



CAMPUS & COMMUNITY MENTAL HEALTH RESOURCES



Psi Chi
UNIVERSITY OF UTAH

This purpose of this resource list is to inform students of available University of Utah mental health resources as well as resources pertaining to the greater Salt Lake area.

This list is meant to be informative and act as reference for students, Psi Chi is not affiliated with any of the following organizations or resources.

Contents:

Abuse Resources.....	Page 1
Support Groups.....	Page 3
Suicide/Crisis Resources.....	Page 4
Counseling/Mental Health Services.....	Page 5
Cultural Needs.....	Page 6
Student Groups.....	Page 7
Opportunities to get Involved.....	Page 8

In the event of an emergency call 911

Community and Campus Resources

Abuse

National Sexual Assault Hotline

Trained staff provide confidential legal/emotional support in a crisis, they are also available to answer questions.

+1 (800) 656-Hope (4673)

Online Chat: <https://hotline.rainn.org>

Rape Recovery Center

Provide support and therapeutic services to victims of sexual assault, they also provide community and prevention education.

+1 (801) 467-7273

www.raperecoverycenter.org

Safe Harbor

Provides shelter and support for victims of sexual and domestic abuse. They also provide community resources and education.

+1 (801) 444-9161

www.safeharberhope.org

Family Justice Center

Seeks to provide community collaboration aimed at supporting victim safety and offender accountability. They also provide co-located, assessable, victim centered services.

+1 801-537-8600

www.slcfamilyjusticecenter.org

University of Utah Victim-Survivor Advocacy

Provides free, trauma informed and confidential support to students, faculty, and staff who have experienced interpersonal violence. They also aim to empower victims to make informed decisions regarding healing and justice.

Student Services Building, Room 328

www.wellness.utah.edu/victim-survivor-advocacy

University of Utah Women's Resource Center

Aims to provide educational and support for women through education, counseling, and training to promote equality.

200 Central Campus Dr # 411, Salt Lake City, UT 84112

www.womenscenter.utah.edu

801-581-8030

Support Groups

Recovery Vibe

Aims to provide support and healing through artistic expression such as dance, they also provide and open and honest support groups.

<https://www.facebook.com/groups/1532946503582974//permalink/1544915519052739/>

Church of Jesus Christ of Latter Day Saints Addiction Recovery Program

Provides support for those overcoming addiction through support groups as well as a 12 Step Program adapted from Alcoholics Anonymous that is centered in a Latter-day Saint context.

Addictionrecovery.churchofjesuschrist.org

Alcoholics Anonymous

Provides support for those overcoming addiction through support groups that foster honesty and vulnerability in an anonymous setting.

www.utahaa.org

Mindfulness Center

Provides support through mindfulness training and group meditation and mindfulness sessions.

mindfulnesscenter.utah.edu

Suicide/Crisis

Suicide Prevention Hotline

Provides support for those struggling with suicidal thoughts, those who are in distress, and those who are concerned about others.

+1 (800) 273-8255

+1 (888) 628-9454 (Español)

Crisis Text Line

Text 741741

Mobile Crisis Outreach Team

Provides emotional support for those in distress or crisis, also provides referrals for those in need of mental health or emotional well-being services.

+1 (801) 587-3000

SafeUT App

Provides 24/7 access to crisis counseling and school tip reporting.

Appstore

Googleplay

Counseling/Mental Health Services

University of Utah Counseling Center

Provides resources, support, and counseling for University of Utah students undergoing emotional or mental health challenges.

801-581-6826

201 S. 1460 E. Salt Lake City, Utah

Warmline

Provides mentoring for those in need of support, but who are not in crisis.

1 (801) 587-1055

Behavioral Health Access Center

Provides walk in support, mental health treatment, and crisis treatment

324 9th Avenue Salt lake City, Utah, North Entrance

Directory of Mental Health Professionals

Provides options to search for local therapists based of experience, insurance type, language, and qualifications

www.psychologytoday.com/therapists

Cultural Needs

Utah Pride Center

Provides support and fellowship for Utah's LGBTQ+ community

www.utahpridecenter.org

Encircle Homes

Provides reduced costs therapy and support for LGBTQ+ individuals as well as parents and families.

www.encircletogether.org

University of Utah LGBT Resource Center

Aims to provide University wide services for LGBTQ+ individuals and provide need for those with a queer range of sexual and gender experiences.

801-587-7973

www.lgbt.utah.edu

Christian Therapists in Salt Lake City

Provides the option to search for local therapists that are equipped to serve clients of a Christian background.

[Psychologytoday.com/us/therapists/christian/ut/salt-lake-city](https://www.psychologytoday.com/us/therapists/christian/ut/salt-lake-city)

Student Groups

Yellow For Life

Suicide Prevention student organization

samuel.adams@utah.edu

Psi Chi

International Honors Society of Psychology Students

<https://psichi.psych.utah.edu/>

It's On Us

A student led group aimed at ending sexual assault on campus.

<https://attheu.utah.edu/facultystaff/its-on-us-campaign/>

Opportunities to Get Involved

NIMH

National Institute of Mental Health, aimed at advancing research geared to the understanding and treatment of mental illness.

<https://www.nimh.nih.gov/index.shtml>

BACA-Utah Chapters

Bikers Against Child Abuse advocate for combating child abuse and provide support for victims.

www.BACAWorld.org

NAMI

National Alliance on Mental Illness, grassroots organization devoted to assisting individuals affected by mental illness

<https://www.nami.org/About-NAMI>