

Mental Health and Crisis Resources for Students and Families

National Lifeline Number	800-273-TALK (8255)	Trevor Project LGBTQ friendly crisis supports	866-488-7386
UNI Mobile Crisis Outreach Team (MCOT)	801-587-3000	Warm Line (support, engagement, encouragement)	801-587-1055 9am-10pm NOT A Crisis Line

Salt Lake County Youth Services provides **immediately available, free crisis counseling** by phone or in person through their Juvenile Receiving Centers. This service does not require an appointment and is available 24-hours a day

Salt Lake JRC: 177 W Price Avenue, South Salt Lake, **Open 24/7** – (385) 468-4500

West Jordan JRC: 8781 South Redwood Rd. Building # 3, West Jordan

Open Monday-Friday 8 AM to 8 PM – 385-468-4610

Valley Behavioral Health provides counseling services throughout the Salt Lake Valley. Patrons of Jordan School District can call 801-284-4990 and identify themselves as being from Jordan School District. The receptionists at that number will gather information and set an appointment with a therapist with urgency and location a consideration. The cost for uninsured individuals will be on a sliding scale based on income.

The Jordan Family Education Center provides weekly classes on anger management, parenting, dealing with divorce, anxiety, social skills, and many other important topics of wellness and mental health. Individuals may also receive **free short-term counseling services** through the Jordan Family Education Center. Call the Family Education Center at (801) 565-7742

211 – Individuals can dial 211 to speak to someone about community resources or visit 211utah.org for resources for food, housing, transportation, legal, medical, education, employment, etc.

Private Mental Health Providers are found throughout Jordan District’s boundaries and a running list of many of these providers can be found at our website wellness.jordandistrict.org

Individuals seeking mental health treatment and resources can also seek information from the following resources as available:

- Optum Care Advocates (Medicaid) – (877) 370-8953 press 3
- Primary Children’s Behavioral Health – (801) 313-7711
- Employee Assistance Programs are often a resource to families through an individual’s employer and often covers mental health services for any family member of the employee
- Families who have a private insurance plan could contact their insurance for information on covered services in your area

Phone Apps

SafeUT	Suicide Safe by SAMHSA	Vital HopeBox	211Utah	Jason Foundation	MY3	ASK & Prevent Suicide
Calm	Breathe to Relax	Positive Activity Jackpot	MoodKit	TalkLife	HELP Prevent Suicide	Stay Alive

Additional information on available resources can be found at

wellness.jordandistrict.org