



Community Mental Health Resources

Wasatch Receiving Center: Immediate, short-term crisis support. Call 801-852-2131 or visit wasatch.org/crisis-services-at-wbh/.

FBI Office of Victims of Crime: ovc.ojp.gov

<https://crimevictim.utah.gov/> (Utah Specific)

Rocky Mountain University Counseling Clinic (Provo): Walk-ins welcome. Call 801-900-3656

Telas Health (Trula) Call 1-877-757-7587 for 24/7 crisis support.

Disaster Distress Helpline: samhsa.gov/find-help/helplines/disaster-distress-helpline or call/text 1-800-985-5990.

988 Crisis Lifeline: Call or text 988 for support from trained crisis counselors.

SafeUT: safeut.org to chat with a licensed counselor

BYU Comprehensive Clinic (Provo): comprehensiveclinic.byu.edu/make-an-appointment

Many employee assistance programs also have resources for mental health counseling.

Key Emergency Contacts:

Utah County Emergency Management/Emergency Operations Center: (801) 851-4150

American Red Cross (Mountain Valley Chapter): (801) 373-8580