

Substance Use and Mental Health **RESOURCE GUIDE**

WEBER AND MORGAN COUNTY

Prepared By:
Weber-Morgan Health Department
Utah State University Extension
Weber Human Services
USARA

 Online Version Available Here: webermorganhealth.gov



Extension
UtahStateUniversity.



WEBER
HUMAN
SERVICES



About

Prepared By:
Weber-Morgan Health Department
Utah State University Extension
Weber Human Services
USARA

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 eeismore@webercountyutah.gov.

How to Use This Guide

- **If you are looking for immediate help,**
Start with the red tab pages called "Crisis Support Resources", [pg. 8](#)
- **If you need Substance Use or Mental Health Services,**
Go to "Substance Use and Mental Health Services", [pg. 16](#)
- **If you are looking for Support Groups and Classes,**
Go to "Support Groups and Classes", [pg. 33-34](#)

Online Navigation:

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 blue text](#) has been underlined to indicate a live link and will take you directly to the website.

 Online Version Available Here: webermorganhealth.gov



TABLE OF CONTENTS

About Page	<u>3</u>
How to Use This Guide	<u>3</u>
What Are Opioids?.....	<u>6</u>
What is Difference Between Dependence & Addiction?.....	<u>6</u>
How Can I Prevent Addiction?	<u>6</u>
Who is at Risk for Opioid Misuse?	<u>6</u>
What is Naloxone?	<u>7</u>
Naloxone Vending Machines	<u>7</u>
Signs of an Opioid Overdose	<u>7</u>
If You Think Someone is Overdosing, Call 9-1-1	
Crisis Support Resources	<u>8</u>
Local	<u>8</u>
State	<u>9-10</u>
National	<u>10-11</u>
Hospitals, Health Centers, & Free Clinics.....	<u>12</u>
Medication Disposal Locations	<u>13</u>
Health Insurance	<u>14</u>
Behavioral Health Provider Credentials Guide	<u>15</u>
Substance Use and Mental Health Services.....	<u>16-29</u>
Key and “How to Use This Section” Guide	<u>16</u>
Substance Use Education and Resources	<u>30</u>
Mental Health Education and Resources	<u>31-32</u>
Support Groups & Classes	<u>33-34</u>
Other Community Supports- Visit 211 or call WMHD	<u>35</u>



What are Opioids?

Opioids are medications commonly prescribed by a doctor to treat severe pain. Sometimes called narcotics or painkillers, opioids can be great at relieving pain but are very addictive especially if used for a long time. ([ASAHQ, 2026](#)).

You might recognize them by names like:



- Oxycodone
- Fentanyl
- Vicodin
- Codeine
- Tramadol
- Percocet
- Morphine
- Oxymorphone

What is the difference between dependence & addiction?

Dependence

Occurs with repeated use, and the user experiences physical reactions when the substance is no longer being used.

Addiction

Is compulsive or uncontrollable use or misuse of a substance, despite harmful consequences.

([NIDA, 2021](#)).

How Can I Prevent Addiction?

Ask these 5 questions when you or someone you love are prescribed an opioid

1. Why was I prescribed opioids?
2. Will something else work?
3. How long will I be taking them?
4. Are you prescribing the lowest dose possible?
5. Who can help me manage my pain when I come off an opioid prescription?

([Questions to Ask, 2021](#))

Who is at risk for opioid misuse?



A person can become dependent on prescription opioids in just 5 days.

Certain risk factors like

- A family history of substance misuse
- Chronic stress, including being unemployed or living below the poverty line
- A history of problems with work, family and friends
- Long-term pain
- Having a serious depression, anxiety or post-traumatic stress disorder
- Taking part in risky or thrill-seeking behavior
- Heavy tobacco use

can increase the chance of developing opioid use disorder.

([Mayo Clinic, 2024](#)).



What is Naloxone?

Naloxone, commonly known as Narcan, can reverse and block the effects of opioids like fentanyl, heroin, morphine, and oxycodone. It has no risk of abuse and will not help or harm someone if they are overdosing on another drug.



>> *Keep Naloxone in your First Aid Kit for anyone who uses opioids, **before** an emergency happens!*

The Good Samaritan Law enables bystanders to report an overdose without fear of criminal prosecution for possession of controlled substances.

Narcan vending machines in Weber County

- **Adult Probation & Parole Office**
2540 Washington Blvd., 5th Floor
Ogden, UT 84401
- **Midtown Community Health Center**
2240 Adams Ave.
Ogden, UT 84401
- **Midtown (Lantern House)**
269 W. 33rd St.
Ogden, UT 84401
- **Ogden Police Department**
2186 Lincoln Ave.
Ogden, UT 84401

If you think someone is overdosing, call 9-1-1 first!

Signs of an Opioid Overdose



Small, pinpoint pupils



Faint heartbeat



Blue/purple fingernails & lips



Can't be woken



Shallow or slow breathing



Gurgling, choking noise

- **Weber Human Services**
237 26th St.
Ogden, UT 84401
- **Weber County Sheriff's Office**
1400 Depot Dr.
Ogden, UT 84404
- **USARA Ogden**
893 24th St.
#300
Ogden, UT 84401

Narcan vending machines with 24/7 access

- **Seager Memorial Health Clinic**
539 E 24th St.
Ogden, UT 84401
- **Weber Fridge**
302 28th St.
Ogden, UT 84401

Crisis Support Resources

All lines and centers are free and confidential

988

SUICIDE & CRISIS
LIFELINE

***Life Threatening
Emergencies Call 911***

Local

Mental Health/Suicide Crisis Assistance

Call or text 988

Non-Emergency Dispatch

Weber County Sheriff
801-395-8221

Crisis Support/Mobile Crisis Outreach Team (MCOT)

Call 988 to request or
801-587-3000 locally
24/7

Mental health consultation and support, as well as resources, virtually or sent in person to Utah residents right to their home.

Domestic Violence/Sexual Assault

YCC Family Crisis Center
2261 Adams Ave.
Ogden, UT 84401
[yccogden](#)

24/7 Textable Crisis Line
801-392-7273

YCC Rape Crisis Line
801-394-6552
call or text

NUSAFE- Northern Utah Sexual Assault Forensic Examiners
1-888-328-3605
24/7
[nusafe](#)

Helpline for counsel and services to victims of sexual assault and interpersonal/domestic violence.

Family Support Center of Ogden

3340 Harrison Blvd.
Ogden, UT 84403
801-393-3113
Crisis Line: 801-393-3113
[familysupportcenterogden](#)

24-hour crisis & respite nursery, also a 24-hour information and referral service.

Mental Health/Substance Use In-Person Crisis Services

Weber Human Services
237 26th St.
Ogden, UT 84401
801-625-3700
Hours: 8am-5pm M-F
[weberhs](#)

Walk-in mental health and/or substance use crisis services with licensed professionals. Non-medical emergencies.

Stabilization and Mobile Response (SMR)

Toll-Free: 1-833-723-3326
24/7
[utahsmr](#)

Free help from a stabilization mobile response team for youth with mental health crisis but not necessarily in need of an emergency room. Will visit in home or virtually, provide a crisis assessment, create a safety plan, and connect to other helpful resources.

State

Adult Protective Services/Elder Abuse

1-800-371-7897

Hours: Mon-Fri 8am-5pm

[adultprotect](#)

Abuse report line for anyone aged 65+ and adults 18+ years old with impairments/disabilities.

Behavioral Health Services Navigation

Intermountain Health

1-833-442-2211 (Adults)

385-478-2400 (Teens)

Hours: 8am-8pm

[intermountain](#)

Offered in Spanish and 19 other languages. Screening and assessment by specially trained reps, high-risk calls transferred to the Utah Crisis Line.

Child Abuse/Neglect Reporting Line- Utah

1-855-323-DCFS (3237)

[DCFSreporting](#)

Crisis Line and Suicide Prevention Lifeline

Toll Free: 988

Local: 801-587-3000

[988chat](#)

Multi-lingual services also available.

Domestic Violence Information Line (Utah LINKLine)

1-800-897-LINK (5465)

Call or text 24/7

[linkline](#)

Domestic Abuse Victim Advocate (DAVA)- Hill Air Force Base Family Advocacy

Bldg. 546, outbuilding

Hill AFB, UT 84056

801-777-3497

DAVA 24/7 Hotline 385-209-1811

Huntsman Mental Health Institute (HMHI)

[healthcareutah](#)

955 W. 3300 S.

South Salt Lake City, UT 84119

801-587-3000

24/7 Walk-in mental health crisis care for adults 18+.

501 Chipeta Way

Salt Lake City, UT 84108

801-583-2500

24/7 walk-in mental health crisis care for ages 5-17.

Poison Control Center

1-800-222-1222

24/7 call or online at

[poisonhelp.org](#)

Poison help and education or questions

[poisoncontrol.utah.edu](#)

Rape and Sexual Assault Crisis Line-Utah

1-888-421-1100

Rape Recovery Center

2035 S 1300 E

Salt Lake City, UT 84105

801-467-7282

Hours: 9am-5pm Mon-Fri

[raperecoverycenter.org](#)

24/7 Crisis Line

801-736-4356

Español 801-924-0860

Sexual assault services and primary prevention education. Provides advocacy, crisis intervention, therapy, and support.

Restoring Ancestral Winds (RAWI)

1-833-NTV-HEAL or

1-833-688-4325

Hours: 830am-5pm, Mon-Fri

restoringawcoalition

Safe helpline for Native Americans in Utah experiencing domestic violence and/or sexual assault.

SafeUT Crisis Text and Tip Line

801-587-8852

24/7

safeut.org

Licensed counselors available, and safety tips for safety concerns by app. SafeUT Frontline and SafeUT National Guard also available.

Sego Lily Center for the Abused Deaf

Video Phone: 385-474-2083

help@slcad.org

Hours: Mon-Thurs 9am-6:30pm

segolily

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

SUPeRAD- Substance Use & Pregnancy Recovery, Addiction, and Dependence Clinic

385-881-3035 text or call for information

Hours: 8am-5pm, M-F

SUPeRAD

University of Utah program and clinic serving pregnant people with substance use and addiction.

National

Center for Missing and Exploited Children

1-800-THE-LOST or

1-800-843-5678

Child Abuse Hotline

Call or Text: 1-800-422-4453

childhelphotline.org

Child Find of America

1-800-I-AM-LOST or

1-800-426-5678

Hours: 9am-5pm EST

childfindofamerica

The Deaf Hotline

Video Phone: 1-855-812-1001

Domestic Violence Hotline

1-800-799-SAFE (7233)

Text "START" to 88788

Human Trafficking Hotline

1-888-373-7888

Text "HELP" or "INFO" to 233733

LGBTQ

National Hotline

1-888-843-4564

Youth Talkline

Ages 25 and younger

1-800-246-7743

Hours: Mon-Fri 12pm-9pm,

Sat. 10am-3pm MST

lgbthotline.org

Love is Respect

1-866-331-9474

Text "LOVEIS" to 22522

loveisrespect

Teen dating, relationships, and abuse support talk and textline.

Maternal Mental Health Hotline

Call or Text:

1-833-9-HELP4MOMS (943-5746)

For pregnant and postpartum mothers facing mental health challenges.

National Alliance for Eating Disorders

1-866-662-1235

allianceforeatingdisorders.org

Therapist-staffed helpline offering support and referrals for all levels of care.

National Association for Anorexia and Related Disorders

1-888-375-7767

anad.org

Peer support to anyone struggling with an eating disorder.

National Eating Disorder Association (NEDA)nationaleatingdisorders.org

Supports individuals and families with a helpline and screening tool.

Never Use Alone

1-877-696-1996

24/7

neverusealone.org

Overdose prevention for people who use drugs alone. Operators wait for 10 minutes, and contact EMS if caller is unresponsive.

Runaway SafeLine

1-800-RUNAWAY or

1-800-786-2929

24/7

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

1-877-360-LGBT (5428)

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

1-800-656-HOPE (4673)

Text HOPE to 64673

StrongHearts Native Helpline

1-844-7Native or

1-844-762-8483

24/7

strongheartshelpline.org

National domestic and sexual violence helpline for Native Americans and Alaska Natives, offers culturally-appropriate support and advocacy.

Substance Abuse and Mental Health Services National Helpline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Trans Lifeline

1-877-565-8860

Hours: Mon-Fri 11am-7pm MST.

translifeline.org

Peer support phone service run by trans people for trans people.

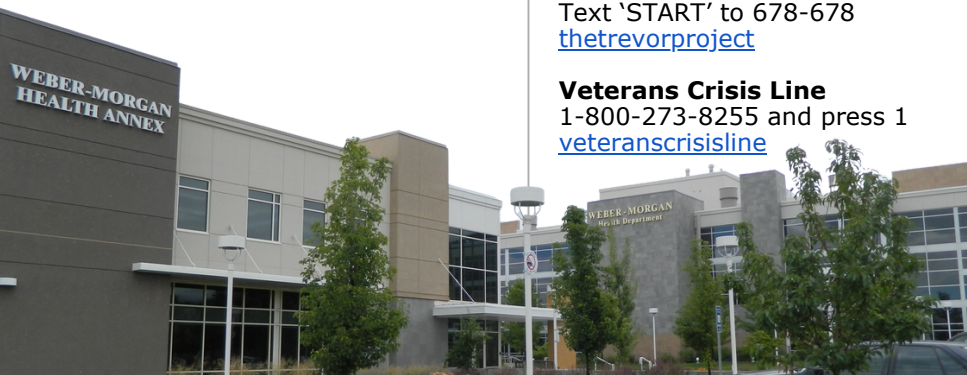
Trevor Project - Support for LGBTQ Youth

1-866-488-7386

Text 'START' to 678-678

thetrevorproject.org**Veterans Crisis Line**

1-800-273-8255 and press 1

veteranscrisisline.net

Hospitals, Health Centers, and Free Clinics

Hospitals

CommonSpirit Holy Cross Hospital - Weber Campus

3451 W. 5600 S.

Roy, UT 84067

801-896-5600

commonspirit

McKay-Dee Hospital

4401 Harrison Blvd.

Ogden, UT 84403

801-387-5543

mckaydeehospital

Ogden Regional Medical Center

5475 S 500 East

Ogden, UT 84405

801-479-2111

mountainstar

Pleasant View Emergency Center- an Ogden Regional Medical Center freestanding ER

2690 N. 600 W.

Pleasant View, UT 84414

801-786-7911

pleasantview

Health Centers

Midtown CHC Hope Clinic

2nd Floor Lantern House

269 W. 33rd St.

Ogden, UT 84401

801-393-2742

midtownhope

Midtown CHC of Ogden

2240 Adams Avenue

Ogden, UT 84401

801-393-5355

midtownchc

Midtown CHC Children's Clinic

5285 S. 400 E. Suite A

Washington Terrace, UT 84405

801-334-0048

midtownchildrensclinic

Midtown CHC at James Madison Elementary

791 25th St.

Ogden, UT 84401

801-622-1451

midtownjamesmadison

Free Clinics

Seager Memorial Clinic

539 E 24th St.

Ogden, UT 84401

801-528-2396

seagerclinic



Medication Disposal Locations

Always dispose of unused medications safely and responsibly

CVS Pharmacy
Disposal [Locator](#)

Harrisville Police Department
363 Independence Blvd.
Ogden, UT 84404

Intermountain Health

McKay Dee Hospital
4401 Harrison Blvd.
Ogden, UT 84401

McKay Dee Surgical Center & Orthopedics
3895 Harrison Blvd.
Ogden, UT 84403

Midland Pharmacy
4815 S. 3500 W.
Roy, UT 84067

North Ogden Clinic
2400 N. Washington Blvd.
Ogden, UT 84414

Roy Clinic
1915 W. 5950 S.
Roy, UT 84067

South Ogden InstaCare
975 Chamber St.
South Ogden, UT 84403

Morgan County Sheriff Department
48 West Young St.
Morgan, UT 84050

North Ogden Police Department
515 E. 2600 N.
Ogden, UT 84414

Ogden City Police
2186 Lincoln Ave.
Ogden, UT 84401

Riverdale Police Department
4580 S. Weber River Dr.
Riverdale, UT 84405

Roy Pharmacy Group
3460 W. 4800 S.
Roy, UT 84067

Roy Police Department
5051 S. 1900 W.
Roy, UT 84067

Valley Health Mart Pharmacy
2555 N. Wolf Creek Dr.
Eden, UT 84310

Walgreens Pharmacy
Disposal [Locator](#)

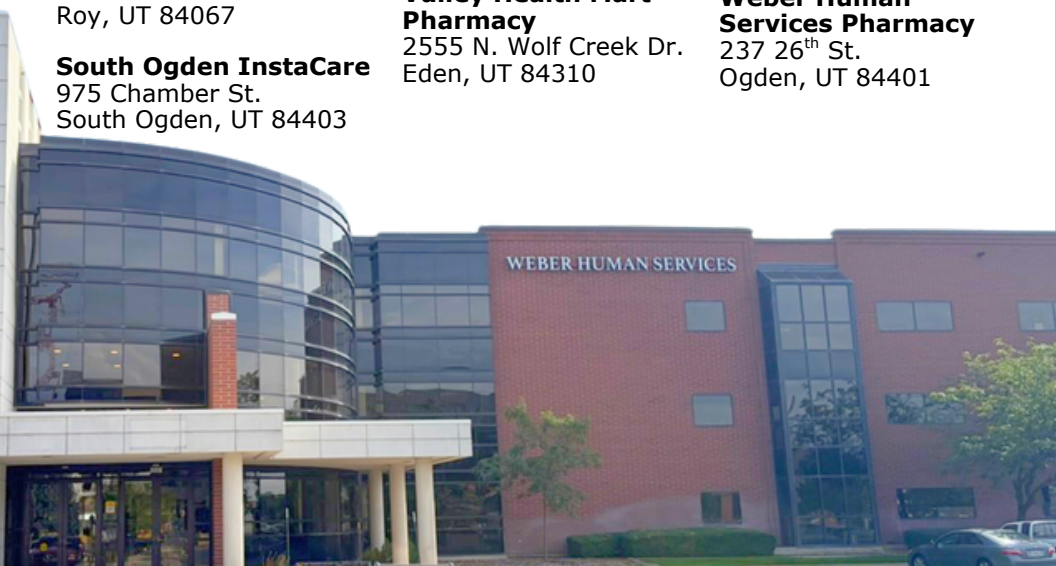
Weber County Sheriff Farr West City
1896 N. 1800 W.
Farr West, UT 84404

Weber County Sheriff Marriott-Slaterville
1570 W. 400 N.
Marriott-Slaterville, UT 84404

Weber County Sheriff's Office Lobby
1400 Depot Dr.
Ogden, UT 84404

Weber County Sheriff West Haven City
4150 S. 3900 W.
West Haven, UT 84401

Weber Human Services Pharmacy
237 26th St.
Ogden, UT 84401



Health Insurance

Medicaid (Online Application)

medicaid.utah.gov/apply-medicaid

A medical program for people who have low-income and limited resources. Learn more about eligibility for the following populations CHIP, child medically needy, foster care medicaid, child in subsidized adoption, pregnant women, medically needy pregnant woman, baby your baby, parent/caretaker relative medicaid, family medically needy, 12 month transitional, individuals with breast or cervical cancer, aged, blind, or disabled, medicaid work incentive, medically needy, medicaid for long-term care and waiver programs, refugee medicaid, and emergency medicaid.

medicaid.utah.gov/who-eligible

Medicare (Online Application)

ssa.gov/medicare/signup

The country's health insurance program for people 65+. Medicare Part A and Part B applications go through Social Security allowing individuals to make both retirement and medicare choices and withhold any premiums from benefit payments.

Healthcare.gov (marketplace)

healthcare.gov

Health insurance for individuals who don't have access to health insurance through an employer and don't qualify for Medicaid or CHIP.

State CHIP (Children's Health Insurance Program)

chip.utah.gov/how-to-apply

A state health insurance plan for uninsured Utah kids and teens.

Behavioral Health Provider Credentials Guide

APRN: Advanced Practice Registered Nurse

CASE MANAGER: usually a nurse or social worker, who coordinates care with patients, providers, and health insurance

COUNSELOR: An individual professionally trained in counseling, psychology, social work, or nursing who specializes in one or more counseling areas. Provides professional evaluations, information, and suggestions to enhance the client's ability to solve problems, and change behavior

CMHC: Clinical Mental Health Counselor

CSW: Certified Social Worker

DBT: Dialectical Behavior Therapist

DO: Doctor of Osteopathic Medicine

FNP: Family Nurse Practitioner

LCPC: Licensed Professional Counselor

LCSW: Licensed Clinical Social Worker

LMFT: Licensed Marriage and Family Therapist

LPC: Licensed Professional Counselor

MD: Doctor of Medicine

MPA: Master of Public Administration

NP: Nurse Practitioner

PA: Physician's Assistant

PA-C: Physician's Assistant Certified

PARAPROFESSIONAL: A trained but not professionally credentialed worker who assists in the treatment of patients in both hospital and community settings

PSYCHIATRIST: A physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders and is certified by the American Board of Psychiatry and Neurology. Psychiatrists can prescribe medication

PhD: A doctor of philosophy

PSYCHOLOGIST: An individual who is professionally trained in one or more branches or subfields of psychology

SOCIAL WORKER: A professional who helps people, families, and groups deal with challenges in daily life. They work with a variety of problems like illness, mental health, poverty, housing, child care, job stress, and unemployment. They also connect people with services and resources in the community

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 mental health, the term is used similar to psychotherapist

Learn More: [MedlinePlus Types of Providers](#)

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

How to Use This Section

- This section is in alphabetical order.
- All Substance Use facilities are listed in this section. Some Mental Health Services are also included as they offer therapies for addiction recovery.
- **Service Type** abbreviations for Substance Use are color coded in **green** below and at the bottom of each listing.
- **Service Type** abbreviations for Mental Health are color coded in **purple** below and as **Key Words** at the bottom of each listing.
- Some agencies provide both Substance Use and Mental Health Services.
- 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 blue text](#) will take you directly to the website.

Treatment Type

Aftercare

Post formal treatment, like support groups and therapy.

Counseling

Setting to meet with regular mental health practitioner, could be therapy or non-traditional like Neurofeedback.

Day/PHP

Patient sleeps at home but attends treatment during the day.

Detox

Inpatient service, medical staff monitor a patient 24/7 during withdrawal from drugs and/or alcohol.

Inpatient

Occurs after Detox- 24/7 monitoring with ongoing sessions for 28 days and connected to a medical facility or hospital.

IOP-Intensive Outpatient Program

Patient lives and work at home but attends treatment 3-5x weekly.

OP-Outpatient Program

Long term support after intensive treatment or residential.

MAT-Medication Assisted Treatment

Medication and counseling, treats a specific substance with FDA approved medication like Methadone, Buprenorphine, or Naltrexone.

MMT-Medication Management

Physician prescribes, monitors, and evaluates medications for ongoing medical and/or health condition such as mental health, diabetes, and pain.

MOUD-Medications for Opioid Use Disorder

specific medication like Buprenorphine to treat Opioid Use Disorder.

PHP/Day-Partial Hospitalization Program

Patient sleeps at home but attends treatment during the day.

Residential

After Inpatient and Detox-patient lives in a home like environment, is monitored 24/7, and attends daily treatment sessions.

Sober Living/Transitional

Home like environment with regular drug and alcohol screenings but no medical monitoring.

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

A1 Alliance Counseling Services

5149 S. 1500 W.
Riverdale, UT
801-475-0402

[A1alliancecounselingservices](https://a1alliancecounselingservices.com)

Payment Type: Private Insurance, Reduced Fee, Self-Pay

Mental health support specialists and therapists. Serves individuals, families, children.

Key Words: Addiction & Recovery, Anxiety, Betrayal Trauma, Career, Conflict Resolution, Couples, Depression, Domestic Violence Victims, EMDR, Family, Grief, Infertility Issues, Parenting, Sexual Addiction, Stress Management, Teens, Trauma, Victims of Sexual abuse including Adults Molested as Children

Counseling

Action Recovery Group

1708 E. 5550 S. #23
Ogden, UT 84403
801-475-4673

[actiontreatment](https://actiontreatment.com)

Payment Type: Medicaid, Private Insurance

Structured Substance Use Treatment at varying intensities including Partial Hospitalization Program, Intensive Outpatient, General Outpatient, Family Support Groups, hybrid formats, and long-term aftercare for recovery.

Aftercare, IOP, OP, PHP

Aloha Behavioral Consultants

811 North Harrisville Rd.
Harrisville, UT 84404
801-399-1818

[alohabehavioral](https://alohabehavioral.com)

Payment Type:

Medicaid/Medicare, Private Insurance, Self-Pay

Offers integrated mental health and substance use treatment with a team of doctors, therapists, and staff to treat the whole person. Includes depression, anxiety, ADHD, trauma, OCD, PTSD, and more, alongside substance use treatment with psychiatric medication management, and outpatient Suboxone program for opioid addiction (Medication-Assisted Treatment). Also offers options for Treatment Resistant Depression, and Individual and Family Therapy.

Key Words: ACT, ADHD, Anxiety, CBT, Crisis Intervention, DBT, Depression, Genetic Testing (Genesight), Medication-Assisted Treatment, Medication Management, Medication Resistant Depression, Motivational Interviewing, OCD, Psychological Evaluations, PTSD, Reality Therapy, Solution Focused Therapy, Spravato, Substance Use, TMS, Trauma

Counseling, MAT, MMT, OP

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Alpha Counseling and Treatment Inc.

533 26th St. #100
Ogden, UT 84401
801-628-3330
[utahsbesttherapy](https://utahsbesttherapy.com)

Payment Type: Medicare, Medicaid, Private Insurance, State Corrections, Juvenile Justice Funds, Self-Pay

Therapy for justice-involved individuals, substance use, and/or sex crimes.

Key Words: Cognitive Restructuring, Motivational Enhancement Therapy, Problem-Solving, Sex Addiction, Sex Crimes, Skills Training, Substance Use Counseling

Archway Youth Center

1305 S. 700 W.
Ogden, UT 84401
801-612-4901
[utahadopt](https://utahadopt.org)

Age Group: 0-18
Payment Type: Free

Free youth and family counseling, crisis intervention, conflict resolution, parenting skills, problem solving skills, and support groups to meet the needs of runaway and homeless youth and their families. Offers 24-hour youth shelters, adolescent/youth counseling, runaway/homeless youth counseling, specialized information and referral, and truancy counseling.

Residential

Aspire Counseling Network

4933 S. 1500 W. Ste 200
Riverdale, UT 84405
801-525-4645
[aspirecounselingnetwork](https://aspirecounselingnetwork.com)

Payment Type: Medicare, Medicaid, Private Insurance, Tricare

Languages: English, German, Japanese, Spanish

Offers mental health counseling for individuals including teens and children, family therapy, play therapy and couples therapy, as well as support groups and classes and telehealth.

Key Words: Anxiety, ADHD, ART Therapy, Betrayal Trauma, Blended Families, Body Image, Boundaries, Caregiver Burnout, Codependency, Disordered Eating, EMDR, Grief, Neurofeedback, OCD, Perfectionism, Religious Trauma, Sex and Intimacy, Trauma, Women's Issues Counseling

BAART Programs Ogden

2557 Lincoln Ave.
Ogden, UT 84401
801-751-7722 (24/7)
[baartprograms](https://baartprograms.org)

Payment Type: Medicaid/Medicare, Private Insurance, Self-Pay, Tricare

Outpatient treatment for substance use/mental health dual diagnosis. Therapy, medication, medical check-ups, trauma informed, and pregnancy and family guidance.

Counseling, MAT, MOUD, OP

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Bridgeway Integrated Healthcare Services

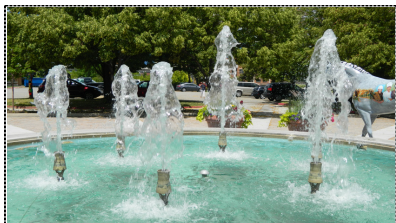
1858 W 5150 S Suite 504
Roy, UT 84067
801-255-5131 (ext.3)
[bridgewayihs](https://bridgewayihs.com)

Payment Type: Medicare, Medicaid, Private Insurance, State Corrections, Juvenile Justice Funds, State Welfare or Child and Family Services Funds, Tricare

In-home, telehealth, and clinic based services for mental health; family counseling, children, adolescent, and adult services, diagnostic evaluations, and medication management. Offers Day Treatment and Summer Programs.

Key Words: ABA, Abuse, ADHD, Anger Management, Anxiety, Autism, Behavioral Problems, Depression, Families in Crisis, Grief, Intellectual Disabilities, Personality Disorders, Psychological Evaluations, Relationship Difficulties, Schizophrenia, Skill Building, Substance Use, Trauma

Counseling



Brighton Recovery Center

6000 S. 1075 E.
Ogden, UT 84405
801-479-7035
1-844-479-7035 for 24 Hr. Admissions
[brightonrecoverycenter](https://brightonrecoverycenter.com)

Payment Type: Private Insurance, Self-Pay, Tricare

Dual diagnosis programs for mental health/substance use disorder. Specializes in grief, trauma, and mental health issues. Residential, Partial Hospitalization, Intensive Outpatient, Outpatient, and Sober Living (Aftercare). Also provides MAT (Medication Assisted Therapy), for alcohol and/or drugs.

Aftercare, IOP, MAT, OP, PHP, Residential

Capstone Counseling

893 24th St.
Ogden, UT 84401
801-341-0411
[capstonecounselingcenters](https://capstonecounselingcenters.com)

Payment Type: Self-Pay, HSA

Completely virtual- court order classes, drug and alcohol assessments, and is a state licensed and JRI approved provider. Multiple levels of care including General Outpatient, Intensive Outpatient, and individual counseling.

Counseling, IOP, OP

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Clinical Consultants

2661 Washington Blvd. #102
Ogden, UT 84401
801-621-8670
[clinicalconsultants](https://clinicalconsultants.com)

Age Group: 9-17, Adults

Payment Type:

Medicare/Medicaid, Private Insurance

General outpatient treatment services for substance use, as well as Intensive Outpatient Programs, Dual Diagnosis and Medication Management, therapy, drug testing, telehealth, and case management. Individual counseling and family therapy for children 9-17, and individual and family therapy as well as group sessions for substance use and/or mental health offered for ages 13-17. Treatment options for survivors and offenders of violence.

Counseling, IOP, MMT, OP



Connect2Kids DBA Connect2Success

3535 Lincoln Ave.
Ogden, UT 84401
385-389-6774
c2s.care

Payment Type: Fee for Service, Juvenile Justice Funds, Medicare, Medicaid, Private Insurance, State Corrections, State Mental Health Agency funds, State Welfare or Child and Family Services Funds, Self-Pay

Provides Proctor (Foster) Care services for children in the custody of the Division of Child and Family Services (DCFS) and the Department of Juvenile Justice Youth Services (DJJYS). Individual, Family, and Couples therapy, evaluations and assessments for mental health, domestic violence, and substance use.

Key Words: Anxiety, Behavioral Challenges, Coping, Family Conflict, Family Dynamics, Family Violence, Group, Stress Management, Substance Use, Survivors of Domestic Violence, Violent Offenders, Youth Counseling

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

EOS Serenity Lodge

1445 E. 5600 S.
South Ogden, UT 84403
385-333-4772 (Call)
801-513-7174 (Text)
[eosrecovery](https://eosrecovery.com)

Payment Type: Medicaid,
Private Insurance, Self-Pay,
Scholarships

Women only 18+, mental health
and substance use dual diagnosis
treatment programs offering
therapy, experiential, equine,
creative arts, breathwork,
coaching, 12-step, and yoga.

IOP, Residential, Sober Living

Family Counseling Service of Northern Utah

3518 S Washington Blvd.
Ogden, UT 84403
801-399-1600
[fcshealingnow](https://fcshealingnow.com)

Payment Type: Sliding Scale,
Private Insurance, Tricare

Languages: Spanish, English

Mental health counseling for
depression, anxiety, suicidal
ideation, grief, substance abuse,
PTSD and healing from trauma.
Group therapy for substance use.

Key Words: ACT, Anxiety,
Attachment Trauma, Bipolar Disorder,
CBT, Childhood Trauma, Children,
Combat Trauma, Complex Trauma,
DCT, Depression, Eating Disorders,
Emotional Abuse, EMDR, Families,
Grief, IFS, Individuals, Medical
Trauma, Narcissistic Abuse, OCD,
PTSD, Relationships, Religious and
Spiritual, Schizophrenia, Sexual
Trauma, Substance Use, TF-DBT,
Trauma, Teens, Victim of Crime
Counseling, IOP, MMT, OP

GMS Counseling

3505 Grant Ave.
Ogden, UT 84401
801-621-1901
[gmscounselingllc](https://gmscounselingllc.com)

Age Group: Adults, some
offerings for Minors

Payment Type: Medicaid, Self-
Pay

Programs for General and
Intensive Outpatient ranging
from Early Intervention to
Intensive Outpatient due to
court order, state monitored
probation, and self referral.
Case management free for all
active clients. Group Therapy
and Individual Therapy,
Substance Use and Trauma, and
State approved Prime for Life for
both minors and adults. Also
offers Domestic Violence classes
for perpetrators and survivors,
parenting, Anger Management,
Relapse Prevention, and Theft
series.

IOP, OP

Ignite Recovery

5677 S. 1475 E. Suite 4A
South Ogden UT 84403
385-432-5866 (24/7)
[igniterecoverycenter](https://igniterecoverycenter.com)

Payment Type: Self-Pay,
Payment Plans, Medicaid, Private
Insurance

Affordable, trauma-informed
Intensive Outpatient Program for
substance use (alcohol and/or
drug use) and co-occurring
mental health disorders.
Transitions to General Outpatient
and then Continuing/After-Care.

Aftercare, IOP, OP

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Infinite Arches LLC

620 24th St. Unit C
Ogden, UT 84401
801-928-7770
[infin8arches](https://infin8arches.com)

Payment Type: Medicaid,
Private Insurance, Self-Pay

Outpatient and Intensive
Outpatient and Day Treatment
Programs for all genders, Male
Sober Living Home, focusing on
therapy and education in
nutrition and healthy habits.
Variety of therapeutic options
including hypnotherapy and
treatment for trauma and PTSD.

**Day, IOP, OP, Sober Living,
Transitional Housing**

Jacky's Recovery Support Services (formerly Latino Behavioral Health Services)

2563 Monroe Blvd
Ogden, Utah 84401
385-303-9773
[jackysrecovery](https://jackysrecovery.com)

Age Groups: Youth 12-24,
Adults

Payment Type: Sliding scale,
Scholarships, Medicaid

Languages: Spanish and
English

Offers support to the Latinx
community from the Latinx
community. Specializes in free
and low cost peer mentoring for
mental health and substance use
issues and support groups,
community education, and
therapy. Telehealth Options
Available.

Counseling, OP

Keystone Recovery Center

1159 30th St.
Ogden, UT 84403
801-915-0401
[keystonerecoveryutah](https://keystonerecoveryutah.com)

Age Groups: Men 18+
Payment Type: \$200 upfront,
\$100 weekly

6 month Sober Transitional
Housing for Men continuing 12-
Steps of Recovery, Peer Support,
SMART Recovery Program,
Employment Assistance.

**Sober Living, Transitional
Housing**

Marion Gatley Association

1186 E. 4600 S. #307 #313
Ogden, UT 84403
385-236-2556
1-888-829-2069
[mariongatleyassociation](https://mariongatleyassociation.com)

Payment Type: Private
Insurance

Intervention Drug Rehab Center
Ogden, offers group therapy,
individual counseling, family
services, education and
budgeting classes. Dual
diagnosis treatment provided,
detoxification and case
management to determine 30,
60, or 90 day treatment.

Detox, IOP, OP

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

McKay-Dee Behavioral Health Access Center

4401 Harrison Blvd.

Across from Emergency Room

Ogden, UT 84403

801-387-5600

[intermountainhealthcare](https://intermountainhealthcare.com)

McKay Dee Behavioral Health Clinic

3903 Medical Dr. #300

Ogden, UT 84403

801-387-5600

Age Groups: Children to Adults

Payment Type: Private Insurance,

Offers immediate support for a mental health crisis, psychosis, and substance use as an alternative to an emergency room- stabilize and create a treatment plan. psychiatry and counseling services, senior behavioral health, and community services, as well as Outpatient, Intensive Outpatient, and Medication Assisted Treatment.

IOP, MAT, OP



Midtown Community Health Center

2240 Adams Avenue

Ogden, UT 84401

801-393-5355

[midtownchc](https://midtownchc.org)

Payment Type: CHIP, Private insurance, Medicaid/Medicare, Self-Pay/Sliding Scale Available

Languages: English and Spanish

Behavioral health services/counseling, Vivitrol, Substance Use Disorder Treatment, Medications for Opioid Use Disorder (MOUD), Patients meet with a doctor before being referred to the mental health counselors at Midtown.

MOUD, OP

Ogden Center for Change

670 12th St.

Ogden, UT 84404

801-781-5733

[ogdencenterforchange](https://ogdencenterforchange.org)

Payment Type: Private Insurance, Tricare

Counseling services for mental health, substance use, maternal mental health and sexual health. Group sessions, Individuals, couples, children, families.

Key Words: ACT, Acute Stress Disorder, Anxiety, Anger, Bipolar, CBT, Childhood Trauma, Chronic Pain, DBT, Depression, Eating Disorders, EMDR, Gambling, Grief, Health Anxiety, Identity Issues, OCD, OCSB, Postpartum, PTSD, Parenting, RAD, Religious Abuse, Self-esteem, Spirituality, Sexual Trauma, Trichotillomania, Trauma

Counseling

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Ogden Regional Alcohol and Chemical Treatment Center (ACT)

5475 S. 375 E.
Ogden, UT 84405
801-479-2250
[ogdenact](https://ogdenact.org)

Payment Type:

IHS/Tribal/Urban (ITU) funds, Medicare, Medicaid, Private Insurance, Self-Pay, State mental health agency (or equivalent) funds, Tricare

Offers inpatient and outpatient treatment services including medical detoxification, rehabilitation, residential treatment, Partial Hospitalization Program, and Intensive Outpatient Program. Conditions treated include anger management issues, anxiety, emotional disturbances, gender-specific issues, grief, impulse control disorders, mood disorders, PTSD, thinking disorders, and trauma.

Aftercare, Detox, Inpatient, IOP, PHP, Residential

Ogden Rescue Mission New Life Program

2775 Wall Ave.
Ogden, UT 84401
801-621-4360
[ogdenrescuemission](https://ogdenrescuemission.org)

Payment Type: Free

Three-phase free program over the course of 13 months. Bible-based, for homeless men and women with referral to other agencies or transfer to facilities if needed.

Residential, Transitional

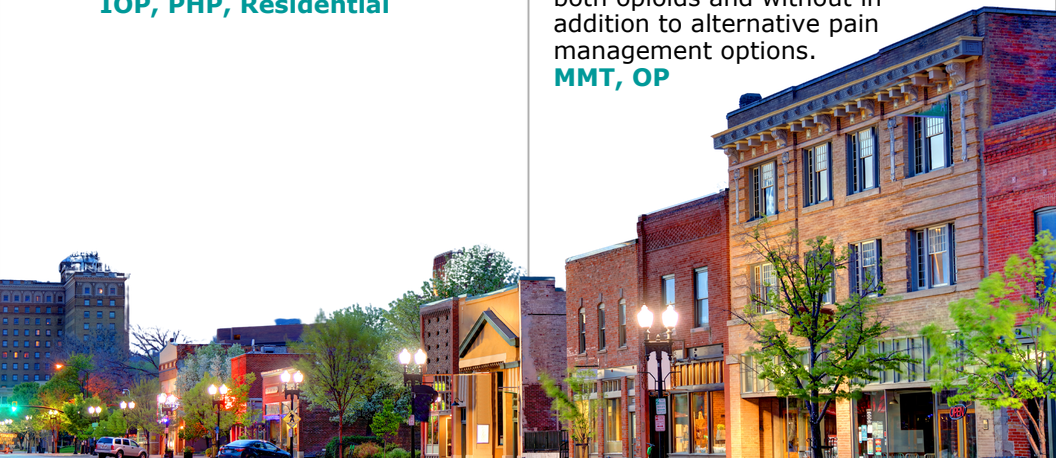
Peak Health & Wellness

2850 N. 2000 W. #203
Farr West, UT 84404
801-689-3389
[peakhealthandwellness](https://peakhealthandwellness.org)

Payment Type: Medicaid, Medicare, Private Insurance, Tricare

Offers outpatient treatment for addiction recovery and medication management with both opioids and without in addition to alternative pain management options.

MMT, OP



Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Peripartum Addiction Treatment and Healing (PATH) Program

Screening available for mothers at clinics who deliver to Intermountain hospitals.
801-387-4647
[path-program](#)

Payment Type: Medicaid, Private Insurance

State funded program offered through Intermountain Health for mothers delivering and Weber and Davis Counties. Offers treatment for substance use, psychiatric diagnosis, recovery peers, and medical withdrawal management.
Counseling, Detox, OP

Professional Services Corporation

533 26th St. #102
Ogden UT 84401
801-621-3624
[professionalservicescorp](#)

Payment Type: Call for info

Offers low-cost individual counseling, anger and domestic violence treatment, probation services, AA/NA Monitoring, Court Evaluations, and more.
Counseling, IOP, OP



Reprieve Recovery:

5525 W. Mountain View Dr.
Mountain Green, UT 84050
801-252-6030

6696 S. 2500 E. Ste. 1B
Uintah, Utah 84405
801-252-6030
[reprievevc](#)

Payment Type: Private Insurance

Co-occurring women specific treatment for substance use/mental health with holistic practices like yoga and traditional therapies and medication. Focused on underlying causes of substance use like mental health, sexual abuse, and domestic violence.
Residential

Seager Memorial Clinic

539 E. 24th St.
Ogden, UT 84401
801-528-2396
[seagerclinic](#)

Payment Type: Free

1st and 3rd Wednesday and 4th Friday 3-5pm Mental Health Medication Clinic. Last sign in at 430pm. Patients discuss medication needs with mental health providers and receive medication the same day. No controlled substances.
Counseling, MMT

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Spirit Mountain Recovery:

3181 E. 3350 N.
Eden, UT 84310
801-640-9951

5145 1750 W. St. Suite 400
Roy, UT 84067
801-640-9951
[spiritmountainrecovery](https://spiritmountainrecovery.com)

Payment Type: Private Insurance, Self-Pay, Tricare

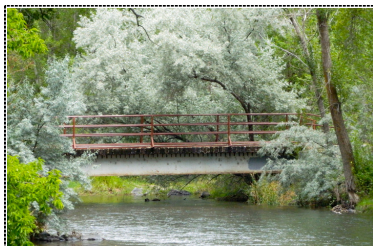
Men’s Residential Program in Eden. Partial Hospitalization and Intensive Outpatient for Men/Women 18+ in Roy. Dual-diagnosis for substance use/mental health, therapy, and medication management.
IOP, MAT, MMT, OP, PHP, Residential

SOAR School of Addiction Recovery

3075 Grant Ave.
Ogden, UT 84401
801-943-2655
[schoolofaddiction](https://schoolofaddiction.com)

Payment Type: Call for info

Nonprofit Addiction Recovery Program and gym in Ogden with two 90-day programs one for adults and one for adolescents.
OP



Sutton Counseling Services

5300 S. 500 E., Suite 6
Ogden, UT 84405
801-392-0942
[suttoncs](https://suttoncs.com)

Payment Type: Juvenile Justice Funds, Medicaid, Private Insurance, State Corrections, Medicaid, Self-Pay

All ages Counseling, Behavioral Assessments, Psychological Testing, and Court Ordered.

Key Words: Abuse, ART, Addiction, ADHD, Adoption, Anger, Anxiety, Autism, Chronic Pain, Depression, Divorce, Domestic Violence, Eating Disorders, EMDR, Family, Marriage, Migraines, Neurofeedback, Parenting, Panic Attacks, PTSD, Sleep Problems
Counseling

Therapeuo Health:

5742 Adams Ave. #C
Washington Terrace, UT 84405
385-250-3314

2797 N. Hwy 89 #301
Pleasant View, UT 84414
385-250-3314
[therapeuohealth](https://therapeuohealth.com)

Payment Type: Private Insurance, Self-Pay, Tricare

Alternative therapies like qEEG, neurofeedback, and traditional/couples therapy.

Key Words: Addiction, ADHD, Anxiety, Bipolar Disorder/Psychosis, Brain Injury, Chronic Pain, Depression, EMDR, Migraines, OCD, ODD, PTSD, Sleep, Spectrum Disorders, Stroke, Substance Use, Trauma
Counseling

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Tree of Life Counseling Center

2727 Washington Blvd., Suite 301

Ogden, UT 84414

801-710-0421

[treeoflife](https://treeoflife.org)

Tree of Life Children’s Center

1812 N. 2000 W., Suite 5

Farr West, UT 84404

801-605-3086

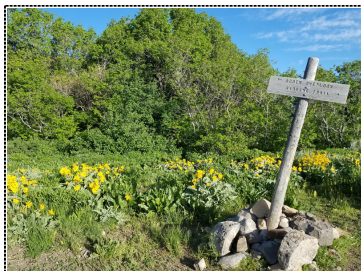
[treeoflifechildrenscenter](https://treeoflifechildrenscenter.org)

Payment Type: Private Insurance, Self-Pay

Offers therapy and options to strengthen families and parenting. Two locations, with the Farr West option providing other support services.

Key Words: Aging, Anger, Anxiety, Caregiver Support, CBT, Children, Chronic Pain, Coping Skills, Couples, Cultural Differences, Depression, Disruptive Behavior, Divorce, Family, Family Conflict, Finances, Grief, Individual, Infertility, Infidelity, Low Self-esteem, Mindfulness, Parenting, Play Therapy, PMT, Relationship problems, Stress, Substance Use, Teens, Trauma, Unemployment, Understanding Emotions

Counseling



USARA

893 24th St. Ste 300

Ogden, UT 84401

385-263-1600

[utahrecovers](https://utahrecovers.org)

Payment Type: Free

Serving individuals, families, and the community in substance use disorder recovery. Offers Peer Recovery Support Services in a variety of settings, coaching, CRAFT Parent Program and family support, recovery groups, and peer recovery sessions for different substances as well as Mothers in Recovery. See website for calendar and events, both virtual and in-person.

Counseling, OP

Utah Pain & Rehab

1276 Wall Ave. #1

Ogden, UT 84404

801-337-4000

[utahpainandrehab](https://utahpainandrehab.com)

Payment Type: Private Insurance, Self-Pay

Languages: English and Spanish

Team of professionals that work together for treatment plan with options like prescription pain management, chiropractic care, counseling services, and other interventions.

MMT

Substance Use and Mental Health Services

Additional providers can be found online by using the "Find a Therapist" feature on psychologytoday.com.

Valley Camp Recreation and Rehabilitation Center

5325 N, North, Fork Rd.

Eden, UT 84310

801-745-0821

valleycamp.utah.gov

Payment Type: Self-pay, \$100 per week donation only

90-day Residential for men based on the 12-steps of AA. Also offers weekly AA meetings.

OP, Residential

Waterfall Canyon Academy

3375 Harrison Blvd.

Ogden, UT 84403

801-621-3901

waterfallcanyon.org

Payment Type: County or local Government Funds, Private Insurance, Private or Community foundation, State Education Agency Funds, Self-Pay

Licensed Residential Treatment Center for boys 13-18 with neurodivergence and cognitive, social, emotional, or behavioral needs. Home like environment and onsite schooling. Residential or Transitional living, to include therapy and activities.

Key Words: Aggression Replacement Training, Autism, Brain Mapping, CBT, DBT, Family, Group, Relationships, Medication Management, Mindfulness, Moral Reconation Therapy, Motivational Interviewing, Neurofeedback, Occupational Therapy, PEERs Group, Social Skills Training

Counseling, MMT, Residential, Transitional

Weber Human Services

237 26th St.

Ogden, UT 84401

801-625-3700

weberhhs.org

Payment Type: Medicaid, Self-Pay/Sliding Scale, Some Private Insurance

All ages treatment for mental health, substance use, and co-occurring conditions. Walk-in mental health/substance use crisis services for non-medical emergencies, M-F, 8am - 5pm. Referral options to a Crisis Transition Unit (CTU), a short-term residential for recovery from a mental health crisis. 60-90 day Residential Treatment for Men called Stepping Stones and Tranquility Home for Women and children. Also offers Medication Assisted Treatment and behavioral interventions for youth using substances.

Counseling, MAT, MMT, OP, Residential

Weber Recovery Center

2740 Pennsylvania Ave.

Ogden, UT

801-675-5624 office

385-280-6537 (call/text line)

weberrecovery.org

Payment Type: Medicaid, Private Insurance

Treats adults with co-occurring substance use and mental health, and offers Intensive Outpatient and Medication Assisted Treatment. Detox and Residential for men only.

Detox, IOP, MAT, Residential

Substance Use and Mental Health Services

Additional providers can be found online by using the “Find a Therapist” feature on psychologytoday.com.

Wildflower Mountain Ranch Residential Treatment Center for Girls

2841 Nordic Valley Dr.
Eden, UT 84310
801-835-9359

[wildflowermountainranch](https://wildflowermountainranch.com)

Payment Type: Medicaid, Other State funds, Private Insurance, Private or Community Foundation, Self-Pay

Trauma-informed residential and day treatment center for girls aged 12-17. Home like environment, family first and non-restraint, non-seclusion model. Education on site with therapy.

Key Words: Anger, Anxiety, Bipolar Disorder, Communication, Complex Trauma, Connection, Coping Skills, Day Treatment, DBT, Depression, Direction, Equine Therapy, Emotional Dysregulation/Regulation, Emotional Overwhelm, Family, Family Conflict, Identity, Individual, Group, Life Skills, Parent Support, Personality Disorders, PTSD, Relationship Building, Running Away, Self-harm, Severe Depression, Substance Use, Suicidal Ideation, Suicidality, TBRI, TF-CBT, Trauma

Counseling, Day, Residential

Women’s Retreat House

Pleasant View, UT
801-791-9084 to interview
801-393-0344

[womensretreathouse](https://womensretreathouse.com)

Payment Type: Self-Pay weekly \$120

Not a medical facility but a residential Spiritual Retreat House for Women’s Only recovery. Fee covers room, food, and recovery materials and requires a 30-day stay commitment and 72-hour drugs and alcohol free to enter.

Sober Living



Substance Use Education and Resources

Catch My Breath

Empowering youth to be vape free
[CATCH](#)

Communities That Care

Coalitions across the county that support families and youth in substance use education and prevention

- Bonneville CTC [bonnevillectc](#)
- Ogden CTC [ogdencityctc](#)
- Roy CTC [royctc](#)
- Weber CTC [weberctc](#)
- Western Weber CTC [wwctc](#)

Fentanyl Free America

Resources and education about fentanyl [fentanylfree](#)

My Life, My Quit

Teen quit resources and chat for nicotine and vaping [mylifemyquit](#)

Not My Kid

Prevention education for teens and parents [notmykid](#)

Parents Empowered

Alcohol free support resources
[parentsempowered](#)

Partnership to End Addiction

Family support services for prevention and treatment of substance use [drugfree](#)

Pregnancy and Smoking/Vaping/Drug Use

Information, education and resources for pregnant individuals
[mihp](#)

See Through the Vape

Vape education and quit resources
[SeeThroughTheVape](#)

Smokefree.gov

Tools, tips, and text in resources to quit nicotine [smokefree](#)

Stop the Opidemic

Opioid education and resources
[opidemic](#)

Start Your Recovery

One site for substance use education, treatment options, and recovery [start](#)

Substance Use Disorder

Prevention and the Adolescent Treatment Learning Series from the Department of Health and Human Services [sumh](#)

Talk They Hear You

Fact sheets and resources for parents on substance use
[talktheyhear](#)

Truth Initiative

Education for youth and parents on nicotine [truthinitiative](#)

Uplift Families

Support for parents to keep kids free from drugs, alcohol, violence, crime and pornography
[upliftfamilies](#)

Utah Prevention Coalition Association

Find a coalition here to reduce substance use risk factors in your community [utahprevention](#)

Utah Naloxone

Naloxone training, and opioid/naloxone education
[utahnaloxone](#)

Voice For the Children

Support and resources for children and families impacted by alcohol and drug use [nacoa](#)

Way to Quit

Coaching, support, and Nicotine Replacement Therapy to quit tobacco products [waytoquit](#)

Mental Health Education and Resources

988 line

24/7 Suicide and Crisis Lifeline, speak to counselors by online chat, text, or call [988lifeline](https://988lifeline.org)

Alzheimer's Association

Offers a crisis line 1(800)-272-3900 to caregivers with expert help and resources. Utah Chapter: alz.org

Caresolace

Search for mental health and substance use counselors, therapists, and resources in your area [caresolace](https://caresolace.org)

Cook Center for Human Connection

Resource for programs, partners, research, and events that create human connection and prevent suicide [cookcenter](https://cookcenter.org)

Encircle

LGBTQ+ therapy, family connections and support, drop in for 12-25, and activities for 26+ [encircletogether](https://encircletogether.org)

Family Acceptance Project

First evidence based family support model to increase well being for LGBTQ children/youth [familyproject](https://familyproject.org)

Family Advocacy Program

801-777-3497

[hillafbfam](https://hillafbfam.org)

Parenting classes, new parent support, and other programs and services for military and their families

Families First

Sliding scale in home service to improve communication, stabilize home environment, and support mental health diagnosis in children and/or family members [familiesfirst](https://familiesfirst.org)

Fathers & Families Coalition of Utah

Education and training for healthy relationships and fatherhood [ffcutah](https://ffcutah.org)

Grandfamilies & Kinship Care Children's Service Society of Utah (CSS)

Support, advocacy, and resources like education and crisis intervention for kinship families [cssutah](https://cssutah.org)

Headstart OWCAP

Headstart and community support for resources including case management [owcap](https://owcap.org)

Healthy Relationships Utah

Free online parenting and relationship courses from USU [usuextension](https://usuextension.org)

Help me Grow

Resources for child development and pregnancy [helpmegrowutah](https://helpmegrowutah.org)

LiveOn

Suicide awareness, education, and training including the Utah Suicide Prevention Playbook [liveonutah](https://liveonutah.org)

LGBTQ+ Affirmative Therapist Guild of Utah-

find a therapist [lgbtqtherapists](https://lgbtqtherapists.org)

Maternal Mental Health

Information and education

[mihp.utah](https://mihp.utah.edu)

Resource Finder

[maternalmentalhealth](https://maternalmentalhealth.org)

Mindfulness for Kids

Tools to teach kids mindfulness and manage stress/challenges mindful.org

National Alliance on Mental Health Utah

Support, education, and training around mental health [namiut](https://namiut.org)

Mental Health Education and Resources

Nurse Family Visitation

Home visiting nurses during pregnancy and early childhood, postpartum depression screenings, and early intervention support and referrals [webermaternalchild](#)

Parent Guidance

Support for mental health, including coaching and on-demand courses [parentguidance](#)

Parenting Strategies

Protecting children's mental health with practical guidelines to supporting well-being [parentingstrategies](#)

Parents for Children

Culturally responsive mental and emotional health services for parents of 0-8, online classes, parenting classes and support groups, mostly in Spanish [parentsforc](#)

Parent Resources

Student and family resources for each school district [Morgan School District](#)
[Ogden School District](#)
[Weber School District](#)

Prevent Child Abuse Utah Parents As Teachers/Nurse Family Partnership

Resources and information to prevent child abuse [pcautah](#)
Parents as Teachers program for in home visits to support parents and provide resources and referrals as well as Nurse Family Partnership information for pregnant individuals [homevisit](#)

Prevent Child Sexual Abuse

Resources to learn how to reduce child sex abuse, as well as support for adults who were sexually abused as children [saprea](#)

Postpartum Support International Utah

Various resources for different perinatal health needs including mental health [psiutah](#)

Suicide Conversation Support

Age-by-age guide to discussing suicide with your child [howtotalktoyourchild](#)

The Trevor Project

Information & support to LGBTQ+ young people, resources including crisis services and mental health help like relaxation exercises [thetrevorproject](#)

Utah Suicide Prevention Committee and Coalition

Resources, training and guidance for suicide prevention in Utah [utahsuicideprevention](#)

Youth Services Center

1305 S. 700 W.
Ogden, UT 84401
801-612-4901
Referrals, screenings, assessments, and youth and family support to prevent out-of-home placements. Community resource connection, skill building classes, and crisis counseling [jjys.utah.gov](#)

Support Groups & Classes

Additional support groups can be found online by using the "Find a Support Group" feature on psychologytoday.com.

This is a short list of quick support groups and not all-inclusive. See the above website for more options.

Alcoholics Anonymous ® (AA)

[Find AA Meetings](#)

Alcoholics Anonymous® is an international fellowship of men and women who have had a drinking problem. No age or education requirements. Membership is open to anyone, visit the website to find a meeting schedule.

Disabilities

[RTIclasses](#)

Roads to Independence offers advocacy and support groups and many other services for individuals and families living with disabilities.

Domestic Violence Support Groups

[YCC Classes](#)

YCC Family Crisis Center offers education and support classes for domestic violence. See website for details. 24/7 crisis line for help 801-392-7273.

Eating Disorder Support Groups

[NAEDclasses](#)

National Alliance for Eating Disorders offering virtual ongoing support classes.

Eating Disorder Support Groups Continued

[ANADgroups](#)

National Association of Anorexia Nervosa and Associated Disorders (ANAD) offers support groups for disordered eating to adults, families, teens, athletes, LGBTQ+, see website for listings.

[Centerforchange](#)

Center for Change offers more local classes for eating disorders.

Grief Support Groups

[caringconnections](#)

Grief support and classes through the University of Utah to students and families involved in healthcare.

[Family Summit](#)

A Center for Grieving Children- Grief support and classes for children in Weber County.

[Leavitt's](#)

Leavitt's Mortuary offering grief services and links to additional classes and support.

LDS Addiction Recovery Groups and Meetings

[addictionrecovery.churchofjesuschrist](#)

Search by location and type for group meetings as part of The Church of Jesus Christ of Latter-Day Saints Addiction Recovery Program.

Support Groups & Classes

Additional support groups can be found online by using the "Find a Support Group" feature on psychologytoday.com.

This is a short list of quick Support Groups and not all-inclusive. See the above website for more options.

LGBTQ+ Pride Center

Utah Pride Center Group Support Classes.

Mental Health NAMI Classes

National Alliance on Mental Illness Utah provides family and connection support groups.

Narcotics Anonymous (NA) NAwebercounty

Website is for meeting schedule for Northern Utah area.

Sexual Abuse Community Education Classes and Support Groups saprea

Dedicated to ending child sexual abuse, Saprea offers retreats, workshops, support groups, and online resources for adults who were sexually abused as children or adolescents.

Sex Addicts Anonymous (SAA) saa-recovery.org

Find local and zoom meeting schedule on this website. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous.

Students

[Weber State Student Groups](#)

Group support resources free to Weber State Students- Healing, LGBTQ+, Selfcare.

Spanish

[Jackys Recovery](#)

Former Latino Behavioral Health Services- Now Jacky's Recovery. Classes and support groups in Spanish from grief to mental health to Substance Use Recovery.

USARA

[USARA Meetings](#)

Utah Support Advocates for Recovery Awareness (USARA) serves individuals and families affected by substance use disorder with peer support and coaching, and many classes and meetings available at the website above.

Veterans

[Continue Mission](#)

Programs, classes, events, and offerings for Utah-based veterans and their families.

Additional support groups and classes may also be found with providers in the Substance Use and Mental Health Services Section, beginning on [pg. 16](#)

Other Community Support



Path of Hope Memorial Garden at the Ogden Botanical Gardens

1750 Monroe Blvd,
Ogden, UT 84401

A quiet spot where members of the community can gather and honor the lives and stories of those who have experienced loss around overdose, are in recovery, and carry hope into the future.

Weber-Morgan Health Department

477 23rd St.

Ogden, UT 84401

801-399-7100

webermorganhealth.gov



Call 2-1-1 or go to

211utah.org





Extension
UtahStateUniversity.



WEBER
HUMAN
SERVICES

