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 a victim of or suspect child abuse of a minor and need help.

- Contact the Children's Justice Center https://www.summitcounty.org/593/Childrens-Justice-Center 435-615-3910

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 encirclertogether.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](http://www.liveonutah.org)
- CONNECT Summit County: [CONNECTSummitCounty.org](http://CONNECTSummitCounty.org)
- NAMI Utah: [www.namiut.org](http://www.namiut.org)
- Substance Use Disorder Resources: [https://www.myusara.com/](https://www.myusara.com/)
- Communities That Care: [https://ctcsummitcounty.org/](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](http://www.namiut.org)
- Communities That Care: [CTCsummitcounty.org](http://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](http://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](http://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/](https://ctcsummitcounty.org/)
- Calendar: [https://ctcsummitcounty.org/programs-events/](https://ctcsummitcounty.org/programs-events/)

CONNECT Summit County
Find support with local events and groups:

- Website: [https://connectsummitcounty.org/](https://connectsummitcounty.org/)
- Calendar: [https://connectsummitcounty.org/calendar-events-2/](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