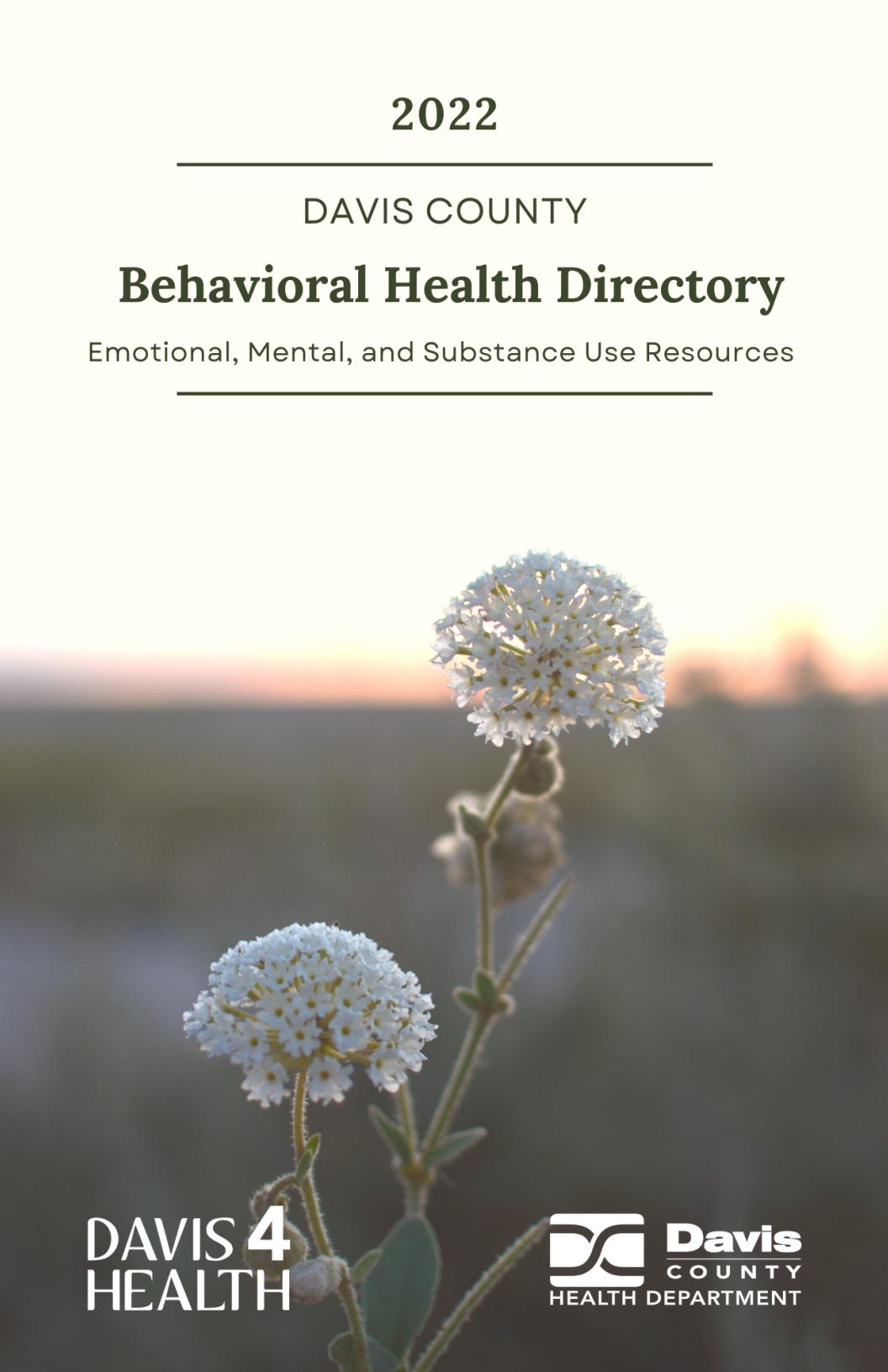


2022

DAVIS COUNTY

Behavioral Health Directory

Emotional, Mental, and Substance Use Resources



DAVIS 4
HEALTH



About this Directory

Background

In 2013, access to behavioral health services was identified as a top public health improvement priority in Davis County. A community action group was formed to address the issue. They recognized the need to assess mental, emotional, and substance abuse services offered in Davis County. This directory is one effort to improve access by identifying providers and describing services offered.

Those interested in helping to improve access to services can join the Davis Behavioral Health Network. To find out more information or to participate in group meetings contact Isa Perry, Davis County Health Department, 801-525-5212 or isa@daviscountyutah.gov.

New Sections and Online Navigation

To help with accessibility and education, two new sections have been added to this edition of the directory, Behavioral Health Provider Credentials and a Glossary. For those accessing the directory online, quickly search for a provider name, service, or term by using the find/search feature (CTRL+F on Windows, Command + F on Mac). All hyperlinked text has been underlined to indicate a live link.

Directory Corrections and Updates

This is a living document and is subject to change. Please contact providers to verify hours, costs, services, etc. Providers are welcome to add or remove information about their agency and services at any time. If there is a resource that you would like to have added to the directory or if you need to update your information, please email healthstrategy@daviscountyutah.gov.

Many of these behavioral health resources are also included in an online county health resource locator found at davis4health.org. The most up-to-date version of this directory, as well as a new directory for those who speak Spanish, can be found at directories.davis4health.org.

Prepared By:

Davis County Health Department
22 S. State St.
Clearfield, Utah 84015
daviscountyutah.gov/health

Last Updated October 2022

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Behavioral Health Provider Credentials

For online users, terms are hyperlinked.

APRN: Advanced Practice Registered Nurse. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Case Manager: A health care professional, usually a nurse or social worker, who works with patients, providers, and health insurance plans to coordinate the continuity and cost-effectiveness of services. *APA Dictionary of Psychology*

Counselor: An individual professionally trained in counseling, psychology, social work, or nursing who specializes in one or more counseling areas, such as vocational, rehabilitation, educational, substance abuse, marriage, relationship, or family counseling. A counselor provides professional evaluations, information, and suggestions designed to enhance the client's ability to solve problems, make decisions, and effect desired changes in attitude and behavior. *APA Dictionary of Psychology*

DO: Doctor of Osteopathic Medicine. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

FNP: Family Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

LCSW: Licensed Clinical Social Worker. *SocialWorkGuide.org*

MD: Doctor of Medicine Profession. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

MPA: Master of Public Administration. *Merriam-Webster Dictionary*

NP: Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

PA: Physician Assistant. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

PA-C: Physician Assistant (certified). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Paraprofessional: A trained but not professionally credentialed worker who assists in the treatment of patients in both hospital and community settings. *APA Dictionary of Psychology*

PhD: Doctor of Philosophy. *Merriam-Webster Dictionary*

Psychiatrist: A physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders. In the United States, education for this profession consists of 4 years of premedical training in college; a 4-year course in medical school, the final 2 years of which are spent in clerkships studying with physicians in at least five specialty areas; and a 4-year residency in a hospital or agency approved by the American Medical Association. The 1st year of the residency is spent as a hospital intern, and the final 3 in psychiatric residency, learning diagnosis and the use of psychiatric medications and other treatment modes. After completing residency, most psychiatrists take a voluntary examination for certification by the American Board of Psychiatry and Neurology. *APA Dictionary of Psychology*

Psychologist: An individual who is professionally trained in one or more branches or subfields of psychology. Training is obtained at a university or a school of professional psychology, leading to a doctoral degree in philosophy (PhD), psychology (PsyD), or education (EdD). Psychologists work in a variety of settings...The professional activities of psychologists are also varied but can include psychological counseling, involvement in other mental health care services, educational testing and assessment, research, teaching, and business and organizational consulting. Formal certification or professional licensing is required to practice independently in many of these settings and activities. *APA Dictionary of Psychology*

Social Work(er): A profession devoted to helping individuals, families, and other groups deal with personal and practical problems within the larger community context of which they are a part. Social workers address a variety of problems, including those related to mental or physical disorder, poverty, living arrangements, child care, occupational stress, and unemployment, especially through involvement in the provision of social services. *APA Dictionary of Psychology*

Therapist: An individual who has been trained in and practices one or more types of therapy to treat mental or physical disorders or diseases. In the context of mental health, the term is often used synonymously with psychotherapist. *APA Dictionary of Psychology*

Learn more:

[MedlinePlus Types of Health Care Providers](#)

Crisis & Support Resources

All lines and centers are 24/7 unless otherwise noted.

Local

Mental Health Crisis Assistance
9-8-8

Life Threatening Emergencies
9-1-1

Crisis Support/Mobile Crisis Outreach Team (MCOT)
Davis Behavioral Health
801-773-7060

Juvenile Receiving Center
Davis Behavioral Health
907 W. Clark Ln.
Farmington, UT 84025
801-447-8000
Age Group: Youth 10-17 Yrs Old

Provides free crisis counseling, referrals to community agencies, and short-term placement for youth. *No appointment is needed to access services.*

Receiving & Engagement Center
Davis Behavioral Health
380 S. 200 W.
Farmington, UT 84025
801-513-2800
dbhutah.org/about/facilities/the-receiving-center
receivingcenter@dbhutah.org

Functions as a crisis response site and offers brief crisis stabilization for individuals experiencing mental health, substance use or other behavioral crises.

Non-Emergency Dispatch
Davis County Law Enforcement
801-451-4150

Domestic Abuse Victim Advocate (DAVA) Hotline
HAFB Family Advocacy Program
385-209-1811

Safe Harbor Lifeline and Prevention Center
223 Larson Ln.
Layton, UT 84041
Crisis Line: 801-444-9161
Business Line: 801-444-3191
safeharborhope.org
info@safeharborhope.org

Teen Resource Centers for Students in Crisis
Currently open at Clearfield, Northridge, Layton, Mountain High, and the Renaissance Academy
801-402-8385
dclc.davis.k12.ut.us/center-information/staff
jwhitworth@dsdmail.net
Age Group: High School Aged Students
Hours: 7:30am-3:00pm on days school is in session

Offers Davis School District students a safe place to shower, do laundry, study, and access resources. Please contact Jenica Whitworth (phone number and email above) for more information.

State

Behavioral Health Services Navigation
Intermountain Healthcare
833-442-2211
Hours: 8am-8pm

Free interpretation offered in Spanish and 19 other languages.

Utah Child Abuse/Neglect Reporting Line
1-855-323-DCFS (3237)

Utah Crisis Line and Suicide Prevention Lifeline
Toll Free: 1-800-273-TALK (8255)
Local: 801-587-3000

Multi-lingual services are available.

Domestic Violence Information Line (Utah LINKLine)
1-800-897-LINK (5465)

Adult Protective Services
Elder Abuse Reporting Line
1-800-371-7897
daas.utah.gov/adult-protective-services
Hours: Mon-Fri 8am-5pm

An online abuse reporting form is available 24/7.

Huntsman Mental Health Institute (HMHI)
801-583-2500
healthcare.utah.edu/hmhi

Poison Control Center
800-222-1222
poisoncontrol.utah.edu

SAFEUT Crisis Text and Tip Line
801-587-8852
safeut.org

Sego Lily Center for the Abused Deaf
Video Phone: 385-474-2083
help@slcad.org
Hours: Mon-Thurs 9am-6:30pm

Provides advocacy for deaf, deaf/blind, and hard of hearing victims of domestic violence and sexual assault.

Utah Sexual Violence Crisis Line
888-421-1100

Utah Tobacco Quit Line

Way to Quit
1-800-QUIT-NOW
(1-800-784-8669)
waytoquit.org

Spanish: 1-855-DÉJELO-YA
(1-855-335-3569)
Spanish Hours: 6am-10pm

National

Center for Missing and Exploited Children
1-800-THE-LOST (1-800-843-5678)

Child Abuse Hotline
Call or Text: 800-422-4453
childhelpline.org

Child Find of America
1-800-I-AM-LOST
(1-800-426-5678)
Hours: 9am-5pm EST

The Deaf Hotline
Video Phone: 855-812-1001

Domestic Violence Hotline
1-800-799-SAFE (7233)
TTY: 1-800-787-3224
Text "START" to 88788

Human Trafficking Hotline
1-888-373-7888
Text "HELP" or "INFO" to 233733

LGBTQ National Help Center

888-843-4564

lgbthotline.org**Hours:** Mon-Fri 2pm-10pm,
Sat 10am-3pm MST**LGBTQ National Youth Talkline**

800-246-7743

Hours: Mon-Fri 2pm-10pm,
Sat 10am-3pm MST

Free and confidential peer support
for the LGBTQ and questioning
community ages 25 and younger.

Maternal Mental Health Hotline**Call or Text:**

1-833-9-HELP4MOMS

(1-833-943-5746)

Provides free, confidential support,
resources and referrals to any
pregnant and postpartum mothers
facing mental health challenges.

My Life My Quit

Text "HELP" to 36072

mylifemyquit.com

Free and confidential support for
teenagers who want to quit smoking
or vaping.

Runaway SafeLine

1-800-RUNAWAY

(1-800-786-2929)

1800runaway.org**SAGE National LGBTQ+****Elder Hotline**

877-360-LGBT (5428)

sageusa.org**Sexual Assault Hotline***Rape, Abuse & Incest National
Network (RAINN)*

1-800-656-HOPE (4673)

Smokefreesmokefree.gov

Offers help to you or someone you
care about to quit smoking through
text and chat support and online
resources. Website includes tools
for veterans, women, teenagers,
older adults, and those who speak
Spanish.

StrongHearts Native Helpline

1-844-762-8483

strongheartshelpline.org

A safe, confidential and anonymous
domestic, dating and sexual
violence helpline for Native
Americans and Alaska Natives,
offering culturally-appropriate
support and advocacy.

**Substance Abuse and Mental
Health Services National Helpline**

1-800-662-HELP (4357)

TTY: 1-800-487-4889**Teen Dating Specialized
Abuse Treatment**

1-866-331-9474

TTY: 1-800-787-3224

Text "LOVEIS" to 22522

Trans Lifeline

877-565-8860

translifeline.org

Peer support phone service run by
trans people for trans and
questioning peers.

**Trevor Project - Support for
LGBTQ Youth**

1-866-488-7386

Text 'START' to 678-678

thetrevorproject.org**Veterans Crisis Line**

1-800-273-8255 and press 1

veteranscrisisline.net

Online Resources

Mental and Emotional Health

Davis Behavioral Health
dbhprevention.org

Emotional Resilience
The Church of Jesus Christ of Latter-day Saints
churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources

Huntsman Mental Health Institute
healthcare.utah.edu/hmhi

MentalHealth.gov
mentalhealth.gov

Mindweather 101
mindweather.org

National Alliance on Mental Illness (NAMI) Utah
namiut.org

ParentGuidance
parentguidance.org

Pornography

Fight the New Drug
fightthenewdrug.org

Resource Locators

Alzheimer's Association Resource Finder
communityresourcefinder.org

Davis4Health
davis4health.org

The LGBTQ+ Affirmative Psychotherapist Guild of Utah
Davis County Online Directory
lgbtqtherapists.com

Make the Connection (Veteran Mental Health Services)
maketheconnection.net

Psychology Today
psychologytoday.com

Therapy for Latinx
therapyforlatinx.com

Substance Misuse

Addiction and Substance Use Disorder Treatment Finder
findtreatment.gov

Start Your Recovery
startyourrecovery.org

Suicide Prevention

American Foundation for Suicide Prevention (AFSP)
afsp.org

Live On
liveonutah.org

Northern Utah Hope Task Force (NUHOPE)
nuhopeutah.org

Utah Suicide Prevention Coalition
utahsuicideprevention.org

Hospitals & Clinics

Hours are 24/7 unless otherwise noted.

Benchmark Behavioral

Health Systems

592 W. 1350 S.
Woods Cross, UT 84087
801-299-5300
bbhsnet.com

Age Group: Males 13-17 Yrs

Offers various inpatient programs.

Davis Hospital & Medical Center

Behavioral Health Services

1600 W. Antelope Dr.
Layton, UT 84041
801-964-3564
davishospital.org/services-directory/behavioral-health

Age Group: 18 Yrs and Older

Provides adult inpatient psychiatric treatment.

Huntsman Mental

Health Institute

501 Chipeta Way
Salt Lake City, UT 84108
801-583-2500
healthcare.utah.edu/hmhi/

Age Groups: Children to Seniors

Offers inpatient and outpatient comprehensive mental health services and psychiatric care.

Huntsman Mental Health Institute

Farmington Behavioral Health

Clinic (Formerly UNI)
291 S. 200 W.
Farmington, UT 84025
801-213-3770

healthcare.utah.edu/locations/farmington-behavioral-clinic/

Age Groups: Children to Seniors

Hours: Mon 9:30am-7:30pm,
Tues-Thurs 7:30am-5pm,
Fri 7:30am-3:30pm

Offers outpatient care with therapy and medication management.

Intermountain Healthcare

Layton Clinic

2075 University Park Blvd.
Layton, UT 84041
801-779-6200
intermountainhealthcare.org/locations/layton-clinic

Hours: Mon-Fri 8am-7pm,
Sat 12pm-4pm

Offers collaborative mental health care.

Lakeview Hospital

630 Medical Dr.
Bountiful, UT 84010
801-299-3780
lakeviewhospital.com

Provides inpatient and outpatient mental health care services for adults, including two specialized substance abuse programs.

Lakeview Hospital - Geriatric Behavioral Health Center
630 Medical Dr.
Bountiful, UT 84010
801-299-2428
lakeviewhospital.com

A short-term, comprehensive inpatient psychiatric program. It is specifically designed to meet the unique psychological and physical needs of older adults.

LDS Hospital
8th Ave. & C St.
Salt Lake City, UT 84143
801-408-1100
ldshospital.org

Offers inpatient and outpatient behavioral health treatment services including psychiatric services and substance use disorder treatment.

LDS Hospital - Behavioral Health Access Center
324 9th Ave.
Salt Lake City, UT 84143
801-408-8330
ldshospital.org

Hours: Mon-Sun 8am-6pm

Provides behavioral health crisis treatment and care.

McKay-Dee Hospital - Behavioral Health Access Center
4401 Harrison Blvd.
Ogden, UT 84403
801-387-5543
mckaydeehospital.org

Provides behavioral health crisis treatment and care.

McKay-Dee - Behavioral Health Clinic
3903 Harrison Blvd., Suite 300
Ogden, UT 84403
801-387-5600
intermountainhealthcare.org/locations/mckay-dee-behavioral-health/

Age Groups: Children to Adults
Hours: Mon-Fri 8am-5pm

Offers outpatient psychiatry and counseling services.

Midtown Community Health Center of Davis
22 S. State St., Suite 1007
Clearfield, UT 84015
801-334-0030
midtownnchc.org

Hours: Mon-Fri 7:30am-6pm
Languages: English and Spanish
Payment Options: Private insurance, Medicaid, Medicare, self-pay (sliding scale available)

Offers outpatient mental health services. Patients meet with a doctor before being referred to the mental health counselors at Midtown.

Ogden Regional Medical Center
5475 S. 500 E.
Ogden, UT 84405
855-755-5955
ogdenregional.com

Offers inpatient psychiatric care, an inpatient and outpatient substance abuse program, and pet therapy.

St. Mark's Hospital

1200 E. 3900 S.
Salt Lake City, UT 84124
801-268-7431
stmarkshospital.com

Hours: 24/7

Offers inpatient and outpatient behavioral health services and psychiatric care.

Tanner Clinic - East Layton

1750 E. 3100 N.
Layton, UT 84040
801-773-4840
tannerclinic.com

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Offers neuropsychology and behavioral health services.

Tanner Clinic - Layton

2121 N. 1700 W.
Layton, UT 84041
801-773-4840
tannerclinic.com

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Offers psychiatry and pediatric psychiatry.

Tanner Clinic - Westside

1477 N. 2000 W.
Clinton, UT 84015
801-773-4840
tannerclinic.com

Age Groups: Children to Seniors

Hours: Mon-Fri 8am-5pm

Offers behavioral health services for individuals and couples.

Utah Addiction

Medicine & Counseling
440 S. Medical Dr.
Bountiful, UT 84010
801-294-8288
utahamc.com

Hours: Mon, Wed, Thurs 8am-5pm,
Tues by appointment only,
Fri 8am-noon

Offers outpatient counseling and treatment for substance abuse disorders.

Medication-Assisted Treatment (MAT) Providers

MAT: For the treatment of substance use disorders.

Bountiful

Adams Healing Center

1470 N. Main St., Suite 101
Bountiful, UT 84010
801-512-5530
adamshealing.com

Provider: Allan Edson, DO

Bountiful Family Healthcare

65 W. 400 N., Suite 200B
Bountiful, UT 84010
801-298-3812
bountifulfamily.com

Providers: Brian Rodgers, DO*
Melissa Radcliffe, FNP
Natalie Parkin, PA

Cope Family Medicine - Ogden Clinic

185 S. 400 E., Suite 100
Bountiful, UT 84010
801-298-4112
ogdenclinic.com/clinics/cope-family-medicine—ogden-clinic

Providers: David Cope, MD*
Raymond Ward, MD
Rebecca Sandberg, NP
Sandra Robinson, NP

Hopeful Healing Pain Clinic

420 W. 1500 S., Suite 100
Bountiful, UT 84010
801-564-0685
hopeful-healing.business.site

Provider: Stephen Jones, MD
(Waitlist for new patients)

Lakeview Hospital Behavioral Health

630 E. Medical Dr.
Bountiful, UT 84010
801-299-3780
lakeviewhospital.com

Provider: Janice Trump, NP

Utah Addiction Medicine & Counseling

440 S. Medical Dr.
Bountiful, UT 84010
801-294-8288
utahamc.com

Provider: Scott Erickson, MD

Clinton

Glacier Peak Pain Care

1407 N. 2000 W., Suite G
Clinton, UT 84015
385-333-7123
peakpaincare.com

Provider: Kirsten Baca, MD

Farmington

Austin Imus, DO
1433 N. 1075 W., Suite 120
Farmington, UT 84025
801-923-8044
austinimusdo.com

Huntsman Mental Health Institute - Farmington Behavioral Health Clinic (Formerly UNI)
291 S. 200 W.
Farmington, UT 84025
801-213-3770
healthcare.utah.edu/locations/farmington-behavioral-clinic/

Providers: Jordan Merrill, MD
Braun Teller, PA-C
Sarah Porter, APRN

Tanner Clinic - Farmington
444 W. Bourne Cir., Suite 101
Farmington, UT 84025
801-773-4840
tannerclinic.com/location/farmington

Provider: Stephen Merrell, MD

University of Utah Farmington Health Center
165 N. University Ave.
Farmington, UT 84025
801-213-3200
healthcare.utah.edu/locations/farmington/

Providers: Gavin Van Staden, MD
Laurene Joseph, MD*

Kaysville

Davis Medical Group
349 N. Flint St., Suite 101
Kaysville, UT 84037
801-927-3080
Providers: Nicholas Noble, DO

Kaysville Clinic
120 S. Main St.
Kaysville, UT 84037
801-544-4227
kaysvilleclinic.com

Providers: Layne Kamalu, MD
Cara Mellor, NP

Lifespring Pain Management Center
277 W. 200 N., Suite 7
Kaysville, UT 84037
801-784-2904
lifespringutah.com

Providers: Christian Obah, MD
Stacy Robinson, NP
Francesca Regier, NP
Lisa Permenter, NP

Turning Point Centers
521 N. Sportsplex Dr.
Kaysville, UT 84037
801-576-0745
turningpointcenters.com

Providers: Brian Melville, DO

Layton

Davis Behavioral Health - Opioid Community Collaborative & Receiving Center
934 S. Main St.
Layton, UT 84041
801-773-7060
dbhutah.org

Discovery House Comprehensive Treatment Center
523 W. Heritage Park Blvd., Suite 4
Layton, UT 84041
801-525-9998
acadiahealthcare.com/locations/layton-comprehensive-treatment-center

Intermountain Healthcare - Chronic Pain Management Layton Clinic
2075 University Park Blvd.
Layton, UT 84041
801-779-6330
intermountainhealthcare.org/locations/layton-clinic/medical-services/chronic-pain-management
Provider: Jeremiah West, MD

Intermountain Healthcare - Layton Clinic
2075 University Park Blvd.
Layton, UT 84041
801-779-6200
intermountainhealthcare.org/locations/layton-clinic/
Provider: Adam Nebeker, MD*
Joel Porter, MD*
Ryan Horning, PA-C*

Layton Medical - Ogden Clinic
2950 N. Church St., Suite 200
Layton, UT 84040
801-771-7700
ogdenclinic.com/clinics/ogden-clinic---layton-medical
Provider: Casey Stelter, MD*

Peak Health and Wellness

890 W. Heritage Park Blvd.,

Suite 101

Layton, UT 84041

801-889-1790

peakhealthandwellness.com

Provider: Bryan Hainsworth, PA-C
Scott Werner, PA

Tanner Clinic - Layton

2121 N. 1700 W.

Layton, UT 84041

801-773-4840

tannerclinic.com/location/layton

Provider: Krista Cook, PA-C
Sarah Espinoza, MPA, PA-C

Woods Cross

Bountiful Treatment Center

763 W. 700 S., Suite B

Woods Cross, UT 84087

801-292-2318

newseason.com/clinics/bountiful-treatment-center/

Provider: Emily Cook, DO
Bozena Montes, NP

* Indicates that the provider is not accepting new patients as of February 2, 2022.

Prescription Drop-Off Locations

Always dispose of unused medications safely and responsibly.

Bowman's Pharmacy

326 Main St.
Kaysville, UT 84037
801-554-4215

Hours: Mon-Sat 6am-11pm

Bountiful Police Station

805 S. Main St.
Bountiful, UT 84010
801-298-6000

Hours: 24/7

Centerville Police Station

250 N. Main St.
Centerville, UT 84014
801-292-8441

Hours: Mon-Fri 8am-5pm

Clearfield Police Station

55 S. State St.
Clearfield, UT 84015
801-525-2800

Hours: 24/7

Clinton Police Station

2209 N. 1500 W.
Clinton, UT 84015
801-614-0800

Hours*: Mon-Fri 8am-5pm

Davis County Sheriff's Office

800 W. State St.
Farmington, UT 84025
801-541-4200

Hours*: Mon-Fri 7:30am-5pm

Farmington Police Station

800 W. State St.
Farmington, UT 84025
801-451-4100

Hours: Mon-Fri 8am-5pm

Hill Air Force Base

Group Pharmacy
7321 Balmer Ave.
Hill AFB, UT 84056
801-728-2600

Hours: Mon-Fri 7:30am-4:30pm
(2nd & 4th Fri of the month
1pm-4:30pm)

Kaysville Police Station

58 E. 100 N.
Kaysville, UT 84037
801-546-1131

Hours*: Mon-Fri 8:30am-5pm

Layton Police Station

429 N. Wasatch Dr.
Layton, UT 84041
801-497-8300

Hours: 24/7

North Salt Lake Police Station

17 S. Main St.
North Salt Lake, UT 84054
801-335-8650

Hours: Mon-Thurs 7am-5:30pm

Sunset Police Station

200 W. 1300 N.
Sunset, UT 84015
801-825-1620

Hours: Mon-Fri 9am-5pm

Syracuse Police Station

1751 S. 2000 W.
Syracuse, UT 84075
801-825-4400

Hours: Mon-Fri 8am-5pm

Walgreens - Bountiful

515 S. 500 W.
Bountiful, UT 84010
801-294-9107

Hours: Mon-Sun 9am-Midnight

Walgreens - Layton
1171 W. 2000 N. (Antelope Dr.)
Layton, UT 84041
801-614-1302
Hours: Mon-Sun 8am-Midnight

Wee Care Pharmacy, Inc.
1580 Antelope Dr.
Layton, UT 84041
801-525-5277
Hours: Mon-Fri 8 am-6 pm,
Sat 9am-2pm

**University of Utah Farmington
Health Center Pharmacy**
165 N. University Ave.
Farmington, UT 84025
801-213-3200
Hours: Sun-Sat 7am-11pm

West Bountiful Police Station
550 N. 800 W.
West Bountiful, UT 84087
801-292-4487
Hours: Mon-Fri 7:30am-3pm

Woods Cross Police Station
1555 S. 800 W.
Woods Cross, UT 84087
801-292-4422
Hours: Mon-Fri 8am-5pm

* Indicates that the location is
closed on holidays.

Mental Health Counseling & Substance Abuse Resources

Additional providers can be found online by using the “Find a Therapist” feature on [psychologytoday.com](https://www.psychologytoday.com).

Alcohol and Chemical Treatment

(ACT) Ogden Regional

Medical Center

5475 S. 500 E.

Ogden, UT 84405

801-479-2250

ogdenregional.com

Age Group: 18 Yrs and Older

Offers inpatient and outpatient treatment services including medical detoxification, rehabilitation, residential treatment, partial hospitalization program (PHP), and intensive outpatient program (IOP).

All Things Anxiety

251 S. Mountain Rd.

Fruit Heights, UT 84037

801-923-8855

allthingsanxiety.com

kallen.allthingsanxiety@gmail.com

Online Options Available

Age Group: Children to Seniors

Payment Type: Cash/self-payment

Offers counseling for children, teenagers, and adults and specializes in the treatment of anxiety, depression, and OCD.

Alzheimer's Association

24/7 Helpline: 1-800-272-3900

Utah Chapter: 801-265-1944

alz.org

Offers people diagnosed with Alzheimer's disease and their caregivers resources such as education, support groups, referrals, and dementia care experts. *Call the 24/7 helpline to speak with a live representative.*

APD Counseling

801-991-0628

stevepritt@gmail.com

Telehealth Only

Age Groups: Children to Adults

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers mental health services for mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse.

Archway Youth Center

1305 S. 700 W.

Ogden, UT 84401

801-612-4901

Age Group: Youth 12-17 Yrs

Hours: 24/7

Provides immediate crisis respite for up to 24 hours while families work with the Archway staff. Can provide individual and family therapy.

Aspen Ridge Counseling

585 W. 500 S., Suite 200

Bountiful, Utah 84010

801-990-4300

aspenridgecounselingcenter.com

Telehealth Options Available

Age Groups: Children to Adults

Payment Type: Most major insurance plans

Offers full outpatient services to address a variety of issues, including depression and anxiety, behavioral problems, school struggles, family and relationship issues, and substance abuse.

Aspire Counseling Network

See website for location addresses.

801-525-4645

aspirecounselingnetwork.com

Age groups, hours, cost and payment type vary depending on the provider.

Languages: English, Spanish, and German

Offers a wide range of mental health counseling services including individual (adults, adolescents & children), family therapy, play therapy and marriage/couple therapy, as well as support groups and classes. The clinicians specialize in depression, anxiety, LGBTQ+ issues, addiction recovery, ADHD, substance abuse, women's issues, grief/loss, abuse recovery and more. *Please visit the website for more information.*

Association for Personal Health

801-529-7087

Telehealth Only

Age Group: Adults

Payment Type: Cash/self-payment, private insurance

Works extensively with women's issues, the treatment of childhood abuse, trauma, dissociative disorders, anxiety, depression, parenting, self-esteem, and grief and loss. Trained and certified in EMDR.

Big Brothers Big Sisters of Utah (BBBSU)

801-313-0303

bbbsu.org

general@bbbsu.org

Helps and defends children who face many challenges in their lives. With the help of volunteer mentors, BBBSU prioritizes youth protection and youth development to help kids thrive. The work of BBBSU is based on the best available research, guided by community need, and administered by caring professionals.

Bountiful Health Center

415 Medical Dr., Suite C100

Bountiful, UT 84010

801-292-2389

craigberthold.com

bountifulhealthcenter@gmail.com

Age Groups: Adolescents to Seniors

Payment Type: Cash/self-payment, can bill insurance

Provides mental health services for psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. *Visit the website to learn more.*

Bountiful Treatment Center

763 W. 700 S., Suite B
Woods Cross, UT 84087
877-284-7074

newseason.com/clinics/bountiful-treatment-center/

Age Group: Adults

Hours: Mon-Fr 5am-1:30pm,
Sat 7am-9am

Provides help to individuals struggling with addiction through individualized treatment plans.

Bright Counseling

801-855-6131

brightcounseling.us

Telehealth Only

Age Groups: Teens and Adults

Payment Type: Cash/self-payment, Aetna, Blue Cross Blue Shield, Cigna, Select Health, United Behavior Mental Health, Medicaid for foster care/post-adoption

Helps to decrease behavior problems caused by trauma, ADHD, anxiety, depression, and mood disorders. Their brain-based program combines neuroscience with counseling services to help improve the lives of teens and adults. They use therapy techniques to help their clients balance emotions, improve behavior, increase focus, and decrease anxiety.

Carbajal Counseling & Consulting

375 N. Main St., Suite 102
Kaysville, UT, 84037
801-989-3488

carbajalcounseling.com

Age Groups: Children to Adults

Hours: Mon-Thurs 8am-9pm,
Fri-Sat 8am-6pm

Languages: English and Spanish

Provides individual, family, couples, anxiety, depression, and EMDR therapy. LGBTQ+ affirming therapists.

Catalyst Behavior Solutions Farmington

1438 US-89, Suite 130
Farmington, UT 84025
801-549-8821

catalystbehavior.com

information@catalystbehavior.com

Telehealth Options Available

Age Groups: Children to Adults

Hours: Mon-Fri 8:30am-5:30pm

Payment Type: Aetna, GEHA, Medicaid (Davis and Weber County), Optum, TriCare, United Behavioral Health, private pay

Mental health therapy offered to individuals, couples, and families of all abilities for anxiety, depression, and marriage counseling.

Cedar Psychiatry

2950 N. Church St., Suite 101
Layton, UT 84040
801-369-8989
cedarpsychiatry.com

Age Groups: Children to Seniors

Hours: Mon-Thurs 8am-6pm,
Fri 9am-3pm

Languages: English and Spanish

Payment Type: Most commercial insurances, Medicaid, cash/self-payment (sliding scale available), other flexible payment options

Offers outpatient mental health treatment for depression, eating disorders, OCD, PTSD, substance use, and anxiety. Services include Ketamine-Assisted Psychotherapy (KAP), Transcranial Magnetic Stimulation (TMS), and Psychedelic Palliative Care. Visit the website for more information.

Center for Growth and Potential

1785 E. 1450 S., Suite 250
Clearfield, UT 84015
801-773-0535

centerforgrowthandpotential.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, private insurance

Provides comprehensive mental health services for children, adolescents, adults, and families, using biofeedback and neurofeedback. Offers specialized care for the military community.

Changes Individual & Relational Therapy

240 E. Promontory, Suite 214
Farmington, UT 84025
801-543-2120

emilharker.com
emilharker@gmail.com

Age Groups: Adults

Payment Type: Cash/self-payment

Offers mental health services for anxiety disorders, mood disorders, personality disorders, psychotic disorders, pornography addiction, trauma/abuse, and relationships.

CLD3 Counseling

370 S. 500 E. Suite 209
Clearfield, UT 84015
801-521-4227

cld3counseling.com

Telehealth Options Available

Hours: Mon-Thurs 9am-8pm,
Fri 9am-6pm, Sat and Sun by appointment

Offers effective, individualized care for substance abuse, domestic violence, and mental health treatment.

Austin M. Chiles, PhD

118 E. 2200 S.
Kaysville, UT 84037
801-721-7878

psycheemann@yahoo.com

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding scale available), Medicare, private insurance

Offers treatment for mood disorders, anxiety disorders, personality disorders, and trauma/abuse. Email for more information.

**David Newbold,
PhD & Associates**
370 S. 500 E. Suite 180
Clearfield, UT 84015
801-776-1954

Age Group: Young Adults to Adults
Payment Type: Cash/self-payment,
Medicaid, private insurance

Offers services for mood disorder,
anxiety disorder and PTSD. *Call for
more information.*

Davis Behavioral Health
934 S. Main St., Suite 6
Layton, UT 84041
801-773-7060
dbhutah.org

Age Groups: Children to Seniors
Languages: English, Spanish, and
translators are available
Payment Type: Cash/self-payment
(sliding scale available), Medicaid,
private insurance

Offers behavioral health services for
psychotic disorders, mood
disorders, anxiety disorders,
personality disorder, trauma/abuse,
substance use and behavior
concerns. Comprehensive
treatment and Medication-Assisted
Treatment (MAT) offered. LGBTQ+
affirming therapists.

**Davis Community
Learning Center**
210 E. Center St.
Clearfield, UT 84015
801-402-8395
dclc.davis.k12.ut.us

Age Groups: Children to Seniors
Languages: English and Spanish

Limited services: Must be referred
by the school principal/counselor.
Only available at select elementary
schools. Mood disorders, anxiety
disorders, personality disorders,
substance abuse disorders, and
trauma/abuse. *Visit the website to
learn more and find participating
schools.*

Davis School District (DSD)
70 E. 100 N.
Farmington, UT 84025
801-402-5919
davis.k12.ut.us/departments/student-family-resources/safe-schools-clinical-team/

Hours: Mon-Fri 7:30am-4pm

Offers many services to students,
parents, and teachers, including
Integrated Educational Therapists
who provide individual therapy to
students who are not covered by
insurance. *Learn more about
Davis School District services
on their website.*

Diamond Tree Recovery

845 W. 200 N.

Kaysville, UT 84037

385-888-9624

801-513-5132

diamondtreerecovery.com

Utilizes the Diamond Tree Recovery Model which is an alternative to a traditional 12-step approach. They focus on optimizing nutrition, frontal lobe rehabilitation, lifestyle medicine and evidence-based treatment. Offers a wide range of addiction recovery services including residential and day treatment for individuals and confidential services for professionals and employers. *Visit the website for more information.*

Discovery House - Layton Comprehensive Treatment Center

523 W. Heritage Park Blvd., Suite 4
Layton, UT 84041
801-525-9998

acadiahealthcare.com/locations/layton-comprehensive-treatment-center

Age Group: Adults

Office Hours: Mon-Fri 5:30am-2pm

Medicating Hours: Mon-Fri
5:30am-11am

24/7 phone services

Payment Type: Cash/self-payment, Medicaid, Medicare, private insurance

Offers Medication-Assisted Treatment (MAT). Dedicated to assisting people with the process of recovering from opioid addiction.

Elevations Residential Treatment Center

2650 W. 2700 S.

Syracuse, UT 84075

801-773-0200

elevationsrtc.com

Age Group: Adolescents 13-18 Yrs

The Elevations program includes college preparatory academics, therapeutic recreation activities, and individual, family and group psychotherapy as well as on-site medical and psychiatric services available to all students. Elevations offers guidance, support, and relief to students struggling with issues such as trauma, depression, anxiety, mood disorders, behavioral problems, and substance use. LGBTQ+ affirming therapists.

Empowerment Counseling Services

370 S. 500 E., Suite 170
Clearfield, UT 84015
801-603-2547

empowermentcounselingservices.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment (sliding scale available), Medicaid, private insurance

Offers outpatient and in-home services targeting several diagnoses and problem areas, including: depression, bipolar, ADHD/ADD, oppositional defiance, attachment disorder, autism spectrum, low self-esteem, parenting and marital issues, and many more.

Encircle Therapy

encircleterapy.org

Telehealth Options Available

Age Group: 12 Yrs and Older

Affordable, affirming, and first-rate therapy: a service every LGBTQ+ person deserves. Our therapists have experience in navigating the complex intersections of sexuality, gender, and religious beliefs.

Please visit the website to schedule a free consultation and for more information on locations.

En Route Counseling

Sunset Equestrian Center

820 Mare Cir.

Kaysville, UT 84037

801-856-4564

Age Group: 6 Yrs and Older

General mental health practice offering in-office, virtual, and equine therapy. LGBTQ+ affirming therapist.

Family Counseling Service of Northern Utah

3518 Washington Blvd.

Ogden, UT 84403

801-399-1600

fcshealingnow.org

Telehealth Options Available

Age Group: Children to Seniors

Hours: Mon-Thurs 8am-8pm,

Fri 8am-4pm

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding scale available), private insurance, foundation money

Offers affordable counseling and mental health services to individuals and families, especially those in crisis who have nowhere else to turn for help. Provides a wide array of mental health and counseling services addressing a variety of issues, including those related to depression, anxiety, suicide, grief, substance and domestic abuse and anger management. LGBTQ+ affirming therapists.

Family Services Centerville

94 E. Pages Ln.

Centerville, UT 84014

801-294-0578

providentliving.churchofjesuschrist.org/lds-family-services

Age Groups: Adolescents to Adults

Payment Type: Cash/self-payment, church organization

All services require a referral from your local bishop. Provides counseling services for individuals, couples, and families, single expectant parent services, support groups, and other support services. This location offers a Sexual Abuse Survivors Group ([see page 44](#)).

Family Services Layton

930 W. Hill Field Rd., Suite A
Layton, UT 84041
801-336-3040

providentliving.churchofjesuschrist.org/lds-family-services

Age Groups: Adolescents to Adults
Payment Type: Cash/self-payment,
church organization

All services require a referral from your local bishop. Provides counseling services for individuals, couples, and families, as well as single expectant parent services, support groups, and other support services.

Family Therapy Center of Utah

240 N. East Promontory
Farmington, Utah 84025
385-243-0012

familytherapyutah.com

Telehealth Options Available

Age Groups: Children to Seniors
Hours: Schedule your appointment online

Provides help to people of all ages to live happier, healthier and more productive lives. Through the use of various psychotherapy methods and collaborative treatment measures, their clients develop life-changing habits to help them cope with life's various obstacles.

Feller Behavioral Health

270 S. Main St., Suite 104
Bountiful, UT 84010
801-683-9340

fellerbehavioralhealth.com

Hours: Mon-Thurs 8am-8pm or by appointment

Languages: English and Spanish

Serves individuals, couples, and families. Providers are specialized in assessment, diagnosis, and treatment of all common and most major mental health disorders including ADHD, anxiety, bipolar, depression, eating disorders, OCD, PTSD, and more. LGBTQ+ affirming therapists.

GMS Counseling

370 S. 500 E., Suite 250
Clearfield, UT 84015
801-825-4876

gmscounselingllc.com

Hours: Mon-Thurs 11am-9pm,
Fri by appointment,
Sat 10 am-2pm

Offers substance abuse treatment (general and intensive outpatient), domestic violence treatment, parenting program, anger management programs, cognitive restructuring education, and mental health therapy.

Grandview Family Counseling

1576 S. 500 W., Suite 202

Bountiful, Utah 84010

801-406-9002

grandviewfamilycounseling.com

Age Groups: Children to Adults

Payment Type: AETNA, Blue Cross/Blue Shield, DMBA, EMI, PEHP, Select Health, University of Utah, UNI-BEHAVIORAL, Crime Victim Reparations, Clergy Pay

Specialties include play therapy, trauma, abuse, grief, anxiety, depression, ADHD, behavioral issues, couples therapy, addiction and life adjustments. They have a linkage agreement with the Children's Justice Center to provide counseling to children and their caregivers who have experienced abuse, trauma and grief associated with traumatic death.

Highland Springs

1785 E. 1450 S., Suite 300

Clearfield, UT 84015

801-536-6545

highlandspringsclinic.org

Telehealth Options Available

Hours: Mon-Fri 8am-5pm, extended hours available by appointment.

Languages: English, Spanish

Offers outpatient counseling. Specialties include addiction and trauma treatment. LGBTQ+ affirming therapists.

The Hope Center

545 S. State St.

Clearfield, UT 84015

801-837-4673

thehopecenterutah.org

hopecenterutah1@gmail.com

Hours: Tues-Fri 10am-2pm

Offers an array of supportive services at no cost including a community food bank, financial assistance, counseling, and much more. *Please call for an appointment.*

Innovate Mental Health Solutions

124 Fairfield Rd.

Layton, UT 84041

801-425-3628

dwighthurst.com

dwighthurst@gmail.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment (sliding scale available), private insurance

Specializes in trauma and addiction issues. Offers help to those seeking recovery who need more intensive treatment, but because of circumstances cannot check into an intensive or residential environment.

Julander ISP - Katie Julander and The JISP Collective

Clearfield, UT

385-424-8465

julanderisp.com/contact

Hours: Mon, Tues, Thurs, Fri 8am-4pm

Payment Type: Cash/self-payment, most major insurance plans, clergy pay

Specializes in the treatment of trauma and working with military families.

Kay Psychology and Consulting Services

1601 N. Hill Field Rd., Suite 201

Logan, UT 84041

801-776-1303

kaypsych.com

steven@kaypsych.com

Telehealth Options Available

Age Groups: Adolescents to Adults

Payment Type: Cash/self-payment, Medicare, private insurance

Counseling for individuals and couples dealing with depression, anxiety, relationship difficulties, conflict, and stress; psychological evaluations; executive coaching.

Lakeview Hospital Intensive Outpatient Program (IOP)

630 Medical Dr.

Bountiful, UT 84010

801-296-3421

lakeviewhospital.com

Program for patients who need structured care but do not need an inpatient hospital stay. It includes group therapy that brings together clients who are struggling with the challenges of addiction and mood disorders.

Latino Behavioral Health Services

237 26th St.

Ogden, Utah 84401

801-935-4447

latinobehavioral.org

Telehealth Available

Mon-Fri 10am-6pm and Sat by appointment

Hours: Mon-Wed 10am-6 pm

Languages: Spanish and English

Payment Type: Cash/self-pay (sliding scale available), Medicaid

Offers support to the Latinx community *from* the Latinx community. They specialize in free and low cost peer mentoring for mental health and substance use problems and offer support groups, community education, and therapy.

LeafCrest Counseling

506 S. Main St., Suite 100

Bountiful, UT 84010

801-510-6864

leafcrestcounseling.com

Age Groups: Children to Adults

Payment Type: Cash/self-payment, clergy payment, private insurance

Offers counseling services to individuals, couples, and families for these and other issues: grief and loss, relationship struggles, life-altering illnesses, adoption, anxiety, depression, eating disorders, substance abuse/addiction, and trauma/abuse.

Life Changing Services

1361 N. 1075 W., Suite 210
Farmington, UT 84025
877-437-6877

lifechangingservices.org

Age Group: 12 Yrs and Older

Languages: English and Spanish

Payment Type: Cash/self-payment,
ecclesiastical assistance

Dedicated to helping individuals, families, and couples find peace, joy, and healing in their lives and relationships. Services address addictions, behavior disorders, trauma, abuse.

LifeLine for Youth

1130 W. Center St.
North Salt Lake, UT 84054
801-936-4000

lifelineutah.com

Age Group: Teens 13-18 Yrs

Payment Type: Cash/self-payment,
private insurance

A family-focused, residential treatment program that creates positive change using an evidenced-based, therapeutic community model and is strongly supported by empirical research. A multi-disciplinary team approach integrates education, individualized treatment planning, individual, group, and family therapy, health and nutrition, recreational activities, and a structured aftercare/transition program. LifeLine is a research-based and proven alternative to other popular approaches like teen boot camps, therapeutic boarding schools for teens, or troubled youth wilderness programs.

Life Matters: Counseling and Psychological Services

1433 N. 1075 W., Suite 120
Farmington, UT 84025
385-219-4980

lifematterspsych.com

Telehealth Options Available

Age Group: 18 Yrs and Older

Hours: By appointment

Payment Type: Cash/self-payment,
most major insurance plans

Through many different approaches, Dr. Emma Mansour serves adults dealing with anxiety, depression, adjustment disorder, ADD/ADHD, women's issues, aging, learning disabilities, and differential diagnosis.

Luminous Counseling

1290 S. 500 W., Suite 19
Woods Cross, UT 84010
385-448-1697

luminouscounselingut.com

Age Groups: Children to Adults

Hours: Mon-Fri 10am-8pm,
Sat 11am-6pm

Offers online or in-person individual, family, or couple counseling to treat a number of areas, including addiction, anger, body image, codependency, eating disorders, mood disorders, stress, panic disorders, religious transitions, substance abuse, addictions, traumatic brain injury, and in assisting individuals who are victims of abuse.
LGBTQ+ affirming therapists.

Midtown Community Health Center

22 S. State St., Suite 1007
Clearfield, UT 84015
801-334-0030

midtownchc.org/directory/listing/dav-is-county-medical-dental-clinics

Hours: Mon-Fri 7:30am-6pm,
closed for lunch from 1-2pm

Languages: English and Spanish

Payment Type: Cash/self-payment (sliding scale available), Medicaid, Medicare, private insurance

Patients meet with a doctor before being referred to the mental health counselors at Midtown.

Molokai Marriage & Family Therapy

503 W. 2600 S., Suite 200
Bountiful, UT 84010
801-529-6029

molokaimft.com

Telehealth Options Available

Age Groups: Children to Adults

Hours: Thurs-Fri 9am-9pm,
Sat 9am-4pm

Payment Type: Cash/self-payment (sliding scale available), Employee Assistance Programs, private insurance

Offers mental health therapy for individuals, couples, and families. Specialties include anxiety, anger management, behavioral issues, learning disabilities, bipolar disorder, career counseling, coping skills, depression, family conflict, infidelity, parenting skills, relationship issues, self-esteem, spirituality, substance abuse, and transgender issues.

MOOD Psychotherapy and Coaching

505 S. Main St.
Suites 203 & 209
Bountiful, UT 84010
801-872-3414

moodptc.com

heidi@mootptc.com

Age Groups: Children to Seniors

Hours: Available by request

Payment Type: Cash/self-payment

Offers help to individuals and couples and strives to create a safe, respectful environment where clients can develop trust, overcome pain, learn to resolve conflict and reach their potential. They accept new clients based on mutual fit and availability.

Moon Counseling - Divine Awakening Center

121 W. 200 S.
Farmington, UT 84025
385-310-7724

mooncounseling1@gmail.com

Telehealth Options Available

Age Groups: Adolescents to Adults

Hours: Mon-Fri 11am-7pm

Payment Type: Cash, credit card, Venmo, limited insurances accepted

Offers help to the LGBTQ+ population, especially with gender and transgender issues. Experienced with WPATH guidelines and regulations.

Sally Anderson Mooney, LCSW
163 W. 575 S.
Layton, UT 84041
801-688-1588
sgplus14@msn.com

Age Group: Adults

Payment Type: Cash/self-payment, private insurance

Works with mood disorders, anxiety disorders, substance abuse, and trauma/abuse.

Negrette Counseling Services
475 N. 300 W., Suite 14
Kaysville, UT 84037
801-390-3210
michael_negrette_lmft@yahoo.com

Age Groups: Children to Seniors

Languages: English and Portuguese

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers counseling to individuals, couples, and families using a personal approach to therapy and specializes in helping couples work through marital stress, sexual dysfunction, communication problems, infidelity, and depression/anxiety.

Neurobehavioral Center for Growth - Bountiful and Layton
415 S. Medical Dr., Suite D101
Bountiful, UT 84010

327 W. Gordon Ave., Suite 2
Layton, UT 84041
801-683-1062

neurobcg.com

admin@neurobcg.com

Age Groups: Children to Adults

Payment Type: Cash/self-payment, Medicaid, Medicare, private insurance

Their vision is to empower each individual to reach their full potential. Whether they're supporting a mom who's raising a child with autism, guiding a family through trauma recovery, helping a teen manage anxiety, or bringing hope to an adult with clinical depression, they love working with layered, complex, and inspiring people every single day. LGBTQ+ affirming therapists.

Neuropsychology Center of Utah
275 N. 300 W., Suite 404
Kaysville, UT 84037
801-614-5866
npcu.net

Age Group: Children to Adults

Languages: English and Spanish

Payment Type: Cash/self-payment, Medicaid, private insurance

Provides comprehensive neuropsychological and psychological evaluations to children, adolescents and adults presenting with various brain based disorders, including ADHD, autism, depression, anxiety, traumatic brain injury, dementia, PTSD and other developmental disabilities.

New Vision Counseling Services

475 N. 300 W., Suite 14

Kaysville, UT 84037

801-690-3502

gmasone84041@msn.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment (sliding scale available), private insurance

Offers services for mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse.

No Excuse for Abuse

370 S. 500 E., Suite 126

Clearfield, UT 84015

801-416-8111

nefallc@gmail.com

Age Groups: Adults and Seniors

Hours: Mon-Wed 9am-5:30pm,

Phone number offers 24/7 service

Languages: English and Spanish

Provides several services including: domestic violence therapy, substance abuse treatment (general outpatient and intensive outpatient), DUI (driving under the influence) courses, anger management support, individual and family counseling, support groups for victims of domestic violence. Serve adult groups including: LGBT clients, pregnant/postpartum women, seniors or older adults, persons with co-occurring mental and substance use disorders. *Services are typically for court ordered persons, but referrals can be made if needed.*

Northern Utah Counseling Services

49 E. 200 S.

Clearfield, UT 84015

801-779-0095

nuc_rec@northernutahcounseling.com

Age Groups: Children to Seniors

Hours: Mon-Thurs 9am-7pm,

Fri 9am-4pm

Languages: English and Spanish

Payment Type: Cash/self-payment, private insurance, church organization

Offers services for mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse.

The OCD & Anxiety**Treatment Center**

1459 N. Main St., Suite 100

Bountiful, UT 84010

801-298-2000

theocdandanxietytreatmentcenter.com

admissions@liveuncertain.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, private insurance, church organization

Will work to customize financials.

Offers outpatient treatment for OCD and anxiety.

Phoenix Rebellion Therapy

347 N. 300 W. Suite 201

Kaysville, UT 84037

385-231-8387

phoenixrebelliontherapy.com

Telehealth Options Available

Age Group: 12 Yrs and Older

Hours: Mon-Fri 9am-6pm

Payment Type: Accepts many major insurance plans

Offers services to all people (children, teens, families, LGBTQIA+, first responders, military and veterans, family of military) in any life situation.

Visit the website for more information on providers and treatment methods.

Pacific Islander Mental Health**Network (Referral Form)**

upihc.org/services/mental-health-network/

Offers connection and referrals to local Pacific Islander mental health providers and services.

Interpretation services may be available by request.

Resilient Life Counseling

1379 N. 1075 W., Suite 228

Farmington, UT 84025

385-316-7127

resilientlifeutah.com

Age Groups: Adolescents to Adults

Languages: English and Spanish

Payment Type: Cash/self-payment, reduced fee rates, Clergy pay, Accepts many major insurance plans

Provides mental health treatment with focus and expertise in women's issues, blending families, navigating divorce, couples counseling, family and parenting challenges, life transitions, diversity issues, navigating grief, anxiety, and depression.

Resilient Solutions Inc.

1355 N. Main St., Suites 1, 3, & 6

Bountiful, UT 84010

801-259-3883

resilientsolutionsinc.com

Age Groups: Adolescents to Seniors

Languages: English, Spanish, and Swedish

Payment Type: Cash/self-payment, private insurance

Extensive experience with varied specialties. Individual and group therapy options are offered.

Resolutions Counseling Center

70 N. Main St., Suite 103 & 104
Bountiful, UT 84010
801-298-5222
resolutionsutah.com
resolutionsoffice@resolutionsutah.com

Age Groups: Children to Seniors
Hours: Mon-Fri 10am-7pm,
Sat by appointment
Payment Type: Cash/self-payment,
private insurance, church
organizations, other assistance
services

Provides assessments, individual,
couples, and family therapy with
treatment for anxiety disorders,
depression, relationship problems,
stress, mindfulness, school and
behavior problems, play therapy,
divorce adjustment, parenting
issues, trauma/abuse, grief, and
addiction.

Rocky Mountain Wellness Center

780 S. 2000 W.
Bldg A, Suite 101
Syracuse, UT 84075
801-683-9553
myutahwellness.com

Hours: Mon-Thurs 8am-5pm,
Fri 8am-2pm

Offers neurofeedback therapy for
the alleviation of symptoms such as
ADHD, anxiety, depression,
insomnia, panic attacks, difficulty
focusing, headaches, etc.

Salais Counseling

880 Heritage Park Blvd., Suite 130
Layton, UT 84041
801-327-2266
salaiscounseling.org

Age Groups: Children to Adults
Hours: Vary depending on provider
Languages: English and Spanish
Payment Type: Cash/self-payment,
private pay, accepts many major
insurance plans

Provides mental health counseling
services for individuals (adults,
adolescents and children), family
therapy, couple/marriage
counseling. EMDR, Trauma, abuse
recovery, anxiety, depression,
LGBTQ+ issues, addiction and
more. LGBTQ+ affirming therapists.
*Please visit the website for more
information.*

Solstice West Residential**Treatment Center**

1904 W. Gordon Ave.
Layton, UT 84041
801-444-0794
solsticerc.com
admissions@solticerc.com

Age Group: Females 14-18 Yrs

Combines family-based
intervention, nutrition, physical
fitness, and the supportive provision
of cutting edge academics,
substance abuse/addiction therapy,
equine therapy, and psychiatric
services. Specializes in the
provision of gender specific
treatment for female adolescents
who struggle with a variety of
problems such as: depression,
anxiety, addiction and substance
abuse, eating disorders, self-harm,
ADD/ADHD, trauma and loss,
adoption and attachment issues,
family conflict, academic problems,
and processing difficulties.

South Davis**Psychological Services**

520 N. Marketplace Dr., Suite 200
Centerville, UT 84014
801-934-3373

southdavispsych.com

Age Groups: Children to Adults

Hours: Mon-Fri 8am-5pm

Languages: English and Spanish

Offers individual counseling, family therapy, couples counseling, and EMDR to help people overcome trauma, PTSD, depression, anxiety, marriage or relationship problems, and problems with emotion regulation. LGBTQ+ affirming therapists. *Visit the website to learn more about providers and accepted insurance plans.*

Tanner Clinic - East Layton

1750 E. 3100 N.
Layton, UT 84040
801-773-4840
tannerclinic.com

Age Groups: Children to Seniors

Languages: English and Spanish

Payment Type: Cash/self-payment, private insurance

Offers neuropsychological assessments and services for ADHD, TBI, Multiple Sclerosis (MS), dementia, cancer, epilepsy, stroke care, eating disorders, and degenerative disorders.

Tanner Clinic - Westside

1750 E. 3100 N.
Layton, UT 84040
801-773-4840
tannerclinic.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, all private insurances **except** CIGNA and Medicaid

Offers behavioral health therapy services for individuals and couples.

Titensor Enterprises

2205 S. 800 W.
Woods Cross, UT 84087
801-989-8825
stitensor@comcast.net

Age Groups: Adolescents to Seniors

Payment Type: Cash/self-payment, Altius/MH Net, Regence BC/BS, Ceridian/Lifeworks, Military One Source, Tricare, Beacon/Value Options, Wise Provider Network

Offers services for mood disorders, anxiety disorders, and substance abuse. Specializes in ADHD and couples therapy.

Therapy SOULutions

801-499-7133
michelleallen@therapysoulutions.com
Telehealth Only
Age Group: Adolescents to Adults

Specializes in mood disorders, anxiety, domestic violence, and trauma/abuse.

Touchstone Therapy Center

1650 W. Gentile St.

Layton, UT 84041

801-485-8051

touchstoneutah.com

Age Groups: Infants to Adults

Payment Type: Cash/self-payment (sliding scale available), Blue Cross/Blue Shield, DMBA, TriCare, University of Utah

Offers in-home, clinic-based, and telehealth therapy for children from infancy through age 18. Also provides mental health assessments for children and adults, parenting & bonding assessments, substance abuse assessments for adolescents, and parent education.

Turning Point Centers**Outpatient Treatment**

521 N. Sportsplex Dr.

Kaysville, Utah 84037

888-576-3711

turningpointcenters.com

Age Group: Adults

Payment Type: Preferred, in-network provider with most insurance companies

Offers treatment for mental health and substance use disorders including online and in-person intensive outpatient programs, residential treatment, and Medication-Assisted Treatment (MAT). LGBTQ+ affirming therapists.

Utah Addiction**Medicine & Counseling**

440 South Medical Dr.

Bountiful, UT 84010

801-294-8288

utahamc.com

Age Group: Adults

Hours: Mon, Wed, Thurs 8am-5pm, Tues by appointment, Fri 8am-Noon

Payment Type: Cash/self-payment (sliding scale available)

Offers counseling and treatment for substance abuse disorders.

Utah Counseling Services

189 S. State St., Suite 230

Clearfield, UT 84015

801-589-0819

utahcounselingservices.com

Age Groups: Children to Seniors

Payment Type: Cash/self-payment, private insurance

Offers help to address anxiety, depression, low self-esteem, behavior and social problems, and relationship conflicts. Specialties include working with women coping with life struggles and helping families resolve conflicts.

Veteran Affairs (VA) Ogden

3945 S. Washington Blvd., Suite 1

South Ogden, UT 84403

801-479-4105

va.gov/salt-lake-city-health-care/locations/ogden-va-clinic/

Mental Health Clinic: Ext. 6135

Hours: Mon-Fri 7:30am-4:30pm

Veterans Affairs (VA) Salt Lake - George E. Wahlen Department of Veterans Affairs Medical Center
500 Foothill Blvd., Building 16
Salt Lake City, UT 84148
801-582-1565 Ext. 1255
va.gov/salt-lake-city-health-care/locations/george-e-wahlen-department-of-veterans-affairs-medical
Hours: 24/7

Offers mental health services and counseling for PTSD, depression, grief, anger, trauma, addiction, OCD, schizophrenia, and bipolar disorder.

Viewpoint Center

2732 W. 2700 S.
Syracuse, UT 84015
801-825-5222
viewpointcenter.com

Age Groups: Youth 12-17 Yrs
Languages: English and Spanish

Offers comprehensive behavioral and psychological assessments and intensive therapy to teenagers who would benefit from a highly structured therapeutic setting. In addition to a broad therapeutic regimen that includes individual, group, and family therapy, teens are provided individual tutoring to ensure educational success. LGBTQ+ affirming therapists.

Wasatch Family Therapy

1371 N. 1075 W., Suite 5
Farmington, UT 84025
801-944-4555

wasatchfamilytherapy.com

Telehealth Options Available

Age Group: Children to Seniors

Hours: Mon-Fri 9am-6pm

Payment Type: Cash/self-payment, church organization

Offers compassionate, confidential, and professional therapy services for individuals, couples, and families to improve their relationships and mental health. LGBTQ+ affirming therapists.

Wiconi Counseling Center

872 Heritage Park Blvd., Suite 110
Layton, UT 84041
801-541-7049

wiconicc.com
contact@wiconicc.com

Telehealth Options Available

Age Groups: Youth to Seniors

Hours: Mon-Fri, Sat and evenings available upon request

Payment Type: Cash/self-payment, private insurance, or church organizations

Offers therapy services for couples, trauma, suicide ideation, abuse, ADHD, anxiety and depression. LGBTQ+ affirming therapists.

See full fee schedule and accepted insurance plans on the website.

Youth Health Associates

430 E. 450 S.

Clearfield, UT 84015

801-641-4023

yhasite.com

igarlock@yhautha.com

Age Group: Youth

Specializes in treatment for juvenile sex offenders, pornography addiction, sexual reactivity, other anti-social behaviors, and issues such as anxiety, PTSD, depression, impulse control, self-harm, ADHD, and many others. They operate a clinically driven program motivated by both the Restorative Justice Model and by the standards of treatment and practice put forth by the Networks on Juveniles Offending Sexually (NOJOS). Decisions affecting clients are treatment oriented to ensure appropriate judgment and client growth.

Youth Services Center

1305 S. 700 W.

Ogden, UT 84401

801-612-4901

ijs.utah.gov

Age Group: Youth 10-18 Yrs

Their goal is to prevent out-of-home placements and keep families intact so they can safely remain in their homes, schools and communities. This goal is accomplished through phases of referral, screening, assessment, and youth and family planning. They connect youth and their families with community resources, skill building classes, and crisis counseling & support.

Support Groups & Classes

Additional support groups can be found online by using the “Find a Support Group” feature on [psychologytoday.com](https://www.psychologytoday.com).

Youth

Adolescent Safe Dating/Healthy Relationships Group

Safe Harbor

801-444-3191

Age Group: Youth 13-18 Yrs

Cost: Free

Participants are encouraged to attend 8 of the 10 groups. The entire 10-week curriculum is centered around Safe Dating and Healthy Relationships.

Call for more information.

Connect & Conquer

Jeff Gregson Therapy Services

801-923-8855

allthingsanxiety.com/connect-conquer

Age Group: Youth 12-17 Yrs

Cost: \$395

An eight-week program that combines mental health and physical fitness. They meet twice a week for 2 one-hour sessions. Kids will receive a blend of mental health coaching addressing challenges they are facing, along with a high-intensity interval training program where they will put to test the tools they just learned to overcome obstacles and push through mental barriers. Come check out Connect & Conquer, your kids will feel the difference in their lives and you will see it every day.

Daughters of Light

Life Changing Services

1361 N. 1075 W. Suite 210

Farmington, UT 84025

801-989-1023

daughtersoflight.org

Age Group: Females 13-18 Yrs

Cost: \$180 orientation session and journal, \$65 per session, \$30 per coaching session

A healing and skill-based group training program to help young women manage unwanted behaviors that often accompany mental health concerns like anxiety and depression. All groups are run by an LDS female licensed therapist or behavioral specialist who specializes in teen girl mental health challenges. Groups meet weekly to train participants in coping strategies, understanding and controlling emotions and negative thoughts, learning about relationships and how to navigate them, understanding brain chemistry and how to change it in positive ways and applying this to everyday life. The therapist or specialist helps participants set specific recovery goals and accomplish them.

In person and online. See website for meeting times and information.

Sons of Helaman

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
877-HERO-877 (877-437-6877)
sonsofhelaman.org

Age Group: Males 13-24 Yrs

Cost: \$150 orientation session and books, \$65 per session, \$30 per coaching session

Works with young men to young adult males who are dealing with unwanted compulsive use of pornography, masturbation, and other sexual misbehaviors. This group allows a young man to decrease his shame by knowing he is not alone in this battle. It also increases his confidence to fight the unwanted behavior through behavior modification and accountability. See website for meeting times and locations.

Sons of Mosiah

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
877-HERO-877 (877-437-6877)
lifechangeservices.org

Cost: \$20 per week

For missionaries in-field, preparing missionaries, and missionaries released early. Participation online through email groups, a certified on-line coach, and overseen by a licensed clinician.

Teen Coping Skills Group

Jessica Champlin at Wasatch Family Therapy
1371 N. 1075 W. #5
Farmington, UT 84025
801-944-4555
info@wasatchfamilytherapy.com

Age Group: Youth 14-18 Yrs

Cost: \$65 per group attended

Meeting Time: Thurs, 4-5:20pm

Payment Type: Cash pay, ecclesiastical pay, HSA

Teaches skills that are proven to increase emotion regulation, reduce self-harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. This is the only experiential DBT Skills Group in the state where teens can learn and practice the skills with hands-on experiences, role-playing, art, magnets, and sensory activities. Join and come whenever you can - the group is open and runs year round. Call or email to register.

Teen Sexual Trauma and Recovery Group (TSTAR)

Safe Harbor
801-444-3191
safeharborhope.org/services/sa-support-groups/

Works with rape and sexual assault survivors to help them heal after an assault. The group is offered multiple times a year and follows a weekly curriculum. Families and friends impacted by a teen's sexual assault are encouraged to read the Help for Family and Friends page. Please note that Safe Harbor is a mandatory reporter if ongoing abuse of a minor is reported. Visit the website for more information.

Teen Support Group
Family Counseling Service of Northern Utah
3518 Washington Blvd.
Ogden, UT 84403
801-399-1600
Cost: \$25 per session
Meeting Time: Every other Thurs 4:30-6pm

Provides a safe space for teens to receive support in family dynamics, self-care, trauma, phobias, emotional wellness, weight and body image, values, and other topics. *Please call for more information and to register.*

Women

WORTH Group (Women of Rebirth Therapeutic Healing)
Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
801-923-3026
healingwithworth.org

Cost: Free

A free, LDS faith based, therapist facilitated, peer-support group for women healing from betrayal trauma caused by a spouse's sexual misbehaviors. WORTH Group therapists and mentors teach tools such as self-care, boundaries, and honoring emotions and blend them with LDS principles through guided discussion support groups. This group is a place where women derive emotional and spiritual strength as they share joys and sorrows and support each other in their healing journey. *Variety of groups available weekly, online. See website for more information.*

Men

EveryMan Men's Support Group
Davis Behavioral Health and Live Strong House
377 N. Marshall Way
Layton, UT 84041
dbhutah.org/groups/men/

Cost: Free
Meeting Time: 1st and 3rd Thurs of each month, from 7-8:30pm

Harness the power of your emotions and deepen your connection to yourself. Join a group of good men – like yourself – committed to doing the work of becoming more present and fulfilled in their lives. Everyman provides a framework to help you tap into the great man already within you and a space where you can figure things out.

Men of Moroni

Life Changing Services
1361 N. 1075 W. Suite 210
Farmington, UT 84025
877-HERO-877 (877-437-6877)
menofmoroni.org

Mentor-Led Cost: \$79 books and orientation, \$35 per session, \$30 per coaching session

Therapist-Led Cost: \$150 books and orientation, \$65 per session, \$30 per coaching session

The Men of Moroni group works with grown men, married or single, who are dealing with pornography and/or other unwanted sexual misbehaviors. Men in this group support one another in strengthening their discernment skills. *In person and online. See website for meeting times and information.*

Family

Alzheimer's Caregiver Support Groups

Alzheimer's Association

24/7 Helpline: 1-800-272-3900

Utah Chapter: 801-265-1944

communityresourcefinder.org

utahprograms@alz.org

Languages: English, Spanish, Chinese-Mandarin, Haitian-Creole

These support groups create a safe and supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. *Virtual and in-person (Davis County) support groups offered. Please register by calling or by sending an email.*

ParentGuidance.org

parentguidance.org

Cost: Free

Languages: English and Spanish

Offers education and therapeutic support to empower parents as they support the mental health of their children. The website offers a library of courses developed by leading mental health experts meant to offer hope, answers, and compassionate help.

Parenting Group

Safe Harbor

801-444-3191

safeharborhope.org/services/support-groups/

Cost: Free

For all parents with children who have been victims of or witnessed abuse. Assists parents with understanding the effects of domestic violence on their children and providing them with the tools to help their children heal. The eight-week program details child development, parenting styles, discipline, positive communication, daily routines, and more.

Children's Groups run at the same time. During Children's Groups, trained professionals help children cope with their feelings and family changes, learn anger management and frustration coping techniques, and other topics. *Please call for more information.*

Spouse & Family Support Group

The Church of Jesus Christ of

Latter-day Saints Family Services

addictionrecovery.churchofjesuschrist.org/spouses-and-families

Cost: Free

Languages: English and Spanish

If you have a spouse or loved one who is struggling with an addiction or other problematic behaviors, you may feel discouraged, betrayed, hurt, or hopeless. You may worry about the significant consequences that seem to loom over you and your loved one. Perhaps you just feel concerned and want to help. You can get support and find healing through spouse and family support groups. *Visit the website to find a meeting online or near you.*

LGBTQ+

LGBTQ Support Group Meeting
Neurobehavioral Center for Growth
Bountiful Community Church
Jen: 801-888-4612
Office: 801-683-1062
Cost: Free
Meeting Time: Tues 6-7pm

Dedicated to empowering LGBTQ teens and young adults, as well as their families. Promotes positive mental health and encourages effective parenting and family support. Groups are always co-led by trained, experienced therapists and psychologists who are members of the LGBTQ+ Affirmation Psychotherapist Guild of Utah.

Utah Pride Center Support Groups and Programs
1380 S. Main St.
Salt Lake City, UT 84115
801-539-8800
utahpridecenter.org
Adult & Senior Program email: brittanymartinez@utahpridecenter.org
Youth Programs email: cloebutler@utahpridecenter.org

The Utah Pride Center offers a safe, empowering space for Utah's diverse LGBTQ+ community through programs and support groups for youth, adults, seniors, and families. *Please call or email for more information on groups.*

Veterans

Continue Mission
801-560-9889
continuemission.org
facebook.com/continuemission
Cost: Free

Serves veterans and service members with service connected injuries, as well as their families, through year-round recreational and educational events. Continue Mission takes an active role in suicide and mental health awareness and their events have shown to have a positive impact on the mental health of their veterans.

Addiction

Addiction Recovery Support
The Church of Jesus Christ of Latter-day Saints Family Services
addictionrecovery.churchofjesuschrist.org

Cost: Free
Languages: English and Spanish

If you are struggling with addiction or a problematic behavior, you may feel trapped and fear that you will never be free. You can discover support and hope by attending a recovery support group meeting. *Visit the website to find a meeting near you. Meetings are offered online and in-person.*

Al-Anon/Alateen Family Groups of Utah

801-604-2579

utah-alanon.org

district1@utah-alanon.org

Women, men, and children who were once lonely, lost, and helpless because of someone's drinking, today have courage and confidence in themselves through Al-Anon and Alateen. They have discovered friends who understand and the tools to help themselves, which can indirectly help their alcoholic relatives or loved ones.

Contentment, and even happiness, is possible whether the alcoholic is still drinking or not. *Email for more information or visit the website listed for meeting times and locations.*

Alcoholics Anonymous® (AA)

saltlakeaa.org

Alcoholics Anonymous® is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.

Membership is open to anyone who wants to do something about his or her drinking problem. *Visit the website to find a meeting schedule.*

Celebrate Recovery Layton

Christian Life Center

2352 E. Highway 193

Layton, UT 84041

801-771-5433 Ext. 510

clayton.org

Church Hours: Mon-Fri 9am-4pm

Cost: Free

Meeting Time: Wed 6:30-8pm

(child care available)

Recovery group for all addictions, hurts, habits, or hang ups, domestic violence, etc. The program is from Saddleback Church in California. It is an amazing recovery program, come give it a try! *For information please visit the church website.*

Narcotics Anonymous (NA)

877-479-6262

lakesidenautah.org

Website is for the Davis County Area. *Please call or visit the website for more information.*

Sex Addicts Anonymous (SAA)

saa-recovery.org

Age Group: Adults

Cost: Free

As a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although they are not affiliated with AA or with any other organization or agency, they have been given permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible. *Visit website for local meetings and telemeetings.*

Alzheimer's Disease

Early Stages Alzheimer's Support Group

Alzheimer's Association

1-800-272-3900 (24/7 helpline)

Utah Chapter: 801-265-1944

utahprograms@alz.org

The Alzheimer's Association's Early Stage Support Groups are led by trained facilitators and offer dementia-related education, resources, emotional support, and connections to others living with the disease. Topics include disclosing the diagnosis, changing relationships, maintaining independence, medications, and research.

Pre-registration is required to attend an Early Stage Support Group; please send an email to register.

COVID-19

COVID-19 Recovery Support

University of Utah

Caring Connections

801-585-9522

nursing.utah.edu/grief-support-groups

Cost: Free

Meeting Time: Tues 5:30-7pm

Group is held online via Zoom statewide. *Registration is required, please call to register.*

Domestic Violence

Domestic Violence Support Groups

Safe Harbor

801-444-3191

safeharborhope.org/services/support-groups/

Cost: Free

For survivors age 18 and up who are or have been victims of abuse. Group is confidential. Cover topics such as, assertiveness and boundaries, conflict resolution, safety planning, understanding anger, and the effects of domestic violence on children. Safe Harbor offers support groups for special populations including male survivors, teens, and Spanish speaking clients. Please call for more information.

Grief

Anchor of Hope Grief Support Groups

385-212-HOPE (4673)

lifef@anchorofhope.org

Age Groups: Children, Youth, Adults

Meeting Set Up: Once per week for 12 weeks, 1.5 hours each session

Each meeting will be facilitated by two QPR and SafeTalk trained volunteers. Each meeting will have an assignment topic and activity geared towards the appropriate age level. Children engage in activities that allow them to express their emotions through creative play and art. Participants in support groups are not forced to share or do the activities but can simply listen and learn they are not alone in their grief.

COVID-19 Grief Support

University of Utah

Caring Connections

801-585-9522

nursing.utah.edu/grief-support-groups

Cost: Free

Meeting Time: Tues 5:30-7pm

Group is held online via Zoom statewide. *Registration is required, please call to register.*

Grief and Loss Groups

Resilient Solutions Inc.

Becky: 801-259-3883

resilientsolutionsinc.com/group-therapy.html

Cost: \$150 per 8-group session

Group sessions for those who have had a loved one die and a group for those who have lost a loved one to suicide. Facilitated by Becky Andrews, *please contact Becky for more information.*

Grief Support Groups

University of Utah

Caring Connections

801-585-9522

nursing.utah.edu/grief-support-groups

Cost: \$50

Provides information about coping with grief and loss, as well as a space for support between individuals who have experienced a similar loss. The groups have several themes to better serve those who attend them: Loss of a Family Member or Friend, Loss of a Spouse or Partner, Loss to Suicide, Loss to Overdose. Held in person and online via Zoom. *Please visit the website for each group meeting time. Registration is required, please call to register.*

Suicide Loss Grief

Support Group

Davis Behavioral Health

476 Heritage Park Blvd. #120

Layton, UT 84041

Jill: 801-259-7747

dbhutah.org/groups/grief-support

Meeting Time: 2nd and 4th Mon of each month, from 7-9pm

Peer-to-peer support group for adults (18+) who have lost a loved one to suicide. *Register on the website, call Jill with any questions.*

Mental Health

Adult Coping Skills Group

Jessica Champlin at Wasatch

Family Therapy

1371 N. 1075 W. #5

Farmington, UT 84025

801-944-4555

info@wasatchfamilytherapy.com

Age Group: Adults 18+

Cost: \$65 per group attended

Meeting Time: Thurs 5:30-7pm

Payment Type: Cash pay, ecclesiastical pay, HSA

Sychoeducation group where you will learn what clients describe as "LifeChanging" skills. This group teaches and practices the same (DBT) coping skills taught at residential treatment facilities, crisis centers, behavioral hospitals, and addiction recovery centers. They are proven to increase emotion regulation, reduce self harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. Join and come whenever you can. Group is open and runs year round. Teen group offered as well (see page 36). Call or email to register.

Anxiety & OCD Support Group

Jeff Gregson Therapy Services
801-923-8855
allthingsanxiety.com/classes/supportgroup

Cost: \$35 per group

Meeting Time: Wed 4pm, online via Zoom

This online group is for those who are on a waitlist to see a therapist but want some help and support now. This group is also a great supplement to individual therapy for those struggling with anxiety and/or OCD. This is an open discussion format allowing you to ask any questions and address any concerns you may have.

Register on the website.

Depression Support Group

Neurobehavioral Center for Growth

Cost: Free

Meeting Time: Every 1st and 3rd Tues 6-7pm

Support group via Zoom. For link or information, please email romina.valdizan@neurobcg.com

Latino Behavioral Health Services Groups and Classes

801-935-4447
latinobehavioral.org/services/support-groups

Age Groups: Adolescents to Seniors

Cost: Free

Youth, family, mental health, grief, and substance abuse support groups and classes. Support for the Latinx community from the Latinx community. *Call for more information.*

National Alliance on Mental Illness (NAMI) Groups & Classes

Weber-Davis Affiliate: Ron Bailey
801-513-3204

namiut.org

namiweberdavisron@gmail.com

Age Group: Adolescents to Seniors

Cost: Free

Connection support group, family-to-family courses, family support group, peer-to-peer course. *Call or visit website for more info.*

Parkinson's Disease

Davis County Parkinson's Support Group

North Davis Senior Activity Center

42 S. State St.
Clearfield, UT 84015
801-451-6238
801-499-9416

parkinsonsdavisco@gmail.com

The Parkinson's Support Group meets monthly and provides a comfortable and relaxed setting where people who have been diagnosed with Parkinson's disease can meet and socialize, as well as learn from subject matter experts about health and wellness, in order to enable Parkinson's patients and their caregivers to maximize their strengths and quality of life as much as possible. Their monthly schedule consists of knowledgeable briefers, fun activities, and social interactions all aimed at supporting Parkinson's patients, their families, and caregivers.

For meeting information, email or visit the [Parkinson's Support in Davis County Facebook Page](#).

Sexual Trauma

Sexual Trauma and Recovery Group (STAR)
Safe Harbor
801-444-3191
safeharborhope.org/services/sa-support-groups/

Works with rape and sexual assault survivors to help them heal after assault. The group is offered multiple times a year and follows a weekly curriculum. See page 36 for teen support group info. *Visit the website for more information.*

Finding Hope Support Group
Saprea
Cost: Free
findinghope.org

Finding Hope Support Groups have been developed for participants who are 18 years old, female, and have experienced child sexual abuse as a child or adolescent (at or before the age of 18). Individuals who attend can talk openly and honestly about their feelings and experiences with others who understand. Each person can feel heard and validated. Participants also learn ways of managing the effects of their trauma.
In-person and online, find a group on the website.

Sexual Abuse Survivors Group
The Church of Jesus Christ of Latter-day Saints Family Services
94 E. Pages Ln.
Centerville, UT 84014
801-294-0578
Cost: \$40 for 13 weeks

For women 18 and over who have had some sort of sexual abuse during their lifetime. *Individuals attending must have access to individual therapy.* Facilitated by Rebecca Laws. *Joining the group requires a referral from your local bishop.*

Traumatic Brain Injury (TBI)

Phoenix Services
1139 S. State St., Suite A1
Clearfield, UT 84015
801-825-4535
phoenixservices.org

Utah based nonprofit organization serving people with brain injuries and similar disabilities. Provides staff for families who need help managing a loved one at a nursing home level of care, but who desire an independent setting.

Family Support Resources

Care about Childcare

Weber State University

801-626-7837

McKay Education Building, Rm. #13

Weber State University

Ogden, UT 84403

programs.weber.edu/cac/

careaboutchildcare@weber.edu

Hours: Mon-Thurs 7am-4pm,

Fri 7am-1pm

Helps families make informed choices about child care and identify providers that best fit their needs. Families can use the public search to look for providers within a certain radius of their work, home, or another convenient location. The search also allows families to filter results by cost, languages spoken, certified quality ratings, and other factors. *Search the database online or call for the agency to run a search for you.*

CHADD's ADHD Parents

Together Community

(Children and Adults with Attention Deficit/Hyperactivity Disorder)

healthunlocked.com/adhd-parents

An online space to discuss the impact of ADHD on both you and your child. Talking about the challenges you face as a parent of a child with ADHD can be hard, but sometimes, there's nothing more helpful than talking with others who are in the same boat. This community is one where you can have the conversations you need to, sharing your experiences to receive and give support.

Circles Davis County

Open Doors

1360 E. 1450 S.

Clearfield, UT 84015

801-773-0712 Ext. 204

opendoorsutah.org/circles

Cost: Free

Meeting Location: Clearfield

Community Church unless

announced otherwise

Meeting Time: Thurs 5:30pm

A 12-week class aimed at helping low-income individuals break the cycle of poverty. Helps individuals and families have financial stability and growth while providing resources and tools from the community. Guests are welcome, dinner and childcare is provided each meeting.

Emotion Coaching Program

Davis Behavioral Health

Angie Smith: 801-773-7060

dbhutah.org/prevention/

Cost: Free

Groups Served: Parents and Caregivers

Languages: English and Spanish

Meeting Set Up: Virtually, once per week for 4 weeks, 1.5 hours each session

This program focuses on a five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. Easy to learn, and used by parents, educators, and caregivers, it supports kids through life's ups and downs.

Family Advocacy Office

Hill AFB (Military Affiliates)
7319 Balmer St., Bldg. 547
Hill Air Force Base, UT 84056
801-777-3497

Hours: Mon-Fri 7:30am-4:30pm

Offers parenting classes, marriage enrichment classes, stress management, anger management, and other resources to help you and your family. *Call to make appointments and for further information.*

Families First

801-272-9980
refer2familiesfirst.org
warner@youthvillage.org

Cost: Determined on sliding scale

Offers intensive in-home services geared towards teaching parents, children, and families skills to help improve communication, relationships, structure, compliance, and ultimately stabilize the home environment. Services generally last about 13 weeks on average.

Family Enrichment Center - Head Start & Early Head Start

320 S. 500 E.
Kaysville, UT 84037
801-402-0650
davis.k12.ut.us/academics/early-childhood/head-startearly-head-start-and-title-i-preschool

Cost: Free

Programs designed to promote school readiness for children from low-income families. Early Head Start serves pregnant women and families with children under age 3. Head Start programs serve children between 3 and 5 years old.

Family Service Workers (FSWs)

Davis School District
Jenny (Coordinator):
801-402-5914
davis.k12.ut.us/departments/student-family-resources/family-services-workers

Connect families and parents with the resources they need to support themselves and thrive. FSWs can also help families identify physical and emotional self-care and stress-coping mechanisms, and advocate for their needs.

Grandfamilies & Kinship Care

Children's Service Society of Utah (CSS)

129 S. State St., Suite 130
Clearfield, UT 84015

Davis: 801-614-1020

Main: 801-355-7444

Cost: Free

Can help you find your way to the services and support you need to take care of yourself and your family through tips, tools, and resources. Offers support and activity groups, children's groups, advocacy, and crisis intervention.

Help Me Grow (Prenatal & Developmental Information)
801-691-5322
helpmegrowthutah.org

Cost: Free

Groups Served: Prenatal parents and families with children through 8 years of age

Languages: English and Spanish

An information and referral helpline that provides parents, physicians, and providers with the knowledge and resources they need to make a difference in the lives of children. Services include: personal care coordination, free child development and perinatal screenings, connection to community resources, and answers to pregnancy, parenting and child development questions.

The Hope Center

545 S. State St.
Clearfield, UT 84015
801-837-4673
thehopecenterutah.org
hopecenterutah1@gmail.com

Cost: Free

Hours: Tues-Fri 10am-2pm

Offers an array of supportive services at no cost including a community food bank, financial assistance, counseling, and much more.

Medicaid (Online Application)

medicaid.utah.gov/apply-medicaid

A medical program for people who have low-income and limited resources. Learn more on eligibility medicaid.utah.gov/who-eligible

My Discovery Destination
discoveryfamilyadventures.com
wattson@mydiscoverydestination.com

Text 'family' to 888-403-4140

Fee: Free

Groups Served: Families with children who are preschoolers to teenagers. Grandparents and grandchildren.

A collaboration of family-oriented businesses that offer a wide variety of free activities for families in their community. It provides opportunities for families to create and capture memories. The program is centered around strengthening families, building character, and improving lives.

Open Doors - Clearfield and Layton

1360 E. 1450 S.
Clearfield, UT 84015
801-773-0712

875 E. Highway 193

Layton, UT 84040

801-771-4642

opendoorsutah.org

Strives to end poverty and abuse and establish strong family relationships and self-reliance by offering many programs including: 24-hour crisis/respite nursery for children 0-11 years of age for parents in distress, parent education classes, counseling services, housing programs, crisis prevention, a food bank, and rent/utility/tax assistance.

Postpartum Support International

*PSI Utah (aka Utah Maternal
Mental Health Collaborative)*
psiutah.org

Offers free phone and email support provided by mothers who have experienced and healed from emotional health complications around pregnancy, postpartum, infertility, miscarriage and loss, as well as helpful local resources and referrals. All races, religions, nationalities, sexual orientations, and genders are welcome.

Prevent Child Sexual Abuse Community Education Classes

Saprea
saprea.org/community-education/

Offers resources to learn how to reduce child sexual abuse and teach others to do the same. You can download the materials and teach a group, request a class to be taught, or train to become a volunteer community educator.

Read more about each of the four classes below or on the website.

Top 5 Ways You Can Reduce the Risk

Keeping your kids safe can feel overwhelming, but this course is a great introduction to the top 5 things that make a difference in reducing the risk of sexual abuse and how to get started. Learn how to assess risky situations, set and respect healthy boundaries, keep communication lines open, discuss sexual development, and model and develop emotional well-being.

Teaching Your Child Consent

Consent is about so much more than sex. Practicing and honoring consent is essential to navigating relationships and interactions throughout life. This discussion explores the powerful principles of consent and how they can help empower children, foster healthy relationships in families, and reduce the risk of sexual abuse.

Teaching Your Child Healthy Sexuality

Teaching your kids about healthy sexuality is a key way you can reduce the risk of child sexual abuse in your family. Through this discussion, you will find help to consider your own beliefs and family values and how they can influence conversations about sexual development with your kids.

Teaching Consent for Teens

Consent is so much more than physical relationships. Practicing and honoring consent is essential to building and receiving respect. Teen consent is Saprea's only class designed specifically for teens and tackles powerful principles like respect, boundaries, ability, and communication.

**Raising Anxiety Resilient
Children Webinar**

Jeff Gregson Therapy Services
801-923-8855
allthingsanxiety.com/classes/parentingcourse

Cost: \$35

Held twice a month at 1pm.

Register on the website above.

REACH Andy Hogan

801-699-7858
ReachAndyHogan.com
andy@reachandyhogan.com

Languages: English and Mandarin

Services include: Speaking engagements for large and small groups on how to find peace with mental illness; communication/conflict resolution classes for individuals, couples, or families on how to reconnect relationships that are emotionally distant; Book readings with children that initiate healing discussions on mental health; videos, podcasts, books, and other media that teach emotional and relationship health.

Strengthening Families Program

Davis Behavioral Health
Angie Smith: 801-773-7060
dbhutah.org/prevention/

Cost: Free

Groups Served: Families with
Kids 10-14 Yrs Old

Languages: English and Spanish

Meeting Set Up: Once per week
for 7 weeks, 2.5 hours each session

Program focused on strengthening family connections, healthy conflict resolution, and enhancing effective communication skills. Childcare and dinner provided each week.

Violence, Abuse & Neglect Resources

Adult Protective Services

1-800-371-7897

daas.utah.gov/adult-protective-services

Hours: Mon-Fri 8am-5pm

Investigates allegations of abuse, neglect, and exploitation of vulnerable adults. Anyone over the age of 65 and people between 18-64 years old with impairments that keep them from taking care of themselves are considered vulnerable adults. *Reports can be made by telephone or online through the website.*

Davis County

Children's Justice Center (CJC)

801-451-3560

daviscountyutah.gov/cjc

Hours: Mon-Fri 8am-5pm

Offers a comfortable setting to make children feel safe while they are meeting with investigators and other team members about allegations of abuse.

Davis County Hospital Advocate Response Team (DCHART)

801-300-9890

Responds to sexual assault and domestic violence calls 24/7. Offers resources and support for victims, families, and friends of those affected by crime. DCHART works closely with NUSANE (see next page).

Davis County Long-Term Care Ombudsman

Hotline: 801-525-5060

[daviscountyutah.gov/health/aging-a
dult-services/long-term-care-ombud
sman](http://daviscountyutah.gov/health/aging-and-long-term-care-ombudsman)

Hours: Mon-Fri 8am-5pm

Advocates for residents living in long-term care facilities, including skilled nursing facilities, assisted living facilities, and short-term rehab. The Ombudsman investigates and helps to resolve concerns dealing with many aspects of the life of residents, including quality of care, resident rights, and federal and state regulatory requirements.

Ombudsmen also educate staff, family members, residents, and the community about issues pertaining to long-term care.

Division of Child and

Family Services (DCFS)

Bountiful: 801-397-7640

Clearfield: 801-776-7300

Child Abuse/Neglect Hotline:

855-323-3237

dcfs.utah.gov

Hours: Mon-Fri 8am-5pm

Provides prevention, child protective services, in and out-of-home services to children and families in order to keep children safe.

Help for Family and Friends of Survivors of Sexual Violence - Safe Harbor Resources
385-515-4044
safeharborhope.org/services/sa-help-for-family-friends/

If someone you know has experienced sexual assault or rape, you may wonder how you can help. *Visit the website to learn more.*

Northern Utah Sexual Assault Nurse Examiners (NUSANE)
801-436-1075
nusane.org

Hours: 24/7

Cost: Free

Provides sexual assault exams to victims of sexual violence.

Prevent Child Abuse Utah
801-393-3366

Child Abuse Hotline:
855-323-3237
pcautah.org

Provides prevention, child protective services, in and out of home services to children and families to keep children safe.

Safe Harbor Lifeline and Prevention Center
223 Larson Ln.
Layton, UT 84041
Business Line: 801-444-3191
Crisis Line: 801-444-9161
safeharborhope.org
info@safearborhope.org

Provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter and crisis line operate 24/7.

Saprea
saprea.org

Their mission is to liberate individuals and society from child sexual abuse and its lasting impacts by providing healing educational retreats, survivor support groups, and online healing resources for adult female survivors. They also provide online prevention resources and community education courses/materials for parents and caregivers to reduce the risk of abuse from occurring.

Sexual Assault Services Map
ucasa.org/services

Provides up-to-date and current resources for survivors of sexual assault throughout the state.

Utah Coalition Against Sexual Assault
801-764-0404
ucasa.org

Invites individuals and organizations to collaborate to strengthen the effectiveness of sexual violence education, prevention, and response in Utah.

Utah Sexual Assault Kit Tracking System
Information Line: 801-893-1145
sakt.ps.utah.gov/sakt/status

For any survivor of sexual assault that has completed a forensic exam and is interested in the status of their sexual assault kit. Allows survivors to track the status and location of their sexual assault kit in real time.

Victim Services

Local

City Victim Services and Advocates offer help with understanding the criminal justice system, identifying community resources, filing for a Protective Order, Civic Stalking Injunction, or assistance from Utah Office for Victims of Crimes, etc.

Bountiful City Police Department
801-298-6137
bountifulcitypd.com

Clearfield City Victim Resources
801-525-2759
clearfieldcity.org

Syracuse City Victim Advocate
Celeste Hopkins: 801-643-8131
syracuseut.gov

Davis Area Victim Housing Assistance Program
801-525-2777

Offers assistance to help victims achieve or maintain safety and housing stability after experiencing a crime.

Davis County Attorney's Office Victim Services Division
801-451-4300
daviscountyutah.gov/attorney

Provides critical services and information to victims of crime.

Kaysville City Victim Advocate
801-546-1131
kaysville.gov

Layton City Victim Services
801-336-3599
laytoncity.org

Safe Harbor Lifeline and Prevention Center
223 Larson Ln.
Layton, UT 84041
Business Line: 801-444-3191
Crisis Line: 801-444-9161
safeharborhope.org
info@safeharborhope.org

Provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter is open 24/7, just call the crisis line and someone will be ready to help.

State

Utah Department of Corrections Victim Resources
corrections.utah.gov

Provides information, assistance and support to crime victims whose perpetrators are in the custody of the Utah Department of Corrections.

Utah Domestic Violence Coalition (UDVC)
udvc.org

Provide free and confidential support for victims and survivors of domestic and intimate partner violence.

Utah Office for Victims of Crime

801-238-2360

Toll-Free: 800-621-7444crimevictim.utah.gov**Hours:** Mon-Fri 8am-5pm

Provides financial compensation for victims of crime. Administers and 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.

Utah Human Trafficking Tip Line*Utah Office of the Attorney General Strike Force*

801-200-3443

attorneygeneral.utah.gov/resources/tip-lines

This is a tip line, NOT a crisis line. It is answered by a voicemail machine. Please call the National Human Trafficking Hotline (1-888-373-7888) for help.

Utah State Office of the Attorney General

801-366-0260

attorneygeneral.utah.gov**Hours:** Mon-Fri 8am-5pm

Offers criminal justice advocacy and emotional support to victims during the court process.

National**National Organization for****Victim Assistance (NOVA)**trynova.org/help-for-crime-victims/

NOVA offers general victim information, local and state resources and referrals, including the national hotlines identified on the website. NOVA does not provide case management services, representation, financial assistance or legal advice to victims of crime.

Victim Information and**Notification Everyday (VINE)****24/7 Support:** 877-884-8463vinelink.com

The Utah Department of Corrections VINE program allows crime victims, as well as other members of the community, access to reliable information regarding custody status changes and criminal cases. Access to this data is available via telephone, email, TTY, text message, and in-application notifications. VINE is free, secure, and confidential. Register for notifications and stay informed.

Domestic Violence Perpetrator Treatment

GMS COUNSELING

370 S. 500 E.

Clearfield, UT 84015

801-825-4876

gmscounselingllc.com

Hours: Mon-Thurs 11am-8pm,

Fri by appointment only,

Sat 10am-2pm

Provides domestic violence perpetrator treatment. Follows all state guidelines, including an evaluation, assessment and 16-week course when appropriate.

Professional Services

Corporation

391 State St., Suite A

Clearfield, UT 84015

801-525-0950

professionalservicescorp.net

Hours: Mon-Thurs 9am-6pm

By appointment only

Provides domestic violence perpetrator treatment.

Legal Services

Disability Law Center

1-800-662-9080

disabilitylawcenter.org

Hours: Mon-Thurs 9am-4pm,
Fri 9am-1pm

Our mission is to enforce and strengthen the laws that protect the opportunities, choices, and legal rights of Utahns with disabilities.
Online contact form on website.

Domestic Violence

Pro Bono Lawyers

801-447-3800

Offers assistance during protective order hearings for self-represented petitioners.

Family Law Legal Site

801-581-5418

utcourts.gov/howto/legalclinics

Hours: 1st and 3rd Wed every month, by appointment

Offers assistance with family law, child custody, divorce, and protective orders to any low-income resident of Utah. *Call or request an appointment online.*

Financial Fraud - Division of

Consumer Protection

801-530-6601

Toll-Free: 800-721-7233

consumerprotection.utah.gov

Consumer Protection stops unfair, deceptive and fraudulent business practices by reviewing complaints and conducting investigations, educating consumers and businesses about the statutes regulated by the division, and licensing or registering regulated entities. The Division can take administrative action against companies that have violated the law, however, the Division cannot act as your private attorney.

Legal Aid Society of Salt Lake

801-328-8849

legalaidocietyofsaltlake.org

Offers low-income families affordable legal representation and assistance in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic violence.

Utah Crime Victims Legal Clinic

801-746-1204

utahvictimsclinic.org

Hours: Mon-Fri 8am-5pm

Provides protective order and stalking injunction assistance and legal representation to victims whose rights as a victim have been violated.

Utah Legal Services

1-800-662-4245

utahlegalservices.org

Hours: Mon-Fri 9am-2pm

Offers free legal help for civil matters to low-income Utahns. *Apply online for faster service.*

YWCA Family Justice Center

801-236-3370

Hours: Mon-Fri 9am-4pm

Assists in filing for protective orders and stalking injunctions.

Utah State Courts**Self-Help Center (SHC)**

1-888-683-0009

Text for Help: 801-742-1898

utcourts.gov/selfhelp/

selfhelp@utcourts.gov

Hours: Mon-Fri 11am-5pm

The Utah State Courts' Self-Help Center (SHC) provides free legal help to people who do not have a lawyer. The SHC provides information to help you understand your rights and responsibilities, and to help you resolve your legal problems on your own if you cannot afford an attorney or if you choose not to hire one. *Please visit the web link provided before calling due to the helpline being busy.*

Utah State Law Library

450 S. State St.

Salt Lake City, UT 84111

801-238-7990

Text for Help: 801-432-0898

library@utcourts.gov

utcourts.gov/lawlibrary/

Hours: Mon-Fri 9am-4:30pm

Patrons are welcome to: use the library's computers to access XChange, OCAP and forms on the court's website; access their print collection (briefs, superseded Utah code, and other materials); use the library's copier and scanner. Staff cannot provide legal advice.

Free legal clinic listings

utcourts.gov/howto/legalclinic

Glossary

Terms are hyperlinked and definitions are directly from the source(s) listed. Some descriptions were shortened for clarity.

Abuse: Interactions in which one person behaves in a cruel, violent, demeaning, or invasive manner toward another person or an animal. The term most commonly implies physical mistreatment but also encompasses sexual and psychological (emotional) mistreatment. *APA Dictionary of Psychology*

Attention-Deficit/Hyperactivity Disorder (ADD)/ADHD: [It] is one of the most common mental disorders affecting children. Symptoms of ADHD include inattention (not being able to keep focus), hyperactivity (excess movement that is not fitting to the setting) and impulsivity (hasty acts that occur in the moment without thought). ADHD also affects many adults. *National Institute of Mental Health, Mental Health Information, Health Topics; APA Dictionary of Psychology*

Addiction: An uncontrollable craving, seeking, and use of a substance, such as a drug or alcohol. See also [Substance Use Disorder \(SUD\)](#). *National Cancer Institute Dictionary of Cancer Terms*

Adjustment Disorder: A group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event. The symptoms occur because you are having a hard time coping. Your reaction is stronger than expected for the type of event that occurred. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Advocacy: Speaking or acting on behalf of an individual or group to uphold their rights or explain their point of view. An individual engaged in advocacy is called an advocate, of which there are two general types: A case advocate represents a single individual, and a class advocate represents a whole group. *APA Dictionary of Psychology*

Aftercare: A program of outpatient treatment and support services provided for individuals discharged from an institution, such as a hospital or mental health facility, to help maintain improvement, prevent relapse, and aid adjustment of the individual to the community. Aftercare may also refer to inpatient services provided for convalescent patients, such as those who are recovering from surgery. [It can also be] a form of day care. *APA Dictionary of Psychology*

American Indian/Alaska Native (Native): This population includes people having origins in any of the original peoples of North, South America, and Central America, who maintain tribal affiliation or community attachment. *U.S. Department of Health and Human Services Office of Minority Health*

Alzheimer Disease (AD): The most common form of dementia. It affects memory, thinking, and behavior. See also Dementia.
National Library of Medicine, MedlinePlus, Medical Encyclopedia

Anger Management: Techniques used by individuals—sometimes in counseling or therapy—to control their inappropriate reactions to anger-provoking stimuli and to express their feelings of anger in appropriate ways that are respectful of others. *APA Dictionary of Psychology*

Anxiety/Anxiety Disorders: A feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships. *National Library of Medicine, MedlinePlus, Health Topics*

(Reactive) Attachment Disorder: A problem in which a child is not able to easily form a normal or loving relationship with others. It is considered to be a result of not forming an attachment to any specific caregiver when very young.
National Library of Medicine, MedlinePlus, Medical Encyclopedia

Autism Spectrum Disorder (ASD): A neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders...It is called a "spectrum" disorder because people with ASD can have a range of symptoms.
National Library of Medicine, MedlinePlus, Health Topics

Behavior/Behavioral Disorder: Any persistent and repetitive pattern of behavior that violates societal norms or rules, seriously impairs a person's functioning, or creates distress in others. The term is used in a very general sense to cover a wide range of disorders or syndromes. *APA Dictionary of Psychology*

Behavioral Health: An interdisciplinary subspecialty of behavioral medicine that promotes a philosophy emphasizing individual responsibility in the maintenance of one's own health and in the prevention of illness and dysfunction by means of self-initiated activities (jogging, exercising, healthy eating, not smoking, etc.). *APA Dictionary of Psychology*

Behavior Problem: A pattern of disruptive behavior that generally falls within social norms and does not seriously impair a person's functioning. *APA Dictionary of Psychology*

Behavior Therapy: A form of psychotherapy that applies the principles of learning, operant conditioning, and classical conditioning to eliminate symptoms and modify ineffective or maladaptive patterns of behavior. The focus of this therapy is upon the behavior itself and the contingencies and environmental factors that reinforce it, rather than exploration of the underlying psychological causes of the behavior. A wide variety of techniques are used in behavior therapy, such as behavior rehearsal, biofeedback, modeling, and systematic desensitization. *APA Dictionary of Psychology*

Biofeedback: Information about bodily processes and systems provided by an organism's receptors to enable it to maintain a physiologically desirable internal environment and make adjustments as necessary; the use of an external monitoring device (e.g., electrocardiograph) to provide an individual with information regarding his or her physiological state. When used to help a person obtain voluntary control over autonomic body functions, such as heart rate or blood pressure, the technique is called biofeedback training. It may be applied therapeutically to treat various conditions, including chronic pain and hypertension. *APA Dictionary of Psychology*

Bipolar Disorder (formerly called manic-depressive illness or manic depression): A mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. *National Institute of Mental Health, Mental Health Information, Health Topics*

Caregiver: A person who attends to the needs of and provides assistance to someone else who is not fully independent, such as an infant or an ill adult. A person who does the majority of the work is called the primary caregiver. *APA Dictionary of Psychology*

Child Abuse: Harm to a child caused by a parent or other caregiver. The harm may be physical (violence), sexual (violation or exploitation), psychological (causing emotional distress), or neglect (failure to provide needed care). *APA Dictionary of Psychology*

Cognitive Behavior Therapy (CBT): A form of psychotherapy that integrates theories of cognition and learning with treatment techniques derived from cognitive therapy and behavior therapy. CBT assumes that cognitive, emotional, and behavioral variables are functionally interrelated. *APA Dictionary of Psychology*

Cognitive Restructuring: A technique used in cognitive therapy and cognitive behavior therapy to help the client identify his or her self-defeating beliefs or cognitive distortions, refute them, and then modify them so that they are adaptive and reasonable. *APA Dictionary of Psychology*

Cognitive Therapy (CT): A form of psychotherapy based on the concept that emotional and behavioral problems in an individual are, at least in part, the result of maladaptive or faulty ways of thinking and distorted attitudes toward oneself and others.

APA Dictionary of Psychology

Couples Therapy/Marital Therapy:

Therapy in which both partners in a committed relationship are treated at the same time by the same therapist or therapists. Couples therapy is concerned with problems within and between the individuals that affect the relationship...Individual sessions may be provided separately to each partner, particularly at the beginning of therapy; most of the course of therapy, however, is provided to both partners together. Couples therapy for married couples is known as marital therapy.

APA Dictionary of Psychology

Crisis: A situation (e.g., a traumatic change) that produces significant cognitive or emotional stress in those involved in it.

APA Dictionary of Psychology

Day Treatment: Program of coordinated interdisciplinary assessment, treatment, and rehabilitation services provided by professionals and paraprofessionals for people with disabilities, mental or physical disorders, or substance abuse problems, usually at a single location for 6 or more hours during the day. Services also address skill and vocational development and may include adjustment programs or sheltered workshops.

APA Dictionary of Psychology

Dementia: A loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior.

National Library of Medicine, MedlinePlus, Medical Encyclopedia

Depression: A negative affective state, ranging from unhappiness and discontent to an extreme feeling of sadness, pessimism, and despondency, that interferes with daily life. Various physical, cognitive, and social changes also tend to co-occur, including altered eating or sleeping habits, lack of energy or motivation, difficulty concentrating or making decisions, and withdrawal from social activities. It is symptomatic of a number of mental health disorders; In psychiatry and psychology, any of the depressive disorders.

APA Dictionary of Psychology

Detoxification (Detox):

A therapeutic procedure, popularly known as detox, that reduces or eliminates toxic substances (e.g., alcohol, opioids) in the body.

APA Dictionary of Psychology

Dialectical Behavior Therapy (DBT):

A flexible, stage-based therapy that combines principles of behavior therapy, cognitive behavior therapy, and mindfulness. It establishes a “dialectic” between helping individuals to accept the reality of their lives and their own behaviors on the one hand and helping them learn to change their lives, including dysfunctional behaviors, on the other. Its underlying emphasis is on helping individuals learn both to regulate and to tolerate their emotions.

APA Dictionary of Psychology

Differential Diagnosis:

The process of determining which of two or more diseases or disorders with overlapping symptoms a particular patient has; The distinction between two or more similar conditions by identifying critical symptoms present in one but not the other. *APA Dictionary of Psychology*

Dissociative Disorders: Any of a group of disorders characterized by a sudden or gradual disruption in the normal integrative functions of consciousness, memory, or perception of the environment. Such disruption may last for minutes or years, depending on the type of disorder. *APA Dictionary of Psychology*

Domestic Violence: Any action by a person that causes physical harm to one or more members of his or her family unit. For example, it can involve battering of one partner by another (partner abuse), violence against children by a parent, or violence against elders by younger family members. *APA Dictionary of Psychology*

Eating Disorder: Any disorder characterized primarily by a pathological disturbance of attitudes and behaviors related to food, including anorexia nervosa, bulimia nervosa, and binge-eating disorder. Other eating-related disorders include pica and rumination, which are usually diagnosed in infancy or early childhood. *APA Dictionary of Psychology*

Emotional Disorder:

Any psychological disorder characterized primarily by maladaptive emotional reactions that are inappropriate or disproportionate to their cause; loosely, any mental disorder. *APA Dictionary of Psychology*

Empirical (Research):

Derived from or denoting experimentation or systematic observations as the basis for conclusion or determination, as opposed to speculative, theoretical, or exclusively reason-based approaches. Many forms of research attempt to gain empirical evidence in favor of a hypothesis by manipulating an independent variable and assessing the effect on an outcome or dependent variable. *APA Dictionary of Psychology*

Equine-Assisted Psychotherapy (EAP):

A form of animal-assisted therapy in which a licensed mental health professional, in conjunction with an equine specialist, uses handling, grooming, and other activities with specially trained horses as part of psychological treatment for those with emotional and behavioral problems...Also called equine-facilitated psychotherapy (EFP). *APA Dictionary of Psychology*

Evidence-Based Practice (EBP):

The integration of the best available scientific research from laboratory and field settings with clinical expertise so as to provide effective psychological services that are responsive to a patient's culture, preferences, and characteristics...The ultimate goal of EBP is to promote empirically supported principles that can be used to enhance public health.

APA Dictionary of Psychology

Executive Coaching: One-on-one, customized counseling and feedback provided to managers in an organization to develop their interpersonal and other managerial skills and enhance their ability to achieve short- and long-term organizational goals. Executive coaching is provided by external consultants or similar professional coaches, rather than by managers, peers, or human resources personnel within the organization.

APA Dictionary of Psychology

Exploitation: To exploit someone is to take unfair advantage of them. It is to use another person's vulnerability for one's own benefit. See also **Trafficking**. *Stanford Encyclopedia of Philosophy*

Eye-Movement Desensitization and Reprocessing (EMDR):

A treatment methodology used to reduce the emotional impact of trauma-based symptoms such as anxiety, nightmares, flashbacks, or intrusive thought processes. The therapy incorporates simultaneous visualization of the traumatic event while concentrating on the rapid lateral movements of a therapist's finger.

APA Dictionary of Psychology

Family Therapy: A form of psychotherapy that focuses on the improvement of interfamilial relationships and behavioral patterns of the family unit as a whole, as well as among individual members and groupings, or subsystems, within the family. See also **Couples Therapy/Marital Therapy**. *APA Dictionary of Psychology*

Geriatrics: The branch of medicine that deals with the diagnosis and treatment of disorders in older adults. *APA Dictionary of Psychology*

Grief: The normal response to a major loss, such as the death of a loved one. Grief may also be felt by a person with a serious, long-term illness or with a terminal illness. It may include feelings of great sadness, anger, guilt, and despair. Physical problems, such as not being able to sleep and changes in appetite, may also be part of grief.

National Cancer Institute Dictionary of Cancer Terms

Group Therapy: Treatment of psychological problems in which two or more participants interact

with each other on both an emotional and a cognitive level in the presence of one or more psychotherapists who serve as catalysts, facilitators, or interpreters. The approaches vary, but in general they aim to provide an environment in which problems and concerns can be shared in an atmosphere of mutual respect and understanding. Group therapy seeks to enhance self-respect, deepen self-understanding, and improve interpersonal relationships. Also called group psychotherapy.

APA Dictionary of Psychology

Individual Therapy: Treatment of psychological problems that is conducted on a one-to-one basis. One therapist sees one client at a time, tailoring the process to his or her unique needs in the exploration of contributory factors and alleviation of symptoms.

APA Dictionary of Psychology

Inpatient: a person who has been formally admitted to a hospital for a period of at least 24 hours for observation, diagnosis, or treatment, as distinguished from an outpatient or an emergency-room patient.

APA Dictionary of Psychology

Integrated Care: A consistent, systematic, and coordinated set of health care services that are developed, managed, and delivered to individual patients over a range of organizations and by a variety of associated professionals and other care providers. The approach seeks to reduce fragmented care (i.e., diagnosis and treatment by multiple unconnected and minimally communicating doctors and caregivers); to improve clinical outcomes, quality of life, patient satisfaction, effectiveness, and efficiency (ideally using evidence-based practice guidelines); and to reduce costs...Also called integrated medicine.

APA Dictionary of Psychology

Intensive Outpatient Program (IOP): Treatment programs used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. They enable patients to continue with their normal, day-to-day lives in a way that residential treatment programs do not. Whereas residential treatment requires that clients reside on site, clients in intensive outpatient programs live at home.

American Addiction Centers

Latino/a: The term Latino/a is geographically based and refers to persons from or with ancestry from Latin American countries.

National Cancer Institute Division of Cancer Epidemiology and Genetics

Latinx: Latinx is the gender-neutral form of Latino.

National Cancer Institute Division of Cancer Epidemiology and Genetics

LGBTQ(+): Abbreviation for lesbian, gay, bisexual, transgender, and questioning or queer: an inclusive term used to refer to the homosexual population in all of its diverse forms, to those with both homosexual and heterosexual preferences, and to those whose gender identity differs from the culturally determined gender roles for their birth sex; The 'plus' is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials.

APA Dictionary of Psychology; Very Well Mind

Medication-Assisted Treatment (MAT):

(MAT): The use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient’s needs. *Substance Abuse and Mental Health Services Administration (SAMHSA)*

Mental Disorder (Mental Illness):

Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these. Such disorders cannot be accounted for solely by environmental circumstances and may involve physiological, genetic, chemical, social, and other factors.

APA Dictionary of Psychology

Mental Health:

A state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life. *APA Dictionary of Psychology*

Mindfulness: Awareness of one’s internal states and surroundings. The concept has been applied to various therapeutic interventions—for example, mindfulness-based cognitive behavior therapy, mindfulness-based stress reduction, and mindfulness meditation—to help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them. *APA Dictionary of Psychology*

Mood Disorders: A mood disorder is a mental health class that health professionals use to broadly describe all types of depression and bipolar disorders...Therapy, antidepressants, and support and self-care can help treat mood disorders. *Johns Hopkins Medicine, Health Conditions and Diseases*

Neglect: Failure to provide for the basic needs of a person in one’s care. The neglect may be emotional (e.g., rejection or apathy), material (e.g., withholding food or clothing), or service-oriented (e.g., depriving of education or medical attention). *APA Dictionary of Psychology*

Neurofeedback: A type of biofeedback training intended to enable people to alter their brain waves by using information from a video display or auditory signal of electroencephalograph (EEG) recordings of their brain-wave characteristics. Neurofeedback has been used with mixed results in the treatment of attention-deficit hyperactivity disorder and epilepsy and is being investigated as a possible intervention for other conditions as well (e.g., headaches, insomnia, anxiety). *APA Dictionary of Psychology*

Neuropsychology: The branch of science that studies the physiological processes of the nervous system and relates them to behavior and cognition, in terms both of their normal function and of the dysfunctional processes associated with brain damage. *APA Dictionary of Psychology*

Neuroscience: The scientific study of the nervous system, including neuroanatomy, neurobiology, neurochemistry, neurophysiology, and neuropharmacology, and its applications in psychology, psychiatry, and neurology. *APA Dictionary of Psychology*

Obsessive-Compulsive Disorder (OCD): A mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Oppositional Defiant Disorder: A pattern of disobedient, hostile, and defiant behavior toward authority figures. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Outpatient: A person who obtains a diagnosis, treatment, or other service at a hospital, clinic, physician's office, or other health care facility without overnight admission. *APA Dictionary of Psychology*

Pacific Islanders/Native Hawaiians: This racial group refers to people having origins in any of the original peoples of Hawaii, Guam, Samoa or other Pacific Islands. *U.S. Department of Health and Human Services Office of Minority Health*

Parkinson's Disease (PD): Parkinson disease results from certain brain cells dying. These cells help control movement and coordination. The disease leads to shaking (tremors) and trouble walking and moving. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Partial Hospitalization: Hospital treatment of patients on a part-time basis (i.e., less than 24 hours per day). *APA Dictionary of Psychology*

Peer Counseling: Counseling by an individual who has a status equal to that of the client, such as a college student trained to counsel other students or an employee trained to counsel coworkers. *APA Dictionary of Psychology*

Personality Disorders: A group of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work. People with personality disorders have trouble dealing with everyday stresses and problems. They often have stormy relationships with other people. *National Library of Medicine, MedlinePlus, Health Topics*

Pet Therapy (Animal-Assisted Therapy):

The therapeutic use of pets to enhance individuals' physical, social, emotional, or cognitive functioning. Animal-assisted therapy may be used, for example, to help people receive and give affection, especially in developing communication and social skills. It may be most effective for people who have suffered losses or separation from loved ones.

APA Dictionary of Psychology

Play Therapy: The use of play activities and materials (e.g., clay, water, blocks, dolls, puppets, finger paint) in child psychotherapy...This form of psychotherapy, which focuses on a child's internal conflicts in addition to his or her daily life and current relationships, may be directive or nondirective.

APA Dictionary of Psychology

Pornography: Writings or images (e.g., illustrations, films) with blunt, often exploitative sexual content designed solely to arouse a sexual response and to satisfy the sexual urges of the beholder. Although legal interpretations of pornography vary, they tend to focus on it as a violation of community standards, with no redeeming artistic value.

APA Dictionary of Psychology

Post-Traumatic Stress Disorder (PTSD):

A mental health disorder that some people develop after they experience or see a traumatic event. The traumatic event may be life-threatening, such as combat, a natural disaster, a car accident, or sexual assault. But sometimes the event is not necessarily a dangerous one. For example, the sudden, unexpected death of a loved one can also cause PTSD.

National Library of Medicine, MedlinePlus, Health Topics

Prevention: Behavioral, biological, or social interventions intended to reduce the risk of disorders, diseases, or social problems for both individuals and entire populations.

APA Dictionary of Psychology

Pediatric Psychology:

An interdisciplinary field of research and practice that addresses physical, behavioral, and emotional development as it interacts with health and illness in children, adolescents, and families.

APA Dictionary of Psychology

Psychiatry: The branch of

medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

American Psychiatric Association

Psychology: The study of the mind and behavior...The practice of psychology involves the use of psychological knowledge for any of several purposes: to understand and treat mental, emotional, physical, and social dysfunction; to understand and enhance behavior in various settings of human activity (e.g., school, workplace, courtroom, sports arena, battlefield); and to improve machine and building design for human use.

APA Dictionary of Psychology

Psychotherapy: Any psychological service provided by a trained professional that primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns. Psychotherapy may be provided to individuals, couples, families, or members of a group. *APA Dictionary of Psychology*

Psychotic Disorders: Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. People with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations. Delusions are false beliefs, such as thinking that someone is plotting against you or that the TV is sending you secret messages. Hallucinations are false perceptions, such as hearing, seeing, or feeling something that is not there. *National Library of Medicine, MedlinePlus, Health Topics*

Rape: A form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent. See also Sexual Assault, Rape, Abuse & Incest National Network (RAINN)

Rehabilitation: The process of bringing an individual to a condition of health or useful and constructive activity, restoring to the fullest possible degree his or her independence, well-being, and level of functioning following injury, disability, or disorder. It involves providing appropriate resources, such as treatment or training, to enable such a person (e.g., one who has had a stroke) to redevelop skills and abilities he or she had acquired previously or to compensate for their loss.

APA Dictionary of Psychology

Rehabilitation Center: A facility devoted to restoring individuals with mental or physical disorders or impairments, including those with multiple problems, to an adequate level of functioning. Rehabilitation centers provide services such as vocational training, occupational and physical therapy, educational therapy, recreational therapy, and psychological therapy and counseling. *APA Dictionary of Psychology*

Residential Treatment: Treatment that takes place in a hospital, special center, or other facility that offers a treatment program and residential accommodation. Some programs require residence for a specific time (e.g., 1 month for treatment of an addiction), and some allow patients to learn or work in the community during the day. *APA Dictionary of Psychology*

Resilience: The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies. *APA Dictionary of Psychology*

Respite Care: Assistance, supervision, and recreational or social activities provided for a limited period to a child, older adult, or person with a disability or chronic illness in order to temporarily relieve family members from caregiving responsibilities. These services may be provided on a scheduled or unscheduled basis, either regularly or occasionally, after school hours, during weekends, or overnight. Also called in-home respite. *APA Dictionary of Psychology*

Restorative Justice: An approach to criminal justice in which emphasis is placed on rehabilitation of offenders and repairing the harm done to victims rather than on punishment. *APA Dictionary of Psychology*

Self-Esteem: The degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive. It reflects a person's physical self-image, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person. The more positive the cumulative perception of these qualities and characteristics, the higher one's self-esteem. A reasonably high degree of self-esteem is considered an important ingredient of mental health, whereas low self-esteem and feelings of worthlessness are common depressive symptoms. *APA Dictionary of Psychology*

Sensory Integration: The neural processes involved in perceiving, organizing, and evaluating sensory information across modalities, such as vision and hearing, and producing an adaptive response via impulses transmitted through the motor nerves. Development or enhancement of sensory-integrative functioning is an important goal of occupational therapy. *APA Dictionary of Psychology*

Sexual Abuse: Violation or exploitation by sexual means. Although the term typically is used with reference to any sexual contact between adults and children, sexual abuse can also occur in any relationship of trust. *APA Dictionary of Psychology*

Sexual Assault: The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. *Rape, Abuse & Incest National Network (RAINN)*

Sexual Trauma: Any disturbing experience associated with sexual activity, such as rape, incest, and other sexual offenses. It is a common cause of posttraumatic disorders and dissociative disorders. *APA Dictionary of Psychology*

Sexual Violence: Any sexual activity or contact that occurs without your consent. It may involve physical force or the threat of force. It may occur due to coercion or threats. If you have been the victim of sexual violence, it is not your fault. Sexual violence is never the victim's fault. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

Stress Management: The use of specific techniques, strategies, or programs—such as relaxation training, anticipation of stress reactions, and breathing techniques—for dealing with stress-inducing situations and the state of being stressed. *APA Dictionary of Psychology*

Substance Abuse: The use of illegal drugs or the use of prescription or over-the-counter drugs or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts. Substance abuse may lead to social, physical, emotional, and job-related problems. *National Cancer Institute Dictionary of Cancer Terms*

Substance Use Disorder (SUD): A complex condition in which there is uncontrolled use of a substance despite harmful consequence. People with SUD have an intense focus on using a certain substance(s) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day to day life becomes impaired. People keep using the substance even when they know it is causing or will cause problems. The most severe SUDs are sometimes called addictions. *American Psychiatric Association*

Suicidal Ideation: Thoughts about or a preoccupation with killing oneself, often as a symptom of a major depressive episode. Most instances of suicidal ideation do not progress to attempted suicide. *APA Dictionary of Psychology*

Suicidality: The risk of suicide, usually indicated by suicidal ideation or intent, especially as evident in the presence of a well-elaborated suicidal plan. *APA Dictionary of Psychology*

Support Group: A group similar in some ways to a self-help group in that members who share a problem come together to provide help, comfort, and guidance. A primary distinguishing feature of support groups is in their leadership: a professional or agency-based facilitator who often does not share the problem of members. In addition, support groups often last for only a limited predetermined number of sessions, and a fee for attendance is sometimes charged. Also called social support group. *APA Dictionary of Psychology*

Telehealth: The use of telecommunications and information technology to provide access to health assessment, diagnosis, intervention, and information across a distance, rather than face to face. Also called telemedicine. *APA Dictionary of Psychology*

Therapeutic Community: A setting for individuals requiring therapy for a range of psychosocial problems and disorders that is based on an interpersonal, socially interactive approach to treatment, both among residents and among residents and staff...The term covers a variety of short- and long-term residential programs as well as day treatment and ambulatory programs. The staff is typically multidisciplinary and may consist of human services professionals and clinicians providing mental health, medical, vocational, educational, fiscal, and legal services, among others. *APA Dictionary of Psychology*

Trafficking: Illegal transportation and trade in people or commodities. Human trafficking involves the transport of men, women, or children from one location to another, usually by coercion...or by enticement through fraudulent means...to be forcibly exploited for the profit of others. Examples of such exploitation include forced servitude, prostitution (sex trafficking), forced extraction of organs for sale to the medical market for transplantation, and surrogacy in which a woman is coerced into bearing a child for another...Trafficking also refers to the smuggling of cocaine, heroin, and other illegal drugs...*(i.e., drug trafficking)*. *APA Dictionary of Psychology*

Trauma: Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place; Any serious physical injury, such as a widespread burn or a blow to the head. *APA Dictionary of Psychology*

Traumatic Brain Injury (TBI): Damage to brain tissue caused by external mechanical forces, as evidenced by objective neurological findings, posttraumatic amnesia, skull fracture, or loss of consciousness. *APA Dictionary of Psychology*

TTY: Abbreviation for text telephone. *APA Dictionary of Psychology*

Victim: An individual who is the target of another person's violent, discriminatory, harassing, or assaultive behaviors.

APA Dictionary of Psychology

(Substance) Withdrawal:

A syndrome that develops after cessation of prolonged, heavy consumption of a substance. Symptoms vary by substance but generally include physiological, behavioral, and cognitive manifestations, such as nausea and vomiting, insomnia, mood alterations, and anxiety.

APA Dictionary of Psychology

For more definitions, visit:

American Psychiatric Association (APA) Mental Health Topics
[psychiatry.org/patients-families](https://www.psychiatry.org/patients-families)

American Psychological Association (APA) Dictionary of Psychology
dictionary.apa.org

National Cancer Institute (NCI) Dictionary of Cancer Terms
cancer.gov/publications/dictionaries/cancer-terms

National Institutes of Health (NIH)
National Library of Medicine,
MedlinePlus, A.D.A.M.
Medical Encyclopedia
medlineplus.gov/encyclopedia.html