 200 S, SLC, UT 84101
www.ccsutah.org

Salvation Army..... 801-988-4204

Provides rehabilitation after care, family, social, youth, homeless, church, and disaster services.
438 S 900 W, SLC, UT 84104 www.salvationarmyutah.org

VOA Homeless Youth Resource Center.....801-364-0744

Drop-in program for youth ages 15-22. Basic need items, laundry and showering facilities, meals served 2x a day, classes, referrals for services, case management, and housing case management.
655 S State St., SLC, UT www.voaut.org

EMERGENCY SHELTERS

Boys Emergency Group Home..... 385-468-4506

Emergency residential shelter for teenage boys ages 11 to 18 who are in the care and custody of the state of Utah. www.youth.slco.org/programs/BoysGroupHome.html

Family Promise (Salt Lake)..... 801-961-8622

Provides shelter, safety, case management, housing and housing retention. 814 W 800 S, SLC, UT 84104. www.fpsl.org

Girls Emergency Group Home.....385-269-7506

Emergency residential shelter for teenage girls ages 11 to 18 who are in the care and custody of the state of Utah. www.youth.slco.org/programs/girlsGroupHome.html

Rescue Haven.....801-521-5925

Provides services for the homeless, addicted and/or poor through humanitarian efforts. (Women's Facility) 1165 S State Street, SLC, UT 84111. <http://rescuesaltlake.org>

Rescue Mission.....801-355-1302

Provides services for the homeless, addicted and/or poor through humanitarian efforts. (Men's Facility) 463 S 400 W, SLC, UT 84101. <http://rescuesaltlake.org>

The Road Home.....801-359-4142

Homeless shelter for individuals and families. 210 S Rio Grande St., SLC, UT 84101 www.theroadhome.org

St. Vincent De Paul Dining Hall/Weigand Homeless Day Center801-363-7710

Offers services for the homeless, showers, laundry facilities, haircuts and a library, with agencies offering job, medical, mental health, and legal services. 437 W 200 S, SLC, UT 84101 www.ccsutah.org

SLCo Division of Youth Services – Safe Place.....385-468-4528

Nationwide program providing help to youth in trouble and a safe place to go for help and/or shelter. 177 West Price Ave., SLC, UT 84115 www.youth.slco.org/programs/safeplace.html

South Valley Sanctuary.....801-255-1095

Safe shelter and supportive services to men, women and children who have been forced to leave their homes due to violence from a family member. www.southvalleysanctuary.com

YWCA801-537-8600

Provides a variety of basic, immediate needs for safety, shelter, food, and clothing, as well as longer term needs for affordable housing, quality child care, economic empowerment, racial justice, emotional health, and physical well-being. 322 E 300 S, SLC, UT 84111 www.ywca.org/saltlakecity

HOUSING

Catholic Community Services.....801-977-9119

Provides assistance for refugee resettlement, treatment services and basic needs. 745 E 300 S, SLC, UT 84102. www.ccsutah.org

Community Action Program.....801-359-2444

Provides several housing programs to assist low-income individuals in Utah 764 S 200 W, SLC, UT 84101 www.slcap.org

Community Development Corporation of Utah..... 801-994-7222

Develops sustainable and affordable housing, revitalizes neighborhoods and promotes self-sufficiency through home ownership www.cdcutah.org

Cowboy Partners.....801-424-4400

A multifamily and mixed use developer in the west offering affordable housing for low income persons. 6440 S. Wasatch Blvd. Ste 100 SLC, UT 84121 www.cowboy.us/

Habitat for Humanity..... 801-263-0136

Builds and renovates simple, decent houses with the help of the homeowner families and volunteers. 1276 S 500 W, SLC, UT 84101 www.habitatsaltlake.com

HARP (Housing Assistance Rental Project).....801-468-2183

A collaborative effort between a number of agencies Salt Lake County government and the Housing Authority that finds housing units in the community for homeless individuals/families who:

Have a mental illness, are incarcerated in Salt Lake County Jail, Participate in a substance abuse program and/or are supervised in a criminal justice program. 2001 S. State St. SLC UT 84114 www.slco.org/crd/housing/rentalHARP.html

Housing Authority – Rental subsidies, home purchase, emergency home repairs

Salt Lake County..... 801-284-4400

Salt Lake City..... 801-487-2161

West Valley City.....801-963-3320

Housing Development Corporation..... <http://housingdevelopmentcorp.com/contact-us>

Offering affordable IRS Section 42 Tax Credit reduced rent properties. 1099 S. West Temple SLC, UT 84101

John Taylor House..... 801-322-4830

Affordable independent living center for men. 705 E 2700 S, SLC, UT 84106.

www.johntaylorhouse.org

Kier Management Housing.....801-621-0330

Offers IRS Section 42 Tax Credit reduced rent properties and Department of Housing and Urban Development (HUD) full rental assistance program where rent is 30% of applicants gross income.

www.kiermanagement.com

LifeStart Village (Family Support Center)..... 801-955-9110
Housing to assist single mothers and their children move from homelessness or near homelessness to stable housing where they develop the skills to create a stable environment.
www.familysupportcenter.org/lifestartVillage.php

Multifamily Housing Clearinghouse..... 800-685-8470
Information on subsidized rental properties through HUD. Open 9:00 am. -5:00 pm EST Monday through Friday. http://portal.hud.gov/hudportal/HUD?src=/program_offices/housing/mfh/hc/mfhc

NeighborWorks Salt Lake..... 801-539-1590
NeighborWorks Salt Lake is your one-stop shop for homeownership, offering down payment assistance, lending programs, and foreclosure prevention. 622 W 500 N, SLC, UT 84116
www.nwsaltlake.org

Utah Housing Corporation..... 801-902-8200
Offers mortgage loans at reasonable interest rates to help provide affordable housing for low and moderate income persons. 2479 Lake Park Blvd. West Valley City, UT 84120
<http://utahhousingcorp.org>

Utah Non-Profit Housing Corporation..... 801-364-6117
Provides decent, safe, and affordable housing, focusing on very low-income individuals and families. 223 W. 700 S. Ste C SLC UT 84101 www.utahnnonprofithousing.org

PERSONAL CARE ITEMS

Good Samaritan Program 801-328-5633
347 E South Temple, SLC, UT 84103. Sack lunches and personal care items: 9am – 8pm 7 days a week. <http://good-samaritan-program.org>

VOA Homeless Outreach Program..... 801-364-0744
Mobile street outreach to individuals and families experiencing homelessness in Salt Lake County offering basic survival items, food, sleeping bags, coats, and other necessities. www.voaut.org

TRANSPORTATION

Aging Services – Rides for Life..... 385-468-3230
Senior Transportation Program. Provides rides for adults 60 and over for vital medical appointments, and grocery shopping if no other means of transportation is available.
http://aging.slco.org/html/trans_overview.html

The Bicycle Collective..... 801-328-2453
Provides refurbished bicycles and educational programs to the community, focusing on children and

lower income households, and a free community bike shop for repairing your own bicycle.
www.bicyclecollective.org

Greyhound Bus Lines..... 801-355-9579

Provider of intercity bus transportation. 300 S 600 W, SLC, UT 84101. www.greyhound.com

Pick Me Up Medical Transportation.....888-822-1048

Provides specialized non-emergency medical transportation for persons with physical limitations.
<http://pickmeupmed.com>

UTA..... 801-743-3882

Utah Transit Authority – bus, FLEX, MAX, TRAX, and FrontRunner lines. www.rideuta.com

Flextrans..... 801-287-7433

Bus route that is able to deviate up to ¾ mile off fixed route

Ute Cab Company.....801-359-7788

Salt Lake City Area taxicab services. 738 S 400 W, SLC, UT 84101. www.utecabco.com

SECTION 11

Seniors and Veterans

Section 11 – Seniors and Veterans

ADULT CARE / RESPITE CARE

The Alternatives Program (TAP)..... 385-468-3270

Provides in-home services to medically frail adults who qualify and are at risk for premature placement in a nursing home. http://aging.slco.org/html/tap_overview.html

Caregiver Support Program.....385-468-3280

Provides services and support to assist individuals who are providing care to a loved one. http://aging.slco.org/html/cgs_overview.html

Catholic Community Services.....801-977-9119

Provides assistance to people who are most in need in our community through refugee resettlement, treatment services and basic needs services. 745 E 300 S, SLC, UT 84102. www.ccsutah.org

Community Nursing Services.....801-233-6100

Provides home health, hospice, pharmaceutical, and nursing services. <http://cns-cares.org>

Division of Services for People with Disabilities (DSPD)..... 801-538-4200

Promotes opportunities and provides support for people with disabilities to live self-determined lives and oversees home and community-based services for over 4,000 people. www.dspd.utah.gov

Faith in Action – Rocky Mountain Home Care.....801-397-4135

Provides volunteer service to frail, home-bound elderly, chronically ill individuals and their caregivers.

Intermountain Homecare..... 801-977-9900

A full-service home health and medical equipment provider. <http://intermountainhealthcare.org/services/homecare>

Jewish Family Services..... 801-746-4334

Strengthens individuals and families and educates communities through counseling, care management, and community education. Offers several support programs for seniors. 1111 E Brickyard Rd, Ste. 109, SLC 84106. www.jfsutah.org

Long Term Care Ombudsman Program..... 385-468-3255

The Long-Term Care Ombudsman program was created to provide advocacy to residents, 60 years of age and older, who live in long-term care facilities (nursing homes and assisted living facilities) throughout Salt Lake County. http://www.slco.org/aging/html/omb_overview.html

Neighborhood House – Adult day care social rehabilitative program, which utilizes recreational and therapeutic activities to maintain physical, mental and social skills. www.nhutah.org

Riverside Day Center..... 801-363-4593

423 S 1100 W, SLC 84104

Cottonwood Day Center..... 801-277-3264

1580 E Vine St., SLC, UT 84121

New Choices Waiver.....801-538-6155
Waiver designed to serve people who meet nursing facility level of care and have been residing long term in a nursing or assisted living facility. Provides supportive services to enable individuals to live in their own homes or in other community based settings. <http://health.utah.gov/lrc/NC/NCHome.htm>

Rocky Mountain Care Hospice.....801-397-4012
Assists individuals, their families and/or caregivers to achieve the best quality of life during a life-limiting illness. www.rmcare.com

Senior Companion Program.....385-468-3259
Provides the opportunity for low-income seniors, 60 years and older, to serve frail and isolated seniors in their homes in Salt Lake County. http://aging.slco.org/html/sc_volunteer.html

Turn Community Service.....866-359-8876
Offers day support for seniors, including those with Alzheimer's, that follows a theme based curriculum that helps mind, body and soul. 423 West 800 South, Suite A200, SLC, UT 84101
<http://turncommunityservices.org>

ALZHEIMER'S

Alzheimer's Association, Utah Chapter.....801-265-1944
24/7 Helpline – 1-800-272-3900 Enhances care and support, advances research, and advocates. 855 E 4800 S, Ste. 100, SLC, UT 84107 www.alz.org/utah

Salt Lake County Aging and Adult Services.....385-462-3200
Provides information, advocacy, support services and assistance for older adults in SL County
<http://aging.slco.org>

UTAH Department of Human Services.....801-538-3910
Division of Aging and Adult Services. Offers home and community-based services throughout the state, which aim to allow more Utah residents who are 60 and older to remain independent. 195 N 1950 W, SLC, UT 84116 www.hsdaas.utah.gov/

EYESIGHT

Division of Services for the Blind and Visually Impaired.....800-284-1823
Services in support of employment and independence for individuals who have visual impairments or blindness. 250 N 1950 W, Ste. B, SLC, UT 84116 www.usor.utah.gov/division-of-services-for-the-blind-and-visually-impaired

Eyecare America.....877-887-6327
Provides free eye health educational materials and facilitates access to medical eye care. Offers multiple eye care programs for which individuals may qualify. www.eyecareamerica.org

Friends for Sight..... 801-524-2020

Free Adult glaucoma and youth and preschool vision screenings. 661 S 200 E, SLC, UT 84111
www.friendsforsight.org

National Federation for the Blind of Utah..... 801-463-6632

Utah chapter for the NFB. The NFB Improves blind people's lives through advocacy, education, research, technology, and programs encouraging independence and self-confidence.
<http://nfbutah.org>

Utah Council of the Blind.....801-299-0670

Improves the lives of people who are blind by providing opportunities for them to become independent, self-sufficient and able to function in their communities. 1301 W 500 S, Woods Cross, UT 84087 www.utahcounciloftheblind.org

Utah Lions Eye Bank..... 801-581-2039

Evaluates, recovers, processes and distributes corneas to qualified ophthalmic surgeons for transplantation and supplies eye tissues for research and educational projects. Serves the community by encouraging people to pledge and donate their eyes at death to benefit others. 65 Mario Capechi Dr., SLC, UT 84132 www.utaheyebank.org

Utah State Library for the Blind and Disabled..... 801-715-6789

Provides the kind of materials found in public libraries in formats accessible to the blind and disabled. Books and magazines available in Braille, large print, on audio cassettes, and on audio digital books. 250 N 1950 W, Ste. A, SLC, UT 84116 <http://blindlibrary.utah.gov>

HEARING

DSDHH Sanderson Community Center..... 801-263-4860

Offers an array of services funded with state monies such as: Community Education classes; Counseling; Case Management; Vocational Rehabilitation services; Senior Citizen programs; Independent Living services; Hard of Hearing Adjustment training; Interpreter training and Certification; Technology Demonstration, Installation and Repair; Disabled Deaf programs; and a Bookstore run by the Utah Association for the Deaf, Inc. 5709 S 1500 W, Taylorsville, UT 84123
http://deafservices.utah.gov/?page_id=854

Deaf Services of Utah (DSDHH)..... 801-263-4860

The Division was created under the Utah State Office of Rehabilitation in 1988 and provides services for people with hearing loss (both Deaf and Hard of Hearing). Provides services out of two locations; the Robert G. Sanderson Community Center in Taylorsville and a satellite office in St. George. 5709 S 1500 W, Taylorsville, UT 84123 <http://deafservices.utah.gov>

Relay Utah..... 7-1-1

Relay Utah provides access to hearing assistive equipment and telephone relay services, through

Hamilton Relay, to allow Utah citizens who are deaf, hard of hearing or speech disabled more efficient communication. 168 N 1950 W, Ste. 103, SLC, UT 84116 www.relayutah.gov

SENIORS

AARP..... 866-448-3616

Organization for people age 50 and over. Provides direct assistance for food, housing, income and personal connection, legal advocacy, and raises awareness. State office: 6975 Union Park Center, Ste. 320, Midvale, UT 84047. <http://www.aarp.org/states/ut/>

Adult Protective Reporting Line..... 801-538-3567

In Utah, the law states that any person who has reason to believe that an elder *or* disabled adult is being abused, neglected or exploited, must immediately report the situation to Adult Protective Services intake or the nearest law enforcement office.

<https://daas.utah.gov/adult-protective-services/aps-form/>

Adult Protective Services..... 801-538-3910

Assists vulnerable and elder adults in need of protection to prevent or discontinue abuse, neglect, or exploitation until that condition no longer requires intervention. 195 N 1950 W, SLC, UT 84116

<http://daas.utah.gov/adult-protective-services/>

Eldercare Locator..... 800-677-1116

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families. www.eldercare.gov

George E. Wahlen Department of Veterans Affairs Medical Center.....801-582-1565

Veteran care facility with 121 authorized active beds. It is a teaching facility, providing a full range of patient care services, with state-of-the-art technology as well as education and research.

Comprehensive health care is provided through primary care, tertiary care, and long-term care in areas of medicine, surgery, psychiatry, physical medicine and rehabilitation, neurology, oncology, dentistry, and geriatrics. 500 Foothill Drive, SLC, UT 84148 <http://www.saltlakecity.va.gov>

Neighbors Helping Neighbors.....801-585-9505

U of U College of Social Work Program that applies social work education to fill the gap between public and private services for adults. The services are provided to older adults in need, free of charge, regardless of their income. 395 S 1500 E, SLC, UT 84112.

www.socwk.utah.edu/neighbors/index.html

Salt Lake County Aging and Adult Services.....385-468-3200

Provides information, advocacy, support services and assistance for older adults in SL

County 2001 South State St. steS1-600 <http://aging.slco.org>

Social Security Administration..... 800-772-1213

TTY: 800-325-0778. Provides government benefits to the elderly and disabled. www.ssa.gov

US Department of Health and Human Services Admin on Aging.....202-401-4634

The Administration on Aging is the Federal agency responsible for advancing the concerns and interests of older people and their caregivers. <http://www.acl.gov>

UT Food Bank Commodity Supplemental Food Program (CSFP)801-887-1275

Commodity Supplemental Food Program (CSFP) gives thousands of low-income seniors, 60 years and older, access to healthy food. Eligibility is based on age, income and state residency. 3150 S 900 W, SLC, UT 84119. <https://www.utahfoodbank.org/csfp>

VETERANS

Bart Davis, Utah State Benefits Advisor.....801-432-4407

An advocate to assist National Guard and Reserve service members regarding their earned benefits and how to obtain available services for themselves and their families.

<http://www.ut.ngb.army.mil/benefits/advocate.htm>

US Department of Veterans Affairs..... 800-827-1000

VA Provides a wide range of benefits including, disability, education and training, vocational rehabilitation and employment, home loan guaranty, dependent and survivor benefits, medical treatment, life insurance and burial benefits. www.va.gov

Utah Department of Veteran's Affairs..... 801-326-2372

State agency that assists former and present members of the U.S. Armed Forces and their dependents in preparing claims for and securing such compensation, hospitalization, education and vocational training, and other benefits or privileges to which they may be entitled under Federal or state law or regulation by reason of the service in the military. 550 Foothill Blvd. #202, SLC, UT 84113 <http://veterans.utah.gov>

VA Access Crisis Team (ACT)..... 800-273-8255

The Access/Crisis Team serves as a point of access to mental health (MH) services for veterans. ACT performs intake assessments with patients who are seeking MH services for the first time, and facilitates appropriate follow-up and intervention with MH providers and clinics. The team is dispatched for mental health crises after calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). http://www.saltlakecity.va.gov/psychology_internship/ACT.asp

VA Community Residential Care..... 801-582-1565

Find health care supervision for Veterans with medical and/or psychosocial health concerns who are unable to live independently or with family members.

www.va.gov/GERIATRICS/Guide/LongTermCare/Home_and_Community_Based_Services.asp

VA Health Care for Homeless Veterans Program..... 801-582-1565

Provides extensive outreach, evaluation, treatment, referrals and ongoing case management to homeless veterans with mental health and substance abuse problems.

http://www.saltlakecity.va.gov/psychology_internship/Homeless_Program.asp

Valor House.....801-584-0700

The Valor House provides transitional housing to homeless veterans for up to two years. There are a total of 60 beds available. 720 Valdez Dr. Salt Lake City 84148

http://www.saltlakecity.va.gov/SALTLAKECITY/features/Valor_House_Homeless_Veteran_Safe_Haven.asp

SECTION 12

Domestic Violence/Rape/Crime

Section 12 – Domestic Violence / Rape / Crime

ADULT & CHILD ABUSE / NEGLECT

Adult Protective Services (APS): Assists vulnerable and elder adults in need of protection to prevent or discontinue abuse, neglect, or exploitation until that condition no longer requires intervention. 195 N 1950 W, SLC, UT 84116

<https://daas.utah.gov/adult-protective-services/aps-form/>

Reporting.....801-538-3567
APS Admin Office.....801-538-3910

Center for Women and Children in Crisis.....801-374-9351

Domestic violence shelter for women and their children to find food, shelter and support for up to 30 days, with: case management, domestic education, and therapy. www.cwcic.org

YWCA.....801-355-2804

Division of Child and Family Services (DCFS).....855-323-3237

Centralized intake and reporting line. Provides parent education, child placement, adoption services, domestic violence services, and other services. 3452 S 8400 W, Magna, UT 84044.

www.hsdcsf.utah.gov

Family Justice Center.....801-236-3370

The Family Justice Center guides and supports families seeking co-located services at a confidential walk-in center. YWCA Lolie Eccles Center - lower level, 310 E 300 S, SLC, UT 84111

<http://www.ywca.org/site/pp.asp?c=gILUJgP9H&b=3960215>

Family Support Center.....801-955-9110

Provides counseling, family mentoring, adoption respite care, classes and groups, and free 24/7 crisis nursery for healthy child ages 0-11. Nurseries can be used for: preventing abuse and neglect of children, stress breaks, medical emergencies, appointments, legal obligations, job searching, interviews, family emergencies, and other crisis situations. www.familysupportcenter.org

Crisis Nursery Locations:

Sugarhouse (Open 9-5, Mon-Sat).....801-487-7778

West Valley (Open 24/7).....801-967-4259

Midvale (Open 8-8, Mon-Sat).....801-255-6881

Guardian Ad Litem / Court Appointed Special Advocate (CASA).....801-578-3962

Legal representatives for children that have been abused, neglected, or abandoned.

www.utcourts.gov/specproj/casa

CRIME

Occupational and Professional Licensing.....801-530-6628

Protects the public and enhances commerce through licensing and regulation. 160 E Broadway, SLC, UT 84111 www.dopl.utah.gov

Utah Legal Services.....801-328-8891

Non-profit law office providing free legal help to low income people in non-criminal cases with local and outreach programs available. 205 N 400 W in the Community Legal Center

Salt Lake County Sheriff's Office Crime Prevention Unit.....801-468-2204

Provides community crime prevention programs such as Neighborhood Watch, Senior Safety, Lady Beware, and informational pamphlets. 2001 S State St., Ste. S2700, SLC, UT 84190. www.slsheriff.org

Utah Identity Theft Information.....801-366-0260

The office of the Utah State Attorney General provides information about identity theft and a reporting system for residents of Utah <http://idtheft.utah.gov>

Utah Office for Victims of Crime.....801-238-2360

Provides financial compensation for victims of crime, monitors Victim of Crime Act Compensation and Assistance grants and Violence Against Women grants, networks victim services across the state, provides enhanced training, and staff support to the Utah council on Victims of Crime. (must have police report first) 350 E 500 S, Ste. 200, SLC, UT 84111 www.crimevictim.state.ut.us

DOMESTIC VIOLENCE

CWCIC Domestic Violence Hotline.....801-377-5500

The Center for Women and Children in Crisis Domestic Violence 24 hour Hotline and Shelter www.cwcic.org/cwcic_domestic_violence.php

DCFS Child Abuse Reporting Line.....855-323-3237

Division of Family Services 24/7 Reporting line www.hsdcsf.utah.gov

Domestic Violence Crisis Line.....801-444-9161

Safe Harbor 24/7 Domestic Violence Crisis Line www.womensdvshelter.org

Domestic Violence LINKLine.....800-897-5465

State-wide toll-free, confidential anonymous line for individuals to receive assistance with domestic violence issues. <http://www.udvc.org/linkline.htm>

Legal Aid Society of Salt Lake, Inc. (Family Law).....801-328-8849

Nonprofit organization that promotes safety, stability and self-sufficiency for low income families and

individuals, as well as victims of domestic violence, through legal advocacy and assistance.
205 N 400 W. SLC. UT 84103 <http://legalaidsocietyofsaltlake.org>

National Domestic Violence Hotline..... 800-799-7233

TTY..... 800-787-3224

Provides 24/7 support through advocacy, safety planning, resources and hope. www.thehotline.org

Salt Lake City Police Non-Emergency Dispatch.....801-799-3000

Calling this non-emergency line keeps our 911 phone lines open to help those who need immediate response. <http://slcpd.com/contact-us>

South Valley Sanctuary.....801-255-1095#0

Safe shelter and supportive services to men, women and children who have been forced to leave their homes due to violence from a family member. www.southvalleysanctuary.com

UTAH Department of Corrections Victim Services.....801-545-5658

Provides information, assistance and support to victims of crime whose victimizers are remanded to the custody of the Utah Department of Corrections. 14717 S Minuteman Drive, Draper, UT 84020
http://corrections.utah.gov/administration/victim_services_office.html

Utah Domestic Violence Information Line..... 800-897-5465

Assists with finding emergency housing, medical care, and support and advocacy for you and your children. www.utcourts.gov/resources/forms/protectorder/staysafe.html

VINE (Victim Information and Notification Everyday).....877-884-8463

Utah's automated victim notification service. It provides information through this website about the custody status of offenders in Utah prisons and jails.
www.vinelink.com/vinelink/siteInfoAction.do?siteId=45000

Victim Advocate / Assistance Program – Assists victims of crime with support through the justice system as well as provide victims with community resources and assistance.
www.crimevictim.state.ut.us/

Attorney General's Office..... 801-366-0244

Draper City..... 801-576-6355

Murray City..... 801-284-4201

Sandy City..... 801-568-6082

Salt Lake City..... 801-580-7969

South Salt Lake..... 801-412-3660

Taylorsville..... 801-955-2067

South Jordan..... 801-254-4708

West Jordan.....801-566-6511

West Valley City..... 801-963-3223*

**Spanish Speaker Available*

YWCA801-537-8600

Provides a variety of basic needs, for currently fleeing individuals from domestic violence (verbal, emotional or physical) as well as longer term needs for affordable housing, quality child care, economic empowerment, racial justice, emotional health, and physical well-being. 322 E 300 S, SLC, UT 84111 www.ywca.org/saltlakecity

RAPE/SEXUAL ASSAULT

24/7 Crisis Line.....801-467-7273

Rape Recovery Center.....24/7 Crisis Line.....888-421-1100

2035 S 1300 E, SLC, UT 84105 <https://raperecoverycenter.org>

Sego Lily Center for the Abused Deaf.....text801-997-0452

video.... 801-590-4920

Advocacy agency culturally and linguistically designed to meet the specific needs of Deaf, Deaf/ Blind and Hard of Hearing victims of sexual assault. www.help@464.a10myftpupload.com

RAINN (Rape, Abuse and Incest National Network)..... 888-421-1100

Utah Coalition Against Sexual Assault (UCASA).....801-746-0404

Statewide coalition against sexual assault that raises awareness, provides trainings, runs councils and provides other services and resources to prevent sexual violence. 284 W 400 N, SLC, UT 84103 www.ucasa.org

SECTION 13

Consumer and Family Run Organizations

Section 13 – Consumer and Family Run Organizations

Allies With Families801-433-2595

Allies With Families is the Utah Chapter of the Federation of Families for Children's Mental Health. It provides practical support and resources for parents and their children with emotional, behavioral, and mental health needs. 505 East 200 South, #25, SLC, UT 84102

www.allieswithfamilies.org

Empowerment Services.....801-359-2797

A statewide mental health peer support, education and advocacy organization that develops alternative recovery-based programs and promotes the equality, dignity and inclusion for people who receive mental health services in Utah. 352 S. Denver Street (440 E) #202 Salt Lake City, UT 84111 <http://www.empowermentservices.org/>

NAMI Utah.....801-323-9900

Provides classes, groups, resources and support to educate and support consumers who live with a mental health disorder and their families and caregivers. 1600 W 2200 S, Ste. 202, West Valley City, UT 84119. www.namiut.org

USARA (Utah Support Advocates for Recovery Awareness).....855-698-7272

Nonprofit organization to support individuals and their families in all stages of recovery from alcohol and other drug problems. www.myusara.com

Utah Family Voices.....801-272-1051

Utah Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. They provide families tools to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families and serve as a trusted resource on health care. 2290 East 4500 South, #170, SLC UT 84117

www.utahfamilyvoices.org

SECTION 14

Services for People with Disabilities

SECTION 14- SERVICES FOR PEOPLE WITH DISABILITIES

United Way 211.....800-333-8824

Source for information and referral for individuals with disabilities and their caregivers. Operators can provide you with the information you need to find accessible housing, technology, financial and social supports needed to live independently with a disability. 257 E 200 S SLC, UT 84111. unitedwayuc.org

Columbus Community Center.....801-262-1552

Serves people with disabilities by providing residential services, day activity programs, and training and employment services. The center serves people from 16 to retirement age. 3495 S West Temple, SLC, UT 84115. www.columbuscommunitycenter.org

Department of Workforce Services.....801-524-9000

State government agency that connects job seekers to employers and compiles all economic data of the state of Utah. Also provides assistance such as unemployment benefits, food stamps, financial, medical, and child care. 720 S 200 E, SLC, UT 84111 <http://jobs.utah.gov>

Disability Support Center for Families.....801-973-0129

Helps community members with developmental disabilities and/or their families learn more about available resources and community groups. 1574 W 1700 S, Ste. 1-A, SLC, UT 84104 www.disabilitysupportcenter.org

Division of Services for People with Disabilities (DSPD)..... 801-538-4200

Promotes opportunities and provides support for people with disabilities to live self-determined lives and oversees home and community-based services for over 4,000 people. 195 N 1950 W SLC, UT 84116 www.dspd.utah.gov

Neighborhood House - Quality, affordable day care and support services for low-income children and adults based on their ability to pay www.nhutah.org

Children's Day Care Center, 1050 W 500 S, SLC, UT 84104..... **801-363-4589**

Riverside Adult Day Center, 423 S 1100 W, SLC, UT 84104.....**801-363-4593**

Cottonwood Adult Day Center, 1580 E Vine St., SLC, UT 84121.....**801-277-3264**

Relay Utah..... 801-715-3470

Relay Utah provides access to hearing assistive equipment and telephone relay services, through Hamilton Relay, to allow Utah citizens who are deaf, hard of hearing or speech disabled more efficient communication.. 168 N 1950 W, Ste. 103, SLC, UT 84116 www.relayutah.gov

Rise, Inc

Nonprofit organization that specializes in home and community-based support services for children and adults with developmental and other disabilities, children with mental health challenges, and aging adults. www.riseservicesinc.org

Rise Midvale - 7575 S 900 E.....801-676-8921
Rise Taylorsville - 6150 S Redwood Road Ste 200,801-208-1031
West Jordan After School Program - 2761 W 9000 S.....801-438-3037

Turn Community Service..... 866-359-8876

Offers day support for people over 18, including those with Alzheimer's. Follows a theme based curriculum that helps physical or emotional needs. 423 W 800 S, Ste. A200, SLC, UT 84101
<http://turncommunityservices.org>

Utah Independent Living Center.....Voice / TDD..... 801-466-5565

Assists persons with disabilities to achieve greater independence by providing services and activities which enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs and abilities. 3445 S Main St., SLC, UT 84115. www.uilc.org

Vocational Rehab (USOR)..... 801-538-7530

To assist eligible individuals with disabilities to prepare for and obtain employment and increase their independence. 250 E 500 S, SLC, UT 84111 www.usor.utah.gov/division-of-rehabilitation-services

Work Activity Center.....801-977-9779 or 801-565-8047

Provides day, residential, employment, and health services to enrich the lives of people with disabilities by actively providing opportunities for independence and individual growth. 1275 W 2320 S, West Valley City, UT 84119 and 683 W. Center St. Midvale , UT 84047
<http://workactivitycenter.org>

SECTION 15

Suicide Prevention

SECTION 15-SUICIDE PREVENTION

AFSP Utah801-836-0958

Local chapter of the American Foundation for Suicide Prevention focusing on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide. www.afsp.org

American Association of Suicidology.....202-237-2280

Nonprofit organization made up of mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, survivors of suicide, and a variety of lay persons dedicated to understanding and preventing suicide. www.suicidology.org

National Organization for People of Color Against Suicide.....202-549-6039

National organization addressing the issue of suicide prevention and intervention, specifically in communities of color. Primary focus is to increase suicide education and awareness among communities of color across America. www.nopcas.com

National Suicide Prevention Lifeline800-273-8255

Spanish..... 888-628-9454

TTY..... 800-799-4889

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in the national network of more than 150 crisis centers that provide crisis counseling and mental health referrals day and night. www.suicidepreventionlifeline.org

Suicide Awareness Voices of Education (SAVE).....952-946-7998

Works to prevent suicide through public awareness and education, to reduce stigma and serve as a resource to those touched by suicide. www.save.org

Suicide Prevention Action Network (SPAN).....888-333-2377

National not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. <http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-utah/about-our-chapter>

Suicide Prevention Resource Center (SPRC)..... 877-438-7772

Federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. Provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. www.sprc.org

The Trevor Project Lifeline.....866-488-7386

Nationwide, 24/7 suicide prevention and crisis intervention lifeline offering free and confidential counseling for LGBTQ youth. Also available are: TrevorText – Fridays (4:00pm-8:00pm EST) Text the word “Trevor” to 1-202-304-1200. Standard text messaging rates apply. And TrevorChat- Available 7 days a week (3:00pm-9:00pm EST) go to website to enter. www.thetrevorproject.org

UNI CrisisLine..... 801-587-3000

24/7 crisis phone crisis service staffed by mental health professionals providing emotional support, assistance, crisis intervention, and suicide prevention to individuals experiencing emotional distress or a psychiatric crisis. 501 Chipeta Way, SLC, UT 84108
www.healthcare.utah.edu/uni/crisis/CrisisLine.html

UNI Mobile Crisis Outreach Team..... 801-587-3000

Interdisciplinary team of licensed professionals and certified peer specialists available 24/7 dispatched anywhere in Salt Lake County for face to face assessment and crisis intervention. 501 Chipeta Way, SLC, UT 84108 www.healthcare.utah.edu/uni/crisis/crisis_outreach_team.html

UNI WarmLine..... 801-587-1055

Peer-to-peer non-crisis telephone support line for mental health consumers. Open 3pm-11pm, 7 days a week and is staffed by Certified Peer Specialists who provide telephone peer support services, emotional support, referrals, and transfers to crisis services if necessary. 501 Chipeta Way, SLC, UT 84108

SECTION 16

Education

Section 16 – Education

FINANCIAL

Internal Revenue Service Taxpayer Advocate 801-799-6958

Provides free help to guide through the process of resolving tax problems 50 S 200 E, Stop 1005 SLC, SLC, UT 84111 <http://www.irs.gov/advocate/article/0,,id=147477,00.html>

Utah AARP Tax-Aide..... 888-227-7669

Provides free tax preparation service from February 1 through April 15 at various sites. Services provided are directed to low-middle income taxpayers with a special attention given to the needs of those 60 and over. Membership in AARP is not required for volunteer positions or those served. www.utahtax-aide.org

Volunteer Income Tax Assistance (VITA)..... 800-906-9887

Free tax help to people who make \$52,000 or less and need assistance in preparing their own tax returns. Volunteers provide free basic income tax return preparation to qualified individuals in local communities. <http://www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers>

PARENTING CLASSES / COUNSELING

Children and Adults with ADHD (CHADD) Utah Chapter..... 801-836-6590

Nonprofit organization serving individuals with ADHD and their families offering support for individuals, parents, teachers, professionals, and others. Includes parent-to-parent group support. www.chaddofutah.com

Children's Service Society..... 801-355-7444

Provides support services such as adoption, parent education, grand families kinship parenting, and mental health counseling. 655 East 4500 South, Suite 200 Salt Lake City, Utah 84107 www.cssutah.org

Family Counseling Center..... 801-261-3500

Assists adolescents and adults struggling with depression, anxiety, parenting skills, divorce adjustment, and other life problems. 5250 Commerce Dr # 250, Murray, UT 84107. <http://familycounselingcenterutah.com>

Family Support Center..... 801-955-9110

Provides counseling, family mentoring, adoption respite care, classes and groups, and free 24/7 crisis nursery care for any child ages 0-11. The nurseries can be used for: preventing abuse and neglect of children, stress breaks, medical emergencies, appointments, legal obligations, job searching, interviews, family emergencies, and other crisis situations. www.familysupportcenter.org

Crisis Nursery Locations:

Sugarhouse (Open 9-5, Mon-Sat).....801-487-7778
West Valley (Open 24/7).....801-967-4259
Midvale (Open 8-8, Mon-Sat)..... 801-255-6881

Jordan Family Education Center..... 801-565-7442

Provides support services and classes for families and students in Jordan School District from school psychologists and counselors. 319 W 11000 S, South Jordan, UT 84095
www.jordandistrict.org/departments/jfec/

Salt Lake County Division of Youth Services.....385-468-4500

Provides shelter for youth from birth to 18 years of age, counseling and substance abuse services, after school programs and job training, 24/7 availability, crisis training, and parenting classes. 177 W Price Ave., SLC, UT 84115. www.youth.slco.org

Utah Parent Center.....801-272-1051

Assists parents with disabled youth by providing information, support, referrals, workshops, IEP coaches and conferences. 230 W 200 S, Ste. 1101, SLC, UT 84101. www.utahparentcenter.org

SEXUAL EDUCATION

People with AIDS Coalition of Utah..... 801-484-2205

Provides educational and support services that enhance the quality of life for all people impacted by HIV / AIDS. 358 S 300 E, SLC, UT 84111 www.pwacu.org

Planned Parenthood Association of Utah.....801-532-1586

Provides information to individuals of all ages concerning human sexual behavior and reproduction and affordable reproductive health care services. 654 S 900 E, SLC, UT 84102.
www.plannedparenthood.org/utah

Ryan White Title II Program.....801-538-6225

Offers assistance in paying for HIV medication if the program requirements are met. Utah Department of Health, 288 N 1460 W, SLC, UT 84114

Salt Lake Valley Health Department..... 385-468-4100

Preventative health services to residents of Salt Lake County, particularly to low-income uninsured and underinsured. <http://www.slvhealth.org>

Utah AIDS Foundation.....801-487-2323

Provides education and services to help prevent HIV infection and empower people living in the Intermountain region who are affected by or living with HIV/AIDS to live healthier lives. 1408 S 1100 E, SLC, UT 84105 www.utahaids.org

SECTION 17

LGBTQ Resources

SECTION 17: LGBTQ RESOURCES

Equality Utah.....801-355-3479

Equality Utah leads efforts for LGBT civil rights at the state and local levels through a range of strategies including lobbying, sponsoring legislation, and building coalitions. 175 W. 200 S. Ste 3001, SLC, UT 84101 www.equalityutah.org/

The Human Rights Campaign.....800-777-4723

The Human Rights Campaign (HRC) is America's largest gay, lesbian, bisexual and transgender civil rights organization, providing a national voice on GLBT issues. www.hrc.org/states/utah

The National Center for Transgender Equality.....202-903-0112

The National Center for Transgender Equality (NCTE) is a nonprofit social justice organization dedicated to advancing the equality of transgender people through advocacy, collaboration and empowerment. <http://transequality.org/contact.html>

PFLAG Salt Lake City.....801-688-2281

Made up of parents, families, friends, and straight allies united with people who are lesbian, gay, bisexual, and transgender (LGBT). PFLAG is committed to advancing equality and societal acceptance of LGBT people through its threefold mission of support, education and advocacy. www.pflag.org

Pride Counseling.....801-595-0666

Pride Counseling is dedicated to providing Gay/Lesbian client's quality counseling services in a Gay/Lesbian friendly environment. Also offers a weekly support group for gay men. 1174 E. Greystone Way (2760 S) SLC, UT 84105

Utah Pride Center 801-539-8800

Utah Pride Center supports and serves the Utah LGBTQ community and its allies to strengthen our collective vision, impact, and collaboration. 361 N 300 W, SLC, UT 84103 www.utahpridecenter.org

SECTION 18

Employment / Volunteering

Section 18 – Employment / Volunteering

EMPLOYMENT / JOB TRAINING

Biomat USA.....801-531-1279

Blood plasma donation center, receive cash the day of donation. <http://biomatusa.grifols.com>

606 W. North Temple, SLC, UT 84116.....801-531-1279

38 E. 800 S. SLC, UT 84111.....801-363-7697

DWS LYFE Program.....801-468-0115

Provides services that help young adults to advance in education and build careers.

1385 S State Street, SLC, UT 84115 www.slco.org/youth/programs/yes.html

Department of Workforce Services.....801-526-0950

State government agency that connects job seekers to employers and compiles all economic data of the state of Utah. Also provides assistance such as unemployment benefits, food stamps, financial, medical, and child care. <http://jobs.utah.gov>

Metro Office - 720 S 200 E, SLC, UT

Midvale Office – 7292 S. State St. Midvale, UT

South County Office – 5735 S. Redwood Rd. Taylorsville, UT

West Valley Office – 2750 S. 5600 W Ste A West Valley, UT

Deseret Industries (DI) Welfare Square.....801-240-7202

Free / low-cost thrift store and vocational training with a Bishop's referral. 743 W 700 S, SLC, UT 84104. <http://deseretindustries.lds.org>

Division of Services for the Blind and Visually Impaired.....801-323-4343

Services in support of employment and independence for individuals who have visual impairments or blindness. 250 N 1950 W, Ste. B, SLC, UT 84116 www.usor.utah.gov/division-of-services-for-the-blind-and-visually-impaired

Indian Training Education Center (ITEC).....801-973-6484

Job training and education for low-income American Indians and Hawaiian Natives. 1455 W 2200 S, Ste. 100, West Valley City, UT 84119 www.indiantrainingcenter.com

Job Corps - No-cost education and vocational training program administered by the U.S.

Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training. www.jobcorps.gov

Clearfield Center.....20 W 1700 S, Clearfield, UT 84016.....801-774-4000

Weber Center.....7400 S Cornia Dr., Ogden, UT 84405.....801-479-9806

LDS Employment Services

Free one-on-one coaching, workshops and a large database of employment, education and self-employment opportunities for anyone. www.ldsjobs.org

Salt Lake City Employment Resource Center (ERC)	801-240-7240
780 W. 800 S. SLC, UT	
West Valley Utah ERC	801-988-4455
2994 S. GlenEagle Dr. (5640 W) Ste B WVC, UT	
Sugarhouse ERC	801-467-6443
724 E. 2100 S. Ste A SLC, UT	
West Jordan Utah ERC	801-566-4040
7166 Redwood Road Ste B West Jordan, UT	
Riverton Utah ERC	801-240-9523
3740 W. Market Center Dr. Riverton, UT	
Sandy Utah ERC	801-561-9555
817 E. 9400 S. Sandy, UT	

Labor Ready.....

Temporary labor company. www.laborready.com

2427 S. Redwood Rd. WVC, UT 84119.....	801-886-9675
1081 S 300 W, SLC, UT 84101.....	801-521-0480
8650 S. State St. Sandy, UT 84070.....	801-561-0881

People Helping People.....**801-583-5300**

Employment program, dedicated to reducing the number of children living in poverty by helping low-income women, primarily single moms, build better futures for themselves and their children through long-term successful employment 205 N 400 W, SLC, UT 84103 www.phputah.org

Salt Lake County School Districts (Alternative Programs):

Granite	801-646-4607
Jordan	801-567-8100
Murray	801-264-7400
Salt Lake	801-578-8432
Canyons	801-826-5000

Rise

Provides employment services by helping individuals with disabilities find and sustain meaningful employment. <http://riseservicesinc.org/utah-cat/employment-services/>

Rise Taylorsville - 6150 S Redwood Road Ste 200,	801-208-1031
Rise Midvale - 7575 S 900 E.....	801-676-8921

Salt Lake County Senior Employment Program.....**385-468-3250**

Assists older adults residing in SL County, 55 years or older, with job counseling, job leads, and resume assistance. <http://aging.slco.org/aging/html/>

School of Applied Technology (SLCC).....801-957-3354
Provides high-quality career and technical education to individuals seeking job skills for quick entry into the workforce. 1575 S State Street, W137D, SLC, UT 84115 www.slcc.edu/sat

Utah Antidiscrimination and Labor Division..... 801-530-6801
Investigates and resolves employment and housing discrimination complaints, and enforces Utah's minimum wage, wage payment requirements and laws which protect youth in employment. 160 E 300 S, 3rd Floor, SLC, UT 84111
<http://laborcommission.utah.gov/divisions/AntidiscriminationAndLabor/index.html>

Utah Labor Commission.....800-530-5090
Regulatory agency responsible for preserving the balance established by the legislature for protecting the health, safety, and economic well-being of employees and employers. 160 E. 300 S. 3rd Floor, SLC, UT 84111 www.laborcommission.utah.gov

Vocational Rehab (USOR)

To assist eligible individuals with disabilities to prepare for and obtain employment and increase their independence www.usor.utah.gov/division-of-rehabilitation-services

South Valley – 926 W. Baxter Dr. (10600 So.).....**800-625-7519**
Salt Lake Downtown – 50 W. Broadway #800**800-473-7530**
Valley West – 5522 So. 3200 W.**866-261-0046**

VOLUNTEERING

211 Utah Eagle Scout Projects.....2-1-1
Resource list for youth/eagle scouts volunteer opportunities www.uw.org/211/volunteer-center/search-for-projects/youth-eagle-scout

American Red Cross.....801-323-7000
The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. 555 E 300 S #200, SLC, UT 84102
www.utahredcross.org

Boys and Girls Club of Greater Salt Lake.....801-322-4411
Youth development program offering volunteer service opportunities working with youth. 669 S 200 E, Ste. 100, SLC, UT 84111 www.bgcgsl.org

Catholic Community Services.....801-977-9119
Provides assistance to people who are most in need in our community through refugee resettlement, treatment services and basic needs services programs. 745 E 300 S, SLC, UT 84102.
www.ccsutah.org

Crossroads Urban Center.....801-364-7765

Provides an emergency food pantry, free/low cost thrift store, and participates in community organizing and advocacy. 347 S 400 E, SLC 84111. www.crossroadsurbancenter.org

Discovery Gateway Children's Museum.....801-456-5437

Provides programs and exhibits designed to address the different ways that children learn, and to help parents understand and support their children's development. 444 W 100 S, SLC, UT 84101 www.discoverygateway.org

Habitat for Humanity.....801-263-0136

Builds and rehabilitates simple, decent houses with the help of the homeowner families. 1276 S 500 W, SLC, UT 84101 www.habitatsaltlake.com

Hawk Watch International.....801-484-6808

Conserves the environment through education, long-term monitoring, and scientific research on raptors as indicators of ecosystem health. 2240 S 900 E, SLC, UT 84106 www.hawkwatch.org

Hogle Zoo.....801-584-1700

Largest zoo in the state of Utah providing volunteer opportunities in 3 types of positions. 2600 E Sunnyside Ave., SLC, UT 84108. www.hoglezoo.org

Humane Society.....801-261-2919

Opportunities to walk dogs, groom dogs or cats, socialize cats or small mammals, or help customers find the right pet for them. Ages 13-15 with an adult guardian with them. 4242 S 300 W <http://www.utahhumane.org/volunteer/volunteer-opportunity>

Kostopulos Dream Foundation.....801-582-0700

Assists individuals with disabilities of any age. Provides various volunteer opportunities throughout the year. 4180 Emigration Canyon Road, SLC, UT 84108 www.campk.org

Lowell Bennion Community Service Center (U of U).....801-581-4811

Provides ongoing service opportunities for students, staff, alumni, and faculty of the University of Utah with limited time to commit volunteer service. 101 Olpin Union 200 S Central Campus Dr., SLC, UT 84112 <http://bennioncenter.org>

Make A Wish Foundation of Utah.....801-262-9474

771 E Winchester, Murray, UT 84107 <http://utah.wish.org>

Salt Lake County Bridges Volunteer Program.....801-468-2188

Brings older adults into the classroom to help children who are performing below their grade level by tutoring children in basic subjects two to four hours each week. www.slco.org/byDepartments/HS/aging/bridgesVolunteer.html

Salt Lake County Legacy Corps Program.....385-468-3258

Offers the opportunity for volunteers to provide weekly respite to caregivers who are taking care of an elderly adult. Volunteers provide services in homes throughout Salt Lake County.

http://aging.slco.org/html/legacy_volunteer.html

Salt Lake County Parks385-468-7275

Operates and oversees facilities across the entire Salt Lake Valley. 3383 S. 300 E., SLC, UT

www.parks.slco.org/

Salt Lake County Retired Senior Volunteer Program.....385-468-3240

Serves the community by recruiting older adults as volunteers 2001 S State St, S1500, SLC, UT 84190. http://aging.slco.org/html/rsvp_volunteer.html

Salt Lake County Senior Companion Program.....385-468-3259

Provides the opportunity for low-income seniors, 60 years and older, to serve frail and isolated seniors in their homes in Salt Lake County. http://aging.slco.org/html/sc_volunteer.html

Salt Lake County Volunteer Services.....385-468-7093

Provides volunteer opportunities through partnerships with the Salt Lake County, and corporate and community organizations. Engages prospective volunteers throughout Salt Lake County, promotes a lifestyle of volunteerism within our communities, and enhances the quality of life of our neighbors.

<http://admin.slco.org/volunteer>

SPLORE.....801-484-4128

Nonprofit organization that brings together people of varying abilities for adventures that empower them to connect with Utah's great outdoors and experience the dignity of risk. 774 E 3300 S, Ste. 105, SLC, UT 84106 <http://splore.org>

Thayne Center for Service and Learning (SLCC) Redwood Campus.....801-957-7522

South City Campus.....801-957-3174

Establishes capacity-building relationships with community organizations, facilitates service-learning development opportunities for faculty, and coordinated service leadership programs for students. 4600 S Redwood Rd, SLC, UT 84130 www.slcc.edu/thaynecenter

Tracy Aviary.....801-596-8500 ext. 111

Volunteer opportunities at the Tracy Aviary bird sanctuary in 3 different positions. 589 E 1300 S, SLC, UT 84105 www.tracyaviary.org

Tree Utah.....801-364-2122

Nonprofit organization dedicated to tree planting and education. 824 S 400 W, Ste. B121, SLC, UT 84101 <http://treeutah.org>

United Way 2-1-1- Volunteer Center.....211.....or.....801-736-8929

Connects individuals and groups to meaningful volunteer opportunities. 257 E 200 S, Ste. 300, SLC, UT 84111 www.uw.org/211/volunteer-center

- Utah Food Bank (SLCo)..... 801-978-2452**
 Serves those in need throughout the state with the help of community partners and volunteers. 3150 S 900 W, SLC, UT 84119 www.utahfoodbank.org
- Utah Pride Center 801-539-8800**
 Utah Pride supports and serves the Utah LGBTQ community and its allies to strengthen our collective vision, impact, and collaboration. 255 E. 400 S., SLC, UT 84103. www.utahpridecenter.org
- Wheeler Historic Farm.....385-468-1755**
 Salt Lake County owned historic park that provides group service project opportunities and Eagle Scout projects. 6351 S 900 E, SLC, UT 84121. www.wheelerfarm.com

Mental Health Tips from Practitioners in the Field

Physical health is connected to mental and emotional health

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood. The activities you engage in and the daily choices you make affect the way you feel physically and emotionally.

- **Get enough rest.** To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.
- **Learn about good nutrition and practice it.** The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- **Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.
- **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done while exercising, gardening, or socializing.
- **Limit alcohol and avoid cigarettes and other drugs.** These are stimulants that may unnaturally make you feel good in the short term, but have long-term negative consequences for mood and emotional health.

Improve mental and emotional health by taking care of yourself

In order to maintain and strengthen your mental and emotional health, it's important to pay attention to your own needs and feelings. Taking care of yourself includes pursuing activities that naturally release endorphins and contribute to feeling good. In addition to physical exercise, endorphins are also naturally released when we:

- **Do things that positively impact others.** Being useful to others and being valued for what you do can help build self-esteem.
- **Practice self-discipline.** Self-control naturally leads to a sense of hopefulness and can help you overcome despair, helplessness, and other negative thoughts.
- **Learn or discover new things.** Think of it as “intellectual candy.” Try taking an adult education class, join a book club, visit a museum, learn a new language, or simply travel somewhere new.
- **Enjoy the beauty of nature or art.** Studies show that simply walking through a garden can lower blood pressure and reduce stress. The same goes for strolling through a park or an art gallery, hiking, admiring architecture, or sitting on a beach.
- **Manage your stress levels.** Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back into balance.
- **Limit unhealthy mental habits like worrying.** Try to avoid becoming absorbed by repetitive mental habits—negative thoughts about yourself and the world that suck up time, drain your energy, and trigger feelings of anxiety, fear, and depression.
- **Appeal to your senses.** Stay calm and energized by appealing to the five senses: sight, sound, touch, smell, and taste. Listen to music that lifts your mood, place flowers where you will see and smell them, massage your hands and feet, or sip a warm drink.
- **Engage in meaningful, creative work.** Do things that challenge your creativity and make you feel productive, whether or not you get paid for it—things like gardening, drawing, writing, playing an instrument, or building something in your workshop.
- **Get a pet.** Yes, pets are a responsibility, but caring for one makes you feel needed and loved. There is no love quite as unconditional as the love a pet can give. Animals can also get you out of the house for exercise and expose you to new people and places.
- **Make leisure time a priority.** Do things for no other reason than that it feels good to do them. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Doing things just because they are fun is no indulgence. Play is an emotional and mental health necessity.
- **Make time for contemplation and appreciation.** Think about the things you're grateful for. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.

Everyone is different; not all things will be equally beneficial to all people. The important thing is to find activities that you enjoy and that give you a boost.

Supportive relationships: The foundation of emotional health

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. Humans are social creatures with an emotional need for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship—even when experience has made us shy and distrustful of others.

Social interaction—specifically talking to someone else about your problems—can also help to reduce stress. The key is to find a supportive relationship with someone who is a “good listener”—someone you can talk to regularly, preferably face-to-face, who will listen to you without a pre-existing agenda for how you should think or feel. A good listener will listen to the feelings behind your words, and won't interrupt or judge or criticize you. The best way to find a good listener? Be a good listener yourself. Develop a friendship with someone you can talk to regularly, and then listen and support each other.

Tips and strategies for connecting to others:

- **Get out from behind your TV or computer screen.** Screens have their place but they will never have the same effect as an expression of interest or a reassuring touch. Communication is a largely nonverbal experience that requires you to be in direct contact with other people, so don't neglect your real-world relationships in favor of virtual interaction.
- **Spend time daily, face-to-face, with people you like.** Make spending time with people you enjoy a priority. Choose friends, neighbors, colleagues, and family members who are upbeat, positive, and interested in you. Take time to inquire about people you meet during the day that you like.
- **Volunteer.** Doing something that helps others has a beneficial effect on how you feel about yourself. The meaning and purpose you find in helping others will enrich and expand your life. There is no limit to the individual and group volunteer opportunities you can explore. Schools, churches, nonprofits, and charitable organization of all sorts depend on volunteers for their survival.
- **Be a joiner.** Join networking, social action, conservation, and special interest groups that meet on a regular basis. These groups offer wonderful opportunities for finding people with common interests—people you like being with who are potential friends.

Risk factors for mental and emotional problems

Your mental and emotional health has been and will continue to be shaped by your experiences. Early childhood experiences are especially significant. Genetic and biological factors can also play a role, but these too can be changed by experience.

Risk factors that can compromise mental and emotional health:

- **Poor connection or attachment to your primary caretaker early in life.** Feeling lonely, isolated, unsafe, confused, or abused as an infant or young child.
- **Traumas or serious losses, especially early in life.** Death of a parent or other traumatic experiences such as war or hospitalization.
- **Learned helplessness.** Negative experiences that lead to a belief that you're helpless and that you have little control over the situations in your life.
- **Illness,** especially when it's chronic, disabling, or isolates you from others.
- **Side effects of medications,** especially in older people who may be taking a variety of medications.
- **Substance abuse.** Alcohol and drug abuse can both cause mental health problems and make preexisting mental or emotional problems worse.

Whatever internal or external factors have shaped your mental and emotional health, it's never too late to make changes that will improve your psychological well-being. Risk factors can be counteracted with protective factors, like strong relationships, a healthy lifestyle, and coping strategies for managing stress and negative emotions.

When to seek professional help for emotional problems

If you've made consistent efforts to improve your mental and emotional health and you still don't feel good—then it's time to seek professional help. Because we are so socially attuned, input from a knowledgeable, caring professional can motivate us to do things for ourselves that we were not able to do on our own.

Red flag feelings and behaviors that may require immediate attention

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that are interfering with your work or home life
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

If you identify with any of these red flag symptoms, consider making an appointment with a mental health professional. (See Quick Guide Numbers to Know near the front of this resource guide)

81 Awesome Mental Health Resources When You Can't Get to or Can't Afford a Therapist

Sure, pretty much everyone could [benefit from therapy](#). But not everyone can afford it. Thankfully, there's a whole world of free or affordable mental health care out there designed to help you with just about every issue, whether that's [kicking an addiction](#), managing your emotions, finding a group of like-minded peers, or recovering from trauma. Even better? Some of these resources are available whenever you need them. (No need to schedule an appointment between the hours of 9 and 5.) Support groups, hotlines and call centers, websites and online forums, and even apps can be put into action when you have a crisis or just need extra support.

But finding out which resources are best for you takes some legwork. We've rounded up 81 of the very best affordable (or free) mental health resources. Keep this list handy whenever you need some backup.

Note: Resources are listed alphabetically by type.

Mental Health Apps

1. ACT Coach

ACT Coach teaches users how to tolerate negative thoughts and feelings by virtually guiding them through awareness exercises and giving tips on how to ditch self-doubt. With an extra focus on [mindfulness](#), this app also provides a log to track your progress. (free; iOS)

2. AETAS

Designed by therapist Rosemary Sword, this app uses Time Perspective Therapy, a method developed to unglue us from unhelpful or obsessive thoughts. Chock-full of visual aids to encourage relaxation and self-soothing, AETAS also arms users with a [time perspective inventory](#) that helps them understand how they view the past, present, and future will either help or hinder their happiness. (\$4.99; iOS)

3. Breathe2Relax

Sometimes, all we need to de-stress is take a few [deep breaths](#). Created by the National Center for Telehealth and Technology, this app teaches users how to do [diaphragmatic breathing](#). Features include educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions. (Free; iOS and Android)

4. DBT Diary Card and Skills Coach

This app works as a daily mood and thought [diary](#). But it also has a coaching module that gives tips on sticky emotional situations, like how to ask for what you need without drama or how to successfully resolve conflict. And users get positive reinforcement when they're consistent with their entries. The app also includes a super helpful [DBT](#) reference section for more info on coping skills—all backed by research. (\$4.99; iOS)

5. Depression CBT Self-Help Guide

Need help managing the blues? Monitor dips in your mood, learn about clinical depression and treatments, try guided [relaxation](#) techniques, and learn strategies to challenge negative thinking with this app. It's all just a few taps and swipes away. (Free; Android)

6. eCBT calm

Implementing some of the many strategies of [cognitive behavioral therapy](#), this app helps users assess their stress levels, practice mindfulness and relaxation skills, and connect their thoughts to feelings and behaviors. The end result is more calmness in your everyday life and more awareness of your actions and emotions. (\$0.99; iOS)

7. Happify

Want to kick negative thoughts, nix worry, and dial down stress? The array of engaging games, activity suggestions, and gratitude prompts makes Happify a useful shortcut to a good mood. Designed with input from 18

health and happiness experts, Happify's positive mood-training program is psychologist approved. Even cooler? Its website links to bonus videos that are sure to make you smile. (Free; [iOS](#))

8. How Are You

Tracking your moods can help you fight the blues and teach you to tune into positive things. That's the premise behind this app. But as a bonus, it also allows you to compare your mood with worldwide averages, see which emotions you feel the most, and export your mood tracking data so you can share it with a mental health professional or trusted friend. (\$9.99-\$12.99; [iOS](#) and [Android](#))

9. MindShift

This straightforward stress management tool helps users re-think what's stressing them out through a variety of on-screen prompts. At the same time, the app encourages new ways to take charge of anxiety and tune into body signals. (Free; [iOS](#) and [Android](#))

10. Operation Reach Out

This mood tracker and resource locator was designed by Emory University researchers to aid in suicide prevention. The setup is simple: Users create a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications. Plus the app uses GPS to locate mental health care services nearby, should any user enter crisis mode. (Free; [iOS](#) and [Android](#))

11. PTSD Coach

If you suffer from PTSD symptoms, this 24-hour tool that's linked directly with support services is a valuable thing to download. Available as an app or on the Web, PTSD Coach lets users select the specific issue they want to deal with (from anxiety and anger to [insomnia](#) and alienation), and then gives them guidance on how to lift their mood, shift their mindset, and reduce stress. (Free; [iOS](#) and [Android](#))

12. Quit It

If you're a smoker, you probably already know all about the nasty [health consequences](#). But it probably doesn't stop you from lighting up. But this app's approach is different. It shows you the hit [your wallet takes](#) every time you get another pack. Even better: Quit It calculates how much money you save each time you *don't* smoke. Think of it as extra financial incentive to kick nicotine and tobacco (and save for something far better!). (\$1.99; [iOS](#))

13. Quit Pro

Think of this as a [fitness tracker](#) for your smoking habit. By monitoring your cravings over time, the places you puff the most, the triggers that lead you to light up, and the money you save by resisting a cigarette, this comprehensive app is a much better thing to have in your back pocket than a pack of smokes. (Free; [iOS](#) and [Android](#))

14. SAM

How do you know what's pushing you over the edge and reel yourself back in? SAM's approach is to monitor [anxious thoughts](#), track behavior over time, and use guided self-help exercises to discourage stress. SAM takes it to the next level by offering a "Social Cloud" feature that allows users to confidentially share their progress with an online community for added support. (Free; [iOS](#) and [Android](#))

15. Step Away

A study funded by the National Institute of Alcohol Abuse and Alcoholism found that this pro-sobriety app helped reduce heavy drinking among users by 60 percent. Step Away offers tips on maintaining sobriety, encouragement, and strategies to avoid drinking during stressful times. You'll also be able to plug in your top drinking triggers to prepare yourself before facing down any tricky situation. (Free; [iOS](#))

16. Stop, Breathe, Think!

Got five minutes? That's enough time to cultivate mindfulness, which can improve your mood, lower stress, and help you feel more compassion toward yourself and the world. Skeptical? Well, consider that [mindfulness and happiness](#) tend to go hand-in-hand. And as added incentive, this app can also improve your focus. (Free; [iOS](#) and [Android](#))

17. Stop Drinking

Relying on the powers of relaxation, visualization, and positive suggestions, this pro-sobriety app has the goal of calming your mind and getting it to a less stressed place—where you'll be less likely to crave a drink. Take advantage of the reminder feature that gives periodic chimes to prompt you to breathe and focus on the good throughout the day. (\$2.99; [iOS](#) and [Android](#))

18. Stress and Anxiety Companion

Sure, we know that releasing [negative thoughts](#), practicing relaxation techniques, and engaging in mindful awareness is good for our wellbeing. But that doesn't mean we actually do it. This app can help make the process a lot easier by guiding you through proven techniques to reduce those off-kilter thoughts and emotions while cultivating a much more present mindset. Additional features allow you to identify anxiety triggers to make sure they don't catch you off guard. (\$4.99; [iOS](#))

19. Talkspace

Bet you didn't think you could chat with a [therapist](#) for just \$25 a week. Well, Talkspace makes that possible. For that low fee, you can text message with a trained professional everyday of the week and as many times as you want. They also offer services for individuals and couples. Oh, and the best part? You can do it from your couch. (\$25/month; [iOS](#) and [Android](#))

20. Worry Watch

We all get anxious only to realize later our anxieties were overblown or irrational. The idea behind Worry Watch is to nip these moments in the bud. This app enables users to track what kick starts their anxiety, note trends in their feelings, observe when the outcomes were harmless, and keep tabs on insights to stop future freakouts. To lower your anxiety even further, Worry Watch is password protected—so whatever you divulge in the diary feature is safe and sound. (\$1.99; [iOS](#))

Websites, Online Support, and Forums

21. Body Dysmorphic Disorder Foundation

People with Body Dysmorphic Disorder have a damaging preoccupation with their appearance and an obsessive focus on their [physical flaws](#). If that sounds familiar, you might find some relief on the BDD Foundation's website. Resources for better understanding the problem, seeking treatment, and spreading the word about the disorder are all laid out here.

22. Center for Complicated Grief

Hosted by the Center for Complicated Grief, this long list of resources gives people a ton of alternative outlets, social support groups, and organizations to connect with when healing from the loss of a loved one.

23. CenterLink: The Community of LGBT Centers

Founded in 1994 as an alliance to promote and maintain LGBTQ community centers, CenterLink's helpful services have now moved online. Check out all they have to offer—from links to health centers across the U.S. to advocacy groups and educational services.

24. GLBT National Help Center

A great resource for folks identifying all across the LGBTQ spectrum, this site includes information on everything from support to education to community organizing. One of the center's best resources is its online [volunteer-run chat room](#). All chats are confidential (read: no transcripts or recordings are saved). Chats are open during 1:00 p.m. to 9:00 p.m. PST during the week and between 9:00 a.m. and 2:00 p.m. PST on weekends.

25. Healing From BPD

For anyone with borderline personality disorder, this peer run chat is the perfect online space to ask questions about BPD and its treatment, especially considering that mental health professionals often chime in. It's also a place to share experiences, discuss progress and challenges, and potentially make some new friends who get where you're coming from because they're right there with you.

26. IMAlive

If you're in a place where picking up the phone seems too daunting, you can still access support through IM Alive's virtual crisis chat. Staffed by a network of trained and supervised peer volunteers around the country, IM Alive's goal is to empower individuals in despair, address their situation, and help them navigate the darkest and most [difficult emotional times](#).

27. International OCD Foundation

An invaluable space for those struggling with obsessive compulsive disorder, this site has many links, resources, and opportunities to get involved in the ongoing fight to preserve mental health. Find help, learn more about the illness, and even apply for grants here.

28. MentalHealth.gov

The main goal of this government-sponsored resource: Educate as many people as possible about the realities of [mental illness](#) in America while offering resources to those seeking help. Consider this your go-to site for a rundown on what mental health disorders look like. It also includes information on how to get help, support someone you love, or start a dialog about mental health in your community.

29. National Alliance on Mental Illness

From education about mental illness to updates on insurance coverage, [NAMI](#) offers a slew of resources. People who want to get informed about the workings of the mind and our government's recognition of mood and behavioral disorders will get the full scoop here. But arguably the most helpful resource is the heart-wrenching and hopeful personal stories from individuals across the country sharing their accounts of living with mental illness.

30. National Center for Victims of Crime

This impeccable resource enables victims of all types of crimes (think: bullying, physical abuse, stalking, and even terrorism) to secure the specific type of help they need. Individuals in need can plug in their desired assistance, from case advocacy to counseling, along with their state and county for immediate, local help ASAP.

31. National Eating Disorder Association of America

A pioneer in the education and treatment for eating disorders, NEDA extends a wide range of support services, learning tools, and opportunities to advocate on behalf of those with an [eating disorder](#). You can also get involved with the association's sister program, [Proud2BMe](#), and join a community geared toward promoting a healthier relationship with food and weight.

32. National Institute of Mental Health

One of the most comprehensive and trusted sources for information about mental illness, the National Institute of Mental Health's site is packed with educational tools designed to promote awareness and provide funding for research. It serves as a hub on a variety of topics: the latest news on a range of disorders, updates on new treatments, and reports on [insurance coverage](#). And yes, you can also search for support via NIMH's site as well.

33. OK2Talk

Designed for teens and young adults with mental illness, this site offers an online outlet for people to come forward with their [own stories](#), find support, and discuss the diagnoses they may have received. OK2Talk comes with plenty of motivational posts and mantras as well. And one quick look at the site will tip you off that, whatever you're struggling with, you're most certainly not alone.

34. Stalking Resource Center

You probably already know that stalking is an extremely serious issue. But you may not know what type of help to seek if you or someone you know is a victim. Here's where the Stalking Resource Center can help. They present a number of options for anyone struggling with endless unwanted attention or obsessive behavior. From a brochure explaining what stalking is (and how to tell if you're being followed) to tips on developing a safety plan, this site should be the first stop for anyone in need of assistance.

35. Substance Abuse and Mental Health Services Administration

This government-sponsored resource is chock-full of data, research insights, grants, and educational tools about [substance dependencies](#) and mood or behavioral issues. But SAMHSA also offers many resources for people suffering from these issues.

36. Trevor Space

Are you a young person seeking support for an identity that falls along the LGBTQ spectrum? This site, an endeavor sponsored by the Trevor Project, is an excellent safe haven to connect to other young gay, lesbian, bisexual, trans*, or queer people. You'll also pick up news about LGBTQ issues and get tips for joining in the community, wherever you live.

Hotlines and Call Centers

37. Borderline Personality Disorder Resource Center: 1-888-694-2273

If you've been diagnosed with borderline personality disorder—or you have a hunch you or a loved one may be displaying symptoms of BPD—the social workers staffing the Borderline Personality Disorder Resource Center's hotline can arm you with all the information you need about local resources and provide immediate over-the-phone counseling.

38. National Suicide Prevention Hotline: 1-800-273-8255

With the primary aim of keeping you going even in the darkest of times, this suicide prevention hotline is available 24/7 to offer a compassionate ear—no matter what you're dealing with. Pour your heart out to a skilled staffer without fear of being judged, and if you'd like referrals to local mental health care services after your call, hotline representatives can set you up.

39. Disaster Distress Hotline: 1-800-985-5990

If you've recently been the victim of a disaster (whether caused by nature or man), this is your go-to contact for all things related to counseling and relief. The trained counselors staffing the Disaster Distress Hotline provide help to those suffering in the wake of hurricanes, floods, wildfires, droughts, and earthquakes as well as incidences of mass violence or health epidemics (like the [Ebola crisis](#)). The call center is also open to friends and family members of victims. An alternative way to connect: Text "TalkWithUs" to 66746.

40. GLBT National Help Line: 1-888-843-4564

Need to talk to someone who gets it when it comes to coming out, being bullied for your sexual orientation, or navigating [same-sex relationships](#)? Look no further than the GLBT National Help Line, run by peers and allies of the LGBTQ community. This hotline is ready to hear your concerns and can connect you to the GLBT National Help Center's massive list of resources for LGBTQ-friendly services and organizations near you.

41. GLBT National Help Center for Youth: 1-800-246-7743

If you're under 21 and looking to speak with a peer counselor who really understands issues related to gender or sexual identity, this is the number to call. Similar to the national help line, this version for youth lets young LGBTQ-identified individuals dial in to talk about hardships faced in their day-to-day lives. Callers can also access a ton of resources to help bolster them well into their 20s and beyond.

42. LGBTQ Domestic Violence Project: 1-800-832-1901

Domestic violence or sexual assault can happen to anyone. If it's happened to you and you identify as LGBTQ, this hotline can help. It's free and confidential and offers you the opportunity to speak with a counselor and to obtain information about safety plans, safe houses, legal resources, and additional crisis intervention options.

43. Hair Pullers Anonymous Nationwide Phone Meetings

Trichotillomania is a disorder involving compulsive pulling of the hair and can also be accompanied by obsessive skin picking. If you're suffering from this behavioral issue, it can seriously help to speak with people who can relate and share coping mechanisms. Use the link above for an email that will give you access to the confidential telephone number and call times.

44. National Association of Anorexia Nervosa and Associated Disorders: 1-800-931-2237

Need more info on [eating disorders](#)? Looking for treatment for yourself, a friend, or a loved one? ANAD's national helpline is here for you. Whether you're looking for immediate counseling or recommendations for treatment and support, this is the number to call. Folks who prefer to connect with a volunteer or counselor but aren't in the mood to pick up the phone can take advantage of ANAD's services via email.

45. National Crime Victim Helpline: 1-800-394-2255

If you've been the victim of any type of crime, this toll-free, confidential help line can connect you with the resources that best address your current situation—from directing you to specific counseling centers and resources to connecting you with legal advice. Whatever the crime, this hotline is a trustworthy first step in getting you the assistance you need, STAT.

46. National Domestic Violence Hotline: 1-800-799-7223

Trained [domestic violence](#) advocates are available to help those trapped in dangerous home situations 24/7. To receive immediate counseling free of charge and gain access to local resources that can assist you in implementing a safety plan and seeking refuge, call The National Domestic Hotline's toll-free number ASAP.

47. National Eating Disorder Association Helpline: 1-800-931-2237

Need some help figuring out where to go and who to turn to when dealing with an [eating disorder](#) (your own or someone else's)? Call a trained NEDA representative at this hotline and they'll hook you up with information about eating disorders, treatment options, and referrals.

48. National Organization for Victim Assistance: 1-800-879-6682

Whether you're a victim or a witness to a crime (or even if you're a criminal justice or mental health professional seeking services for a client), NOVA's hotline can help you. Though the association doesn't offer counseling, NOVA representatives can connect you within minutes to a counseling hotline that best fits your needs. They also provide information about crime and crisis recovery as well as referrals to victim advocacy.

49. National Sexual Assault Hotline: 1-800-656-4673

You don't have to suffer in silence if you've been [sexually assaulted](#). This hotline can offer counsel and link you to resources that can help you navigate this traumatic situation. The group's website also hosts a free and confidential online chat, if that's easier than picking up the phone.

50. Obsessive Compulsive Anonymous Nationwide Conference Call: 1-712-432-0075

Maybe you want to connect with others who can relate to the obsessions or compulsions that are weighing on you, but you can't attend in-person meetings. That's where this call center can step in. The conference call can help lift you out of isolation and link you up with peers who know exactly what you're going through. Modeled after AA, OCA's conference calls follow the basic format of a 12-step meeting. Visit the group's website for times of calls and additional resources related to OCD.

51. Samaritan's Crisis Hotline: 1-212-673-3000

Staffed by rigorously trained volunteers, this 24/7 suicide prevention hotline is free of charge and here to help by lending a compassionate, non-judgmental ear when you're in crisis. This is the ideal resource for anyone who can't afford therapy but desperately needs to talk and be heard. Call the Samaritans morning, noon, or night if you're feeling overwhelmed, depressed, or isolated and can't turn to family and friends.

52. Trevor Lifeline: 1-866-488-7386

For LGBTQ youth who need help grappling with urges to self-harm or thoughts of suicide, this number can literally be a lifeline. Available free of charge and at all hours, this number is manned by a trained staffer ready to field your call and let you open up about whatever issues you're facing. Not into phone calls? Text "Trevor" to 1-202-304-1200 to connect with a skilled support line responder.

53. Crisis Call Center: 1-800-273-8255

Another 24-hour helpline, this crisis call center gives Nevada residents support for emotional distress—whatever the reason—and connects them with resources throughout the state that they can take advantage of. Pick up the phone when you need to talk or text "ANSWER" to 839863 to connect.

Addiction Support Groups

54. Alcoholics Anonymous

The granddaddy of support groups, AA has been helping alcoholics since 1935. Founded by two former drinking buddies, the program was loosely modeled on a popular religious movement bent on owning your errors, assessing your character, and making amends. Today it boasts over two million members worldwide and welcomes folks of any age and all political, sexual, and gender orientations. No dues or fees required.

55. Al-Anon

Sometimes the issue is not your drinking, but a friend's or family member's whose issues with alcohol have disrupted your life. Al-Anon supports individuals affected by others' alcoholism and even offers a specialized program for teens (Alateen).

56. Cocaine Anonymous

Started in Los Angeles in 1982, Cocaine Anonymous counts around 30,000 members across the globe. Like its name implies, CA is modeled after the 12 steps and peer-support design of AA. People wrestling with addictions to other substances in addition to cocaine are also welcome to address that here. Meetings are free and open to all. The only requirement: You want to stop using.

57. Crystal Meth Anonymous

Crystal Meth Anonymous was also born out of AA. After witnessing an upsurge of crystal meth addicts joining AA to get sober, one former addict began this offshoot in 1994. He figured meth addicts could benefit from a 12-step model, but they needed their own tailored version of support. Turns out, that hunch was right, as today you can find over 600 CMA meetings worldwide.

58. Dual Recovery Anonymous

Dual Recovery Anonymous offers a specialized 12-step program for folks grappling with chemical dependencies on top of emotional and psychological disorders. Similar to other 12-step peer support programs, the only requirement for entry is a desire to get sober and, in this case, a desire to manage your mood.

59. Gamblers Anonymous

The 12-step system doesn't just apply to substances. People who find themselves frequently in debt or otherwise stressed by excessive gambling habits have made good use of this support group. And it's no newcomer; it's been on the scene since 1957.

60. LifeRing

LifeRing doesn't involve any official "steps." And there's no need for sponsorship here, either. The organization does, however, provide forums and face-to-face meetings to help people who wish to be [sober](#) design their own recoveries in a way that makes sense for them.

61. Marijuana Anonymous

Sure, pot is now legal in some states, but like other legal substances (ahem, alcohol) that doesn't mean it won't [trigger addiction](#) issues. If your tokes are getting in the way of your life, these national meetings can help bring back some balance.

62. Narcotics Anonymous

Designed for drug addicts grappling with all types of chemical dependencies, NA models itself after, you guessed it, the traditions and steps of Alcoholics Anonymous. And it's been in the business of keeping folks around the world drug-free since 1953.

63. Nar-Anon

Similar to Al-Anon and Alateen, Nar-Anon offers support to the family members and friends of people struggling with addiction. Meetings give a safe space for people to sort out their feelings and make sense of their loved one's addictive behavior and its impact on their lives.

64. Overeaters Anonymous

Yes, you can get hooked on the [highs associated with food](#). And if you are, you're not alone: About 11 percent of us are addicted to food. Thankfully, there are over 6,500 OA meetings across the globe designed in the 12-step spirit of AA to help people manage compulsive eating habits and cultivate a healthier relationship with food.

65. Sex Addicts Anonymous

We're all for a healthy and [happy sex life](#). But sometime people use sex to self-medicate, self-destruct, and, in the process, wreak havoc on their own and others' wellbeing. Researchers estimate between 3 and 6 percent of the population is at risk. Men and women can learn to manage their behavior, gain insight into their impulses, and start their recovery through peer support with 12-step SAA meetings hosted across the globe.

66. Secular Organizations for Sobriety

An alternative to AA, this support network is for anyone seeking sobriety. SOS backs individual empowerment while also declaring a strong respect for science and healthy [skepticism surrounding treatment](#). Meetings are held across the U.S. and abroad.

67. SMART Recovery

Twelve-step programs not your thing? No problem. SMART recovery offers another alternative to AA and its offshoots. Modeled after research-based [cognitive behavioral therapy](#) strategies, SMART meetings do not require you to identify as an addict or alcoholic. It's also less steeped in spirituality and puts greater emphasis on

empowering members. The group isn't exclusively for alcoholics; SMART doors are open to individuals struggling with all types of addictions.

68. Women For Sobriety

Women For Sobriety is based on the belief that there's a bit of a gender divide when it comes to getting clean. Rather than emphasizing humility and lack of control over your drinking habits, WFS aims to bolster women's self-worth, personal responsibility, and problem-solving skills. And instead of 12 steps, WFS offers a variety of strategies to practice acceptance and avoid getting strung up on the past. Groups can be found in the U.S. and Canada. Ladies only, please.

Other Support Groups

69. American Foundation for Suicide Prevention

If you've lost someone you love to suicide, AFSP support groups will give you a place to discuss your feelings and manage grief in the company of others who get it—because they've been there too. While some meetings take place during a set time span, others are ongoing and open to attendees showing up as frequently as they wish.

70. Anxiety and Depression Association of America Support Groups

ADAA offers an extensive, searchable list of free or affordable resources that cater to specific anxieties, phobias, and [mood issues](#). The organization also offers resources for general support for faulty thinking and behavior patterns, relationship problems, and self-esteem issues.

71. Co-dependents Anonymous

If you struggle with low self-esteem and find yourself frequently sucked into [relationships](#) where your needs remain unmet or minimized, this support group can help you set healthy boundaries. CoDa meetings are modeled after AA's 12 steps and seek to empower individuals to break free from self-destructive habits and develop healthier relationships.

72. Depression and Bipolar Support Alliance

This alliance offers over 700 national groups with peer support. It's a judgment-free discussion zone where you can open up about life's challenges brought on by living with [depression](#) or bipolar disorder. The best part? All groups are totally free.

73. Emotions Anonymous

Even if you don't have an addiction, you can still apply the 12-step model to manage negative thinking, [self-esteem issues](#), loneliness, and other destructive feelings with the support of over 1,000 EA meetings worldwide. (And if you *are* wrestling with substance or behavioral addictions, you're still welcome to attend.)

74. GLBT Near Me

The GLBT National Resource Database offers over 1,000 support services for people of all genders, sexual orientations, races, and ages. Plug your zip code into their handy local resource finder and voilà: You'll be connected to an affordable (if not entirely free) support group catered to your needs that's close to home.

75. National Association of Anorexia Nervosa and Associated Disorders

These eating disorder support groups come in a few different formats. Most are led by a psychotherapist, while others are run by a [nutritionist](#). The vast majority are free. The main goal of these programs is to offer a safe space for people struggling with disordered eating to openly discuss their turmoil and receive guidance on how they can heal. To find the closest one to you, click your state on ANAD's support groups page.

76. National Eating Disorders Association

Like ANAD, NEDA offers an extensive list of support groups for individuals with eating disorders. All you have to do is plug your state into their search engine and find groups nearby. For those who want more personalized peer support, check out [NEDA Navigator](#), a program that connects individuals looking to overcome disordered eating with a person who's been there and can act as a guide during recovery.

77. Parents, Families, and Friends of Lesbians and Gays

If you're a friend, family member, or parent of someone who identifies anywhere on the LGBTQ spectrum, PFLAG is your go-to resource for all things related to education, advocacy, and social outreach. PFLAG can also help those struggling to come to terms with a loved one's sexual or gender orientation. Plug in your hometown to their search engine to find a local chapter.

78. Heal Grief

At some point in our lives, all of us will have to wrestle with the many stages of grief. But it helps if we've got people to talk to about our loss—especially someone in the midst of a similar grieving process or someone who have come through to the other side. Heal Grief's support services extend across the U.S. and can be found, organized by state, via the drop down menu on the group's website.

79. International OCD Foundation

Obsessive Compulsive Disorder affects millions of people across the globe. About 2.3 percent of Americans have the disorder. Thankfully, there's a ton of support out there, and it's likely closer than you think. Check out the listings on the International OCD Foundation's website to find a group near you.

80. Sidran's HelpDesk

The Sidran Institute offers services for all kinds of people grappling with PTSD, from [military vets](#) to white-collar workers. Trauma can trigger a huge amount of emotional suffering, and without help, some people can be debilitated by their symptoms. If you're wrestling with these shockwaves, contact Sidran to get more info on support groups.

81. Trichotillomania Learning Center

Trichotillomania is an obsessive compulsive disorder where sufferers compulsively pull out their hair or incessantly pick at their skin to the point of bruising. Symptoms can be damaging, but so can the isolation people feel with this disorder. This organization's support groups can help people manage their impulses, find better coping skills for their anxiety, and find company in their struggle.

Good Sleep Can Change Your Life. Here's How To Get It

If you're looking for an increase in happiness, it may be as simple as adjusting your sleep habits. Technically speaking, [REM sleep](#) is the most restorative time for your body. This sleep cycle happens 70-90 minutes after you've drifted off into your slumber, and during this time, blood flow is drawn away from your brain and into your organs, tissues, and muscles to heal and repair your cells.

Consider your most peaceful rest – how do you feel when you wake up? If you're taking good care of your body and ensuring that you eat right and sleep enough, you should feel fully replenished, peaceful, and calm. What many people don't know is that REM sleep is incredibly beneficial for strengthening your mind.

The dream state, which happens during the REM sleep cycle, [improves your brain function](#) and increases your brain power. This means that better sleep (and better dreaming) can help you work smarter and more efficiently, allowing for more time to do what truly makes you happy.

[Research](#) conducted by Ulrich Wagner shows that dreaming helps you create more connections between the synapses in your brain. Once these connections are established, they help you incorporate “[new information into existing experiences](#),” which creates a deeper knowledge bank for your brain and results in better problem solving skills.

As a result, you'll have less anxiety and less stress because you have the mental tools to cope with any challenges that come your way. With better processing tools, you actually increase your potential for happiness – opening up the doorway for you to bring more of who and what you are into the world in more innovative ways.

Many of us actually sabotage our ability to fall into deep sleep cycles, which causes mental haziness, fatigue, and bodily stress. To help you avoid falling into a downward spiral, here are five tips to ensure that you're getting the shut-eye you need:

1. Ditch your phone 40 minutes before bed.

The blue light streaming through your electronic devices stimulates your brain and throws off your circadian rhythm. Why? Blue light sends a signal to your brain asking it to wake up your entire body. The bright light is actually so powerful that it stops your brain from releasing melatonin into your blood stream, cutting off your ability to fall into a deep sleep. Instead of turning to electronics to wind down before bed, reach for a book or a magazine. This will help you relax without disrupting your circadian rhythm.

2. Work with essential oils (lavender & chamomile).

According to aromatherapy principles, lavender and chamomile have relaxing and soothing effects on the body. Two great ways to work with these oils are to spritz the aromas around the room (mix essential oil into water, and spritz liberally), and/or apply the aromas directly to your pulse points to strengthen the soothing effects on your body and mind (look for essential oils distilled in jojoba oil when applying directly to skin). Engaging with aromatherapies is a great, natural way to unwind from your day and create space for the relaxation and rejuvenation that sleep brings to your body.

3. Wear a sleep mask.

Your brain needs an ample amount of the chemical melatonin in order to fall asleep. Melatonin is more readily [released into your bloodstream](#) when your body is in a dark setting, so help yourself cancel out any excess light you're exposed to by placing sleep mask over your eyes. Not only will you have clearer dreams, but also you'll have a much deeper REM sleep cycle.

4. Cancel out noise disruptions.

You can't always control what other people are doing in your living space, but you can control your exposure and your reactions to it. No one likes to be woken up mid-dream, so let's call for less noise disruption, and deeper sleep. Take action to eliminate the chances of being woken up by outside noises by opting for some ear plugs, switching on an air purifier, or using a fan. I recommend anything that creates a consistent noise shield. Air purifiers are most likely your best bet here – they filter out pollution, allergens, dust, and anything else from the air in your space that could cause your body harm. You can also look for energy efficient appliances that won't drain a significant amount of energy.

5. Eat foods that promote REM sleep.

Eating foods that are rich in melatonin and tryptophan will help you reach a deeper dream state in your sleep. *Why?* [Research](#) shows that increasing your intake of melatonin helps restore your circadian rhythm, which ultimately helps normalize and deepen your REM sleep (where most of your dreaming takes place). The second food option, tryptophan, is also great for promoting REM sleep because tryptophan is ultimately converted into melatonin once it hits your brain.

What to eat for deeper sleep:

- Pumpkin seeds
- Poppy seeds
- Flax seeds
- Cherries
- Bananas
- Lentils
- Eggs

Now that you have the tools to create the best environment for deeper sleep, make sure you put them into action.

Credit: mindbodygreen.com

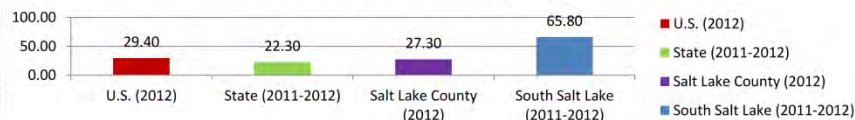
South Salt Lake Data 2014

Birth Rate for Females Aged 15-19

Utah's Small Areas	U.S. (2012)	State (2011-2012)	Salt Lake County (2012)	South Salt Lake (2011-2012)
Adolescent Births per 1,000 (Ages 15-19)	29.40	22.30	27.30	65.80
Rankings	*	*	*	2

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Adolescent Birth Rates per 1,000 births

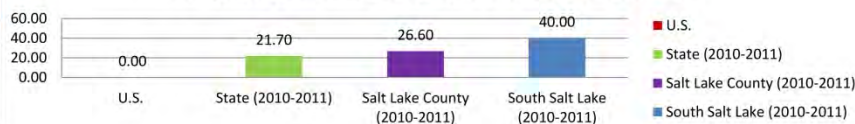


Emergency Department Visits due to Asthma

Utah's Small Areas	U.S.	State (2010-2011)	Salt Lake County (2010-2011)	South Salt Lake (2010-2011)
ED Asthma Rates per 10,000	*	21.70	26.60	40.00
Rankings	*	*	*	6

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Asthma Related ED Visits - Rate per 100,000

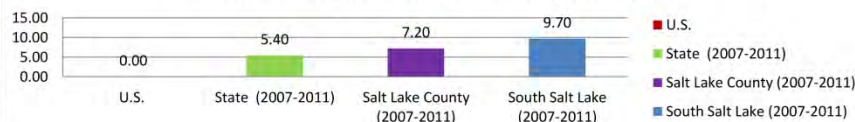


Hospitalizations due to Asthma Age-adjusted Rates

Utah's Small Areas	U.S.	State (2007-2011)	Salt Lake County (2007-2011)	South Salt Lake (2007-2011)
Hospitalization Asthma Rates per 10,000	*	5.40	7.20	9.70
Rankings	*	*	*	6

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Asthma Hospitalizations - Rate per 10,000

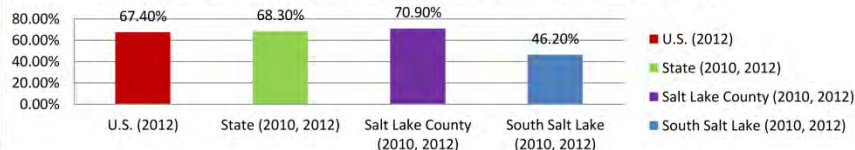


Percentage of Persons Age 50+ Who Reported Having Had a Sigmoidoscopy or Colonoscopy in the Past 10 Years or an FOBT in the Last Year

Utah's Small Areas	U.S. (2012)	State (2010, 2012)	Salt Lake County (2010, 2012)	South Salt Lake (2010, 2012)
Colorectal Cancer Screening % of Adults	67.40%	68.30%	70.90%	46.20%
Rankings	*	*	*	2

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Adults 50+ who report having a Sigmoidoscopy or Colonoscopy in the past 5 years



Adolescent Birth Rate – Decreased since 2013 report

77.0 (2013 report)

65.8 (2014 report)

Asthma ED Visits – Improved since 2013 report

53.7 (2013 report)

40.0 (2014 report)

Colonoscopy Screenings – Decreased since 2013 report

50.3 (2013 report)

46.2 (2014 report)

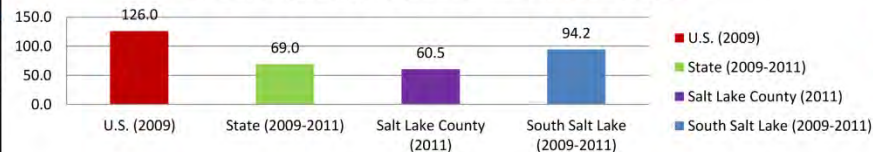


Coronary Heart Disease Deaths

Utah's Small Areas	U.S. (2009)	State (2009-2011)	Salt Lake County (2011)	South Salt Lake (2009-2011)
Coronary Heart Disease Deaths per 100,000	126.0	69.0	60.5	94.2
Rankings	*	*	*	6

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Coronary Heart Disease Death per 100,000

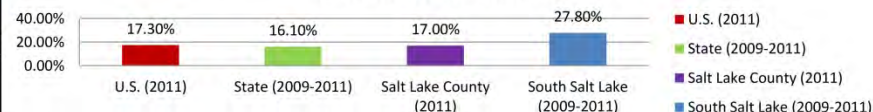


Adults Reporting Cost as a Barrier to Care in Past Year

Utah's Small Areas	U.S. (2011)	State (2009-2011)	Salt Lake County (2011)	South Salt Lake (2009-2011)
Cost as a barrier to healthcare	17.30%	16.10%	17.00%	27.80%
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Cost as a Barrier to Healthcare



Diabetes Deaths per 100,000 Population (Age-Adjusted Rates)

Utah's Small Areas	U.S. (2010)	State (2010-2012)	Salt Lake County (2010-2012)	South Salt Lake (2008-2012)
Deaths from Diabetes	20.80	24.40	25.30	47.60
Rankings	*	*	*	1

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Deaths from Diabetes per 100,000

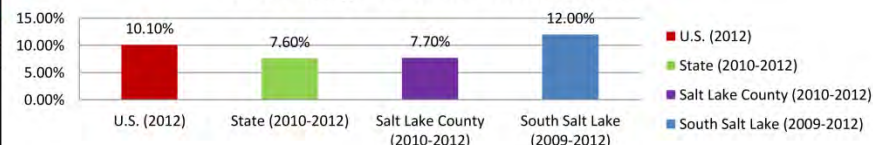


Age-adjusted Percentage of Utahns With Doctor-diagnosed Diabetes

Utah's Small Areas	U.S. (2012)	State (2010-2012)	Salt Lake County (2010-2012)	South Salt Lake (2009-2012)
Diabetes Prevalence	10.10%	7.60%	7.70%	12.00%
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Adults with Diabetes

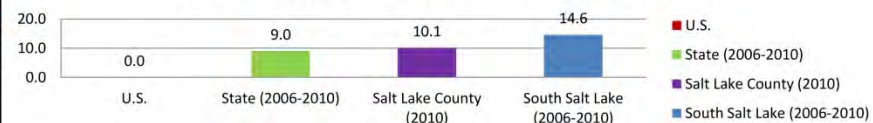


Diabetes Hospital Discharges (Age-adjusted Rates)

Utah's Small Areas	U.S.	State (2006-2010)	Salt Lake County (2010)	South Salt Lake (2006-2010)
Diabetes Hospitalizations	*	9.0	10.1	14.6
Rankings	*	*	*	5

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Diabetes Hospitalizations Rates per 100,000



Deaths from Diabetes – Increased since 2013 report

39.9 (2013 report)

47.6 (2014 report)

Percentage of Adults with Diabetes

8.8% (2013 report)

12.0% (2014 report)

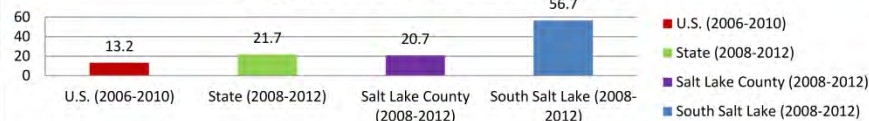


Poisoning Deaths

Utah's Small Areas	U.S. (2006-2010)	State (2008-2012)	Salt Lake County (2008-2012)	South Salt Lake (2008-2012)
Drug Overdose & Poisoning	13.2	21.7	20.7	56.7
Rankings	*	*	*	1

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Drug Overdose & Poisoning Deaths

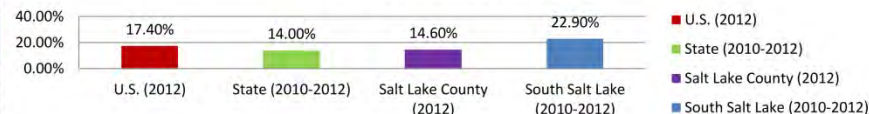


Percentage of Adults Aged 18 and Older Who Reported Fair or Poor General Health

Utah's Small Areas	U.S. (2012)	State (2010-2012)	Salt Lake County (2012)	South Salt Lake (2010-2012)
Fair and Poor Health	17.40%	14.00%	14.60%	22.90%
Rankings	*	*	*	5

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Fair or Poor General Health

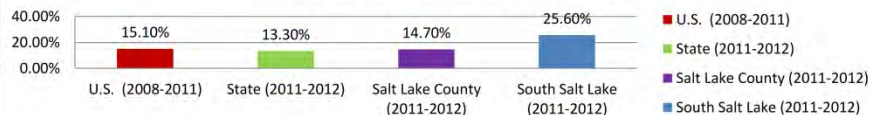


No Health Insurance Coverage

Utah's Small Areas	U.S. (2008-2011)	State (2011-2012)	Salt Lake County (2011-2012)	South Salt Lake (2011-2012)
Health Insurance Coverage	15.10%	13.30%	14.70%	25.60%
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

No Health Insurance Coverage

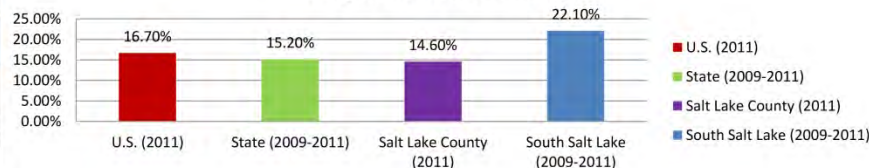


Percentage of Adults Aged 18 and Older Who Reported Seven or More Days When Their Physical Health Was Not Good in the Past 30 Days

Utah's Small Areas	U.S. (2011)	State (2009-2011)	Salt Lake County (2011)	South Salt Lake (2009-2011)
Health Status - Physical Health	16.70%	15.20%	14.60%	22.10%
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Physical Health Status

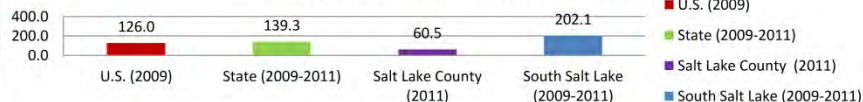


Heart Disease Deaths

Utah's Small Areas	U.S. (2009)	State (2009-2011)	Salt Lake County (2011)	South Salt Lake (2009-2011)
Infant Mortality	126.0	139.3	60.5	202.1
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Heart Disease Deaths per 100,000



Fair or Poor Health – Improved since 2013 report

25.2 (2013 report) 22.9 (2014 report)

No Insurance Coverage – Improved since 2013 report

38.5% (2013 report) 25.6% (2014 report)

Heart Disease Deaths – Improved since 2013 report

216.2 (2013 report) 202.1 (2014 report)



Life Expectancy at Birth

Utah's Small Areas	U.S. (2011)	State (2007-2011)	Salt Lake County (2007-2011)	South Salt Lake (2007-2011)
Life Expectancy	78.7	81.5	79.7	74.5
Rankings	*	*	*	1

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Low Birth Weight

Utah's Small Areas	U.S. (2012)	State (2010-2012)	Salt Lake County (2010-2012)	South Salt Lake (2010-2012)
Low Birth Weight	8.00%	6.90%	7.40%	8.60%
Rankings	*	*	*	9

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Motor Vehicle Crash Emergency Department Visits

Utah's Small Areas	U.S. (2007)	State (2006)	Salt Lake County (2004-2006)	South Salt Lake (2004-2006)
Motor Vehicle Crash - ED & Hosp. per 10,000	106.9	82.8	92.0	112.5
Rankings	*	*	*	8

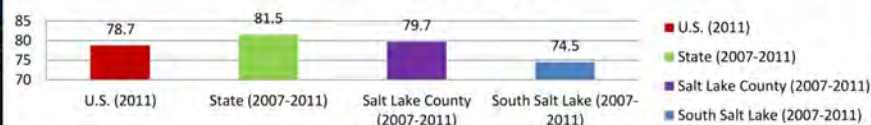
Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Adults Who Were Overweight or Obese

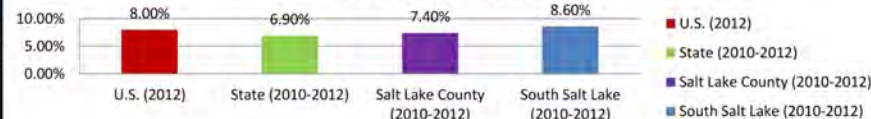
Utah's Small Areas	U.S. (2012)	State (2012)	Salt Lake County (2012)	South Salt Lake (2012)
% of Overweight or Obese Adults	63.10%	59.10%	58.20%	74.10%
Rankings	*	*	*	4

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

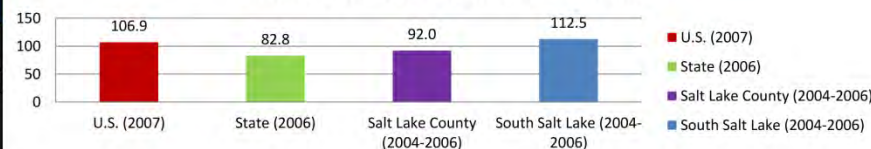
Life Expectancy



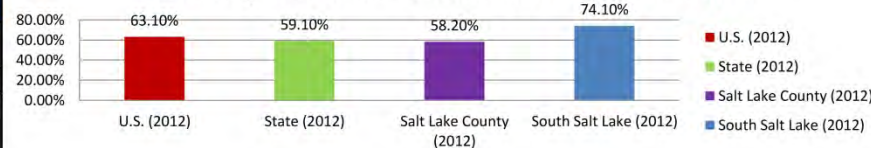
Low Birth Weight



Motor Vehicle Crashes - ED Visits



Percentage of Adults who are Overweight or Obese



Overweight or Obese – No comparison available from 2013 report of overweight and obese rate was not statistically significant

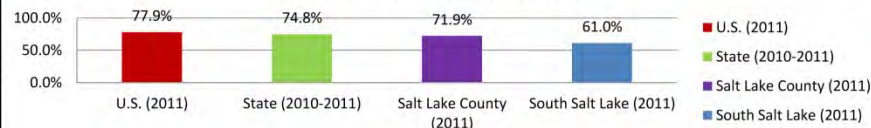


At Least One Primary Provider

Utah's Small Areas	U.S. (2011)	State (2010-2011)	Salt Lake County (2011)	South Salt Lake (2011)
% of Adults with a Personal Doctor or Healthcare Provider	77.9%	74.8%	71.9%	61.0%
Rankings	*	*	*	2

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Adults who have a Doctor or Healthcare Provider

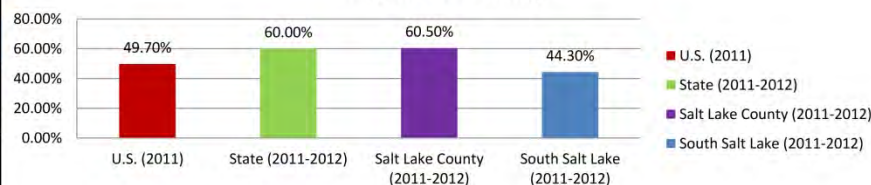


Percentage of Adults Who Reported Getting the Recommended Amount of Aerobic Physical Activity

Utah's Small Areas	U.S. (2011)	State (2011-2012)	Salt Lake County (2011-2012)	South Salt Lake (2011-2012)
Recommended Physical Activity % of Adults	49.70%	60.00%	60.50%	44.30%
Rankings	*	*	*	4

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Physical Activity

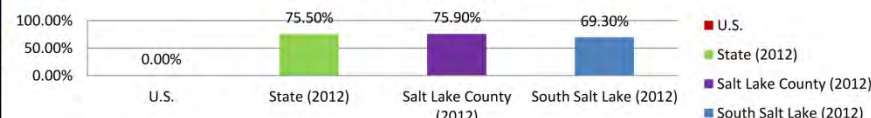


Prenatal Care in the First Trimester of Pregnancy

Utah's Small Areas	U.S.	State (2012)	Salt Lake County (2012)	South Salt Lake (2012)
Prenatal Care % of Mothers	*	75.50%	75.90%	69.30%
Rankings	*	*	*	15

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Prenatal Care



Stroke Deaths

Utah's Small Areas	U.S. (2010)	State (2010-2012)	Salt Lake County (2010-2012)	South Salt Lake (2010-2012)
Stroke deaths per 100,000	39.1	37.3	34.4	58.4
Rankings	*	*	*	4

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Stroke deaths per 100,000



Physical Activity – Improved since 2013 report

35.5% (2013 report)

44.3% (2014 report)

Prenatal Care – Improved since 2013 report

60.0% (2013 report)

69.3% (2014 report)

Heart Disease Deaths – Increased since 2013 report

49.1 (2013 report)

58.4 (2014 report)



Suicide

Utah's Small Areas	U.S. (2007-2011)	State (2007-2011)	Salt Lake County (2007-2011)	South Salt Lake (2007-2011)
Suicide per 100,000	11.5	17.1	18.3	33.7
Rankings	*	*	*	1

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Unintentional Injury Death Rates

Utah's Small Areas	U.S. (2006)	State (2007-2009)	Salt Lake County (2007-2009)	South Salt Lake (2007-2009)
Unintentional Injury Deaths per 100,000	39.8	52.1	32.5	88.9
Rankings	*	*	*	6

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Persons Aged 65 or Over

Utah's Small Areas	U.S. (2012)	State (2012)	Salt Lake County (2012)	South Salt Lake (2012)
UT Pop. Age Distribution % age 65+	13.70%	9.50%	9.10%	8.40%
Rankings	*	*	*	35

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate.

Educational Attainment: Bachelor's Degree or Higher, Utahns Age 25+, ACS 5-Year data

Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2008-2012)	South Salt Lake (2008-2012)
UT Pop. Education Level	28.20%	29.50%	30.80%	24.60%
Rankings	*	*	*	25

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Median Annual Household Income

Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2011)	South Salt Lake (2008-2012)
UT Pop. Household Income	\$53,046	\$58,164	\$58,743	\$32,745
Rankings	*	*	*	1

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

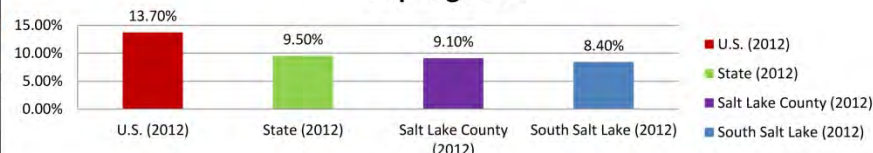
Suicide per 100,000



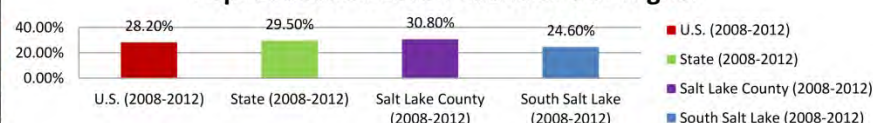
Unintentional Injury Deaths



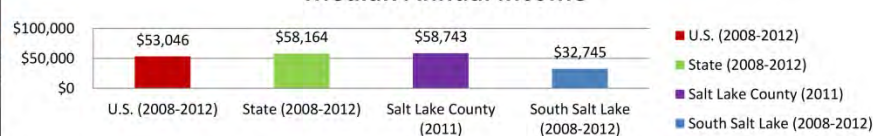
Pop. Age 65+



Pop. Education Level: Bachelor's or Higher



Median Annual Income



Pop. Age 65+ Decreased since 2013 report

10.3% (2013 report) 8.4% (2014 report)

Education Level - Increased since 2013 report

21.5% (2013 report) 24.6% (2014 report)

Household Income - Decreased since 2013 report

\$34,433 (2013 report) \$32,745 (2014 report)



Percentage of Families With Children Under 18 That Were Headed by a Single Female (No Husband Present)

Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2008-2012)	South Salt Lake (2008-2012)
UT Pop. Household Structure	7.40%	5.70%	6.10%	9.30%
Rankings	*	*	*	4

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Population Estimates, Percentage Hispanic Ethnicity

Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2012)	South Salt Lake (2008-2012)
UT Pop. Hispanic	16.10%	12.60%	17.50%	28.20%
Rankings	*	*	*	6

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Persons Living in Poverty

Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2012)	South Salt Lake (2008-2012)
UT Pop. Poverty All Ages	14.90%	12.10%	13.30%	29.70%
Rankings	*	*	*	3

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Percentage of Children in Poverty

Utah's Small Areas	U.S. (2012)	State (2012)	Salt Lake County (2012)	South Salt Lake (2008-2012)
UT Pop. Poverty Children	22.60%	15.50%	16.90%	42.60%
Rankings	*	*	*	1

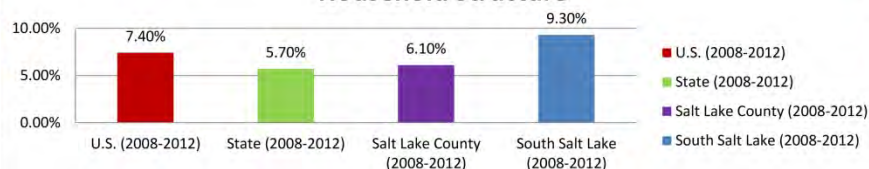
Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

Population Estimates, Percentage White

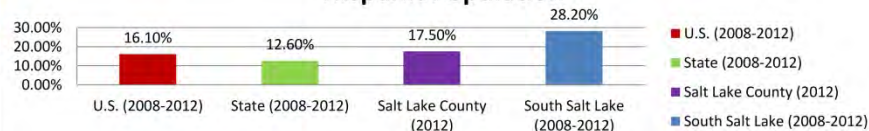
Utah's Small Areas	U.S. (2008-2012)	State (2008-2012)	Salt Lake County (2008-2012)	South Salt Lake (2008-2012)
UT Pop. Racial & Ethnic Comp.	74.20%	89.10%	89.10%	76.10%
Rankings	*	*	*	58

Note: Statistically, this rate for South Salt Lake does differ significantly from the state rate

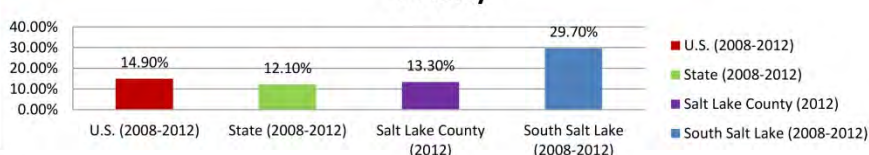
Household Structure



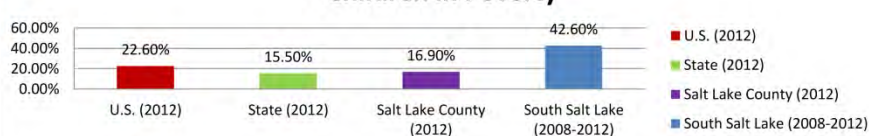
Hispanic Population



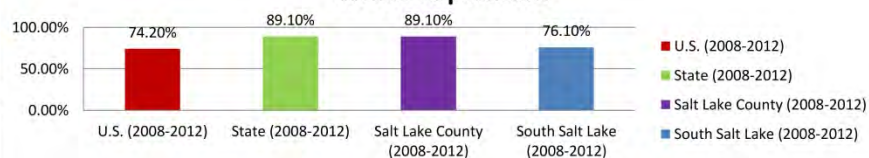
Poverty



Children in Poverty



White Population



Single Family Household – Improved since 2013 report

10.3% (2013 report)

8.4% (2014 report)

White Population - Decreased only slightly since 2013 report

76.4% (2013 report)

76.1% (2014 report)