

# Counseling Resources

## Private Insurance

Contact your insurance company for a list of providers

## University Neuropsychiatric Institute (UNI) Mobile Crisis Outreach Team

(801) 587-3000 – Emergency Response (Free)

## Youth Services

177 West Price Avenue (3610 South)  
Salt Lake City, UT 84115  
(385) 468-4500 ([www.youth.slco.org](http://www.youth.slco.org))

## Valley Behavioral Health

1141 E. 3900 S. Suite A170  
Salt Lake City, Utah 84124  
(888) 949-4864 ([www.valleycares.com](http://www.valleycares.com))

## Empowerment Counseling Services

73 East Fort Union Blvd, Suite 135  
Midvale, Utah 84047  
(801) 603-2547 ([info@empowermentcounselingservices.com](mailto:info@empowermentcounselingservices.com))

## NAMI (National Alliance on Mental Illness)

Family Mentoring Programs  
1600 West 2200 South, Suite 202  
West Valley City, Utah 84119  
(801) 323-9900 ([www.namiut.org](http://www.namiut.org))

## Summit Community Counseling

5689 South Redwood Road, Suite 27  
Taylorsville, Utah 84123  
(801) 266-2485 ([www.summitcommunitycounseling.com](http://www.summitcommunitycounseling.com))

## Family Support Center

3663 South 3600 West  
West Valley City, UT 84120 or  
(801) 967-4259  
([www.familysupportcenter.org](http://www.familysupportcenter.org))

777 W. Center Street (7800 South)  
Midvale, Utah  
(801) 255-6881

or  
1760 West 4805 South  
Taylorsville, Utah 84129  
(801) 955-9110

## Hopeful Beginnings

5667 South Redwood Rd, Suite 6B  
Taylorsville, UT 84123  
(801) 979-1351 ([www.hopefulbeginnings.com](http://www.hopefulbeginnings.com))

## Families First Program (in home services)

Utah Youth Village  
5800 South Highland Drive  
Salt Lake City, Utah 84121  
(801) 272-9980 ([www.utahyouthvillage.org](http://www.utahyouthvillage.org))

## Aspen Ridge Counseling

4700 S 2880 W Suite G-1  
Kearns, UT 84118  
(801) 990-4300 [www.aspenridgecounseling.wixsite.com/aspenridge](http://www.aspenridgecounseling.wixsite.com/aspenridge)

Call 211 for additional resources ([www.211us.org](http://www.211us.org))

**Crisis Text Line** – Free & confidential  
Text “GO” to 741-741

**National Suicide Prevention  
Lifeline** – Free & confidential  
1 (800) 273-TALK (8255)

**Mobile Outreach Team (UNI)  
Crisis Line**  
1 (800) 587-3000



### App for your phone

- Anonymously Report Tips
- Request Help
- Communicate with a Counselor  
24 hours a day, 7 days a week

## Need Help with Medicaid or CHIP applications?

Contact Granite School District  
Medicaid Outreach Office  
(385) 646-4247  
([www.medicaid.utah.gov](http://www.medicaid.utah.gov))  
([www.health.utah.gov/chip](http://www.health.utah.gov/chip))