

MENTAL HEALTH IN SUMMIT COUNTY

Help & Support Resource List

Because It's OK to **Not** be OK

My loved one or I am experiencing a crisis and there is an imminent risk of harm to self or others.

- ▶ **CALL 911** — If someone in a mental health crisis is behaving violently, has a weapon, has ingested something potentially dangerous, is bleeding or incurring property damage. Ask for a Crisis Intervention Trained Officer to respond to the mental health emergency. **Let Dispatch know that this is a mental health emergency.**

My loved one or I am experiencing a mental health crisis, suicidal or self-harm thoughts and need help. There is NOT an imminent risk of harm to self or others.

- Call the Summit County Crisis Hotline: (833) 995-1295
- Go to the Huntsman Mental Health Institute Crisis Clinic or call for a same day appointment Monday through Friday, 8am – 5pm. 1820 Sidewinder Dr. Suite 100, Park City. (435) 658-9998
- Walk into any **Hospital Emergency Room 24/7** to receive mental health crisis intervention & support
- Download the **SafeUT app** to text/chat or talk to a trained crisis clinician 24/7 for real-time assistance

I am looking for a therapist and/or medication for a mental health issue.

- Visit CONNECT Summit County's online mental health resource directory and search for a mental health provider <https://summit.ut.networkofcare.org/mh/>
- For uninsured, Medicaid and Medicaid eligible visit <https://uhealthplan.utah.edu/>
- Contact CONNECT Summit County's Peer Navigation Services for help locating a local mental health professional to meet your needs. (435) 776-HELP (4357) or Resources@CONNECTSummitCounty.org

I can't afford mental health care because I am uninsured, or my insurance doesn't cover mental health sessions, or I can't afford my co-payments.

- Christian Center of Park City (435) 649-2260, ext. 1
- Jewish Family Services (435) 731-8455
- Healthy U Behavioral (801) 587-2851
- Holy Cross Ministries (801) 261-3340

I am looking for a therapist for a child / youth under 18 years of age.

- Check with your child's school counselor or psychologist for services or referrals if your child attends school in Park City, North or South Summit School Districts
- CONNECT Summit County's online provider directory <https://summit.ut.networkofcare.org/mh/>

I am looking for support and/or treatment for a substance-use disorder.

- Huntsman Mental Health Institute – Park City Clinic offers a full range of substance use disorder assessment and services. 1820 Sidewinder Drive, Park City. (435) 658-9998
- CONNECT Summit County's online provider directory <https://summit.ut.networkofcare.org/mh/>
- Healthy U Behavioral <https://healthyubehavioral.com/>
- Utah Support Advocacy for Recovery Awareness <https://www.myusara.com/>

I am experiencing or have experienced domestic abuse or sexual assault and need counseling and support.

- Call the Peace House 24-hour helpline (800) 647-9161

I am an LGBTQ+ youth and in need of counseling and support.

- Contact Encircle at encircletogether.org
- Call or text the Trevor Project at (866) 488-7386
- Utah Pride Center <https://www.utahpridecenter.org/> (801) 539-8800

I am looking for online information and resources regarding mental health.

- Suicide Prevention Resources www.liveonutah.org
- CONNECT Summit County CONNECTSummitCounty.org
- NAMI Utah www.namiut.org
- Substance Use Disorder Resources <https://www.myusara.com/>
- Communities That Care <https://ctcsummitcounty.org/>

I am looking for connection and community around mental health.

- CONNECT Summit County Peer Navigation Services: Find community and peer support groups and trained Peer CONNECTors. Call (435) 776.HELP (4357)
- Nami Utah www.namiut.org
- Communities That Care: CTCsummitcounty.org

I tried navigating the system and am experiencing barriers to getting mental health care.

- Call CONNECT Summit County's Peer Navigation Services 435.776.HELP (4357)

I am a Vail Resorts employee and either me, my roommate, or family member need counseling.

- Call ComPsych at (877) 327-2289 to speak with a guidance consultant 24/7
- Schedule a session directly with a local therapist at epicemployee.vailresorts.com
- Search My Perks & Benefits – My Epic Wellness. This is a no-cost resource for six sessions per year for employees, family and roommates

I am a Deer Valley employee and either me or a family member need counseling.

- Call Blomquist Hale at (801) 262-9619 or toll-free at (800) 926-9619, or visit BlomquistHale.com to schedule an appointment or if there is an emergency issue.
Free, confidential counseling is available 24/7

COMMUNITY EVENT CALENDARS:

Communities That Care

Find local events fostering connection, prevention, health & wellbeing:

- Website: <https://ctcsummitcounty.org/>
- Calendar: <https://ctcsummitcounty.org/programs-events/>

CONNECT Summit County

Find support with local events and groups:

- Website: <https://connectsummitcounty.org/>
- Calendar: <https://connectsummitcounty.org/calendar-events-2/>

Looking for mental health support and resources in SPANISH?

- Spanish Speaking Crisis Line (385) 495-2188
- CONNECT Summit County Promotor Comunitario (435) 655-1230
Preguntas@CONNECTSummitCounty.org
- Latino Behavioral Health Services (801) 935-4447
- Jewish Family Services (435) 731-8455
- Holy Cross Ministries (801) 261-3440
- Christian Center of Park City (435) 649-2260
- People's Health Clinic (435) 333-1850 (Physical & Mental Health)
- Peace House: (800) 647-9161 (Domestic Violence)

Do you still need help but don't know where to turn?

- CONNECT Summit County's Peer Navigation Services can help you find the support, services and treatment facilities to meet your behavioral health needs.
- Call or text (435) 776-HELP (4357) or [email Resources@CONNECTSummitCounty.org](mailto:Resources@CONNECTSummitCounty.org)