Guide to Mental Health Services in Utah

This fact sheet has general information. It is not intended as legal advice. Only an attorney can give you legal advice to help you with a problem, or answer a question.

What is Mental Illness?

About 1 in 5 Americans will experience symptoms associated with mental illness (U.S. Dept. of Health). It can be difficult to ask for help, but there are places in your area to go for help.

The basic definition for mental illness is a medical illness of the brain. It can cause trouble in thought, mood, and/or perception. Symptoms can range from mild to severe. Examples could be anxiety, depression, binging, purging, mood swings, hallucinations, delusions, or paranoia. Treatment options may include counseling, psychotherapy, or medication.

Who Provides Mental Health Services?

Community Mental Health Centers are contracted to provide mental health services. They primarily serve Medicaid clients. Community Mental Health Centers may have:

- Inpatient Care
- Outpatient Care
- Residential Care
- Crisis Services
- Medications
- Case management (i.e. evaluations, referrals, appointments, etc.)
- Community supports (i.e. housing, vocational training, skills development, etc.)

If you have private health insurance or Medicare, many programs are offered (family service agencies, self-help groups, private clinics and counselors). You will probably pay the full cost of services, unless your insurance covers part, or all of it.

For low-income and those who are uninsured, different programs are offered in different areas of the state. Call your local public mental health provider for more information. Sometimes a sliding scale payment or small co-pay is offered.

To choose a mental health provider, find out which services are covered by your insurance or through Medicaid. Then find out who provides mental health services in the part of Utah where you live. Community Mental Health Centers can give you information on what is offered in your area, whether or not you are on Medicaid.

Contact information for Community Mental Health Centers throughout Utah can be found in the next section.
Getting Started

Everyone will go through an initial screening process. You will be asked basic questions about your mental and emotional state. After they find out your needs, they may help you at their office or you may be sent to another service provider. All the information you give is confidential. You have the right to say who can and cannot see information about your treatment.

In Emergencies

Finally, if you have a mental health emergency and need help right away, you can call 911. Another option is to call the police non-emergency number and request an officer who has Crisis Intervention Training. All Community Mental Health Centers also provide crisis line workers 24-hours a day.

For More Information...

If you have further questions, or would like more information in general, please contact the Disability Law Center (DLC). Our services are offered statewide and free of charge. Materials are also available in alternative formats such as audio, large print, Braille and Spanish.

Call (800) 662-9080 or visit our office to speak confidentially with a Short Term Assistance Advocate. Office hours are Monday-Friday, 9:00 AM to 4:00 PM.

Disability Law Center
205 North 400 West
Salt Lake City, UT 84103
(800) 662-9080
disabilitylawcenter.org/contact
disabilitylawcenter.org/civil-rights

Contact Information for Community Mental Health Centers

- **Bear River Mental Health** (Cache, Box Elder, and Rich counties) 435-752-0750
- **Central Utah Counseling Center** (Juab, Piute, Millard, Sanpete, Sevier, and Wayne counties) 435-462-2416
- **Davis Behavioral Health** (Davis County) 801-773-7060
- **Four Corners Behavioral Health** (Carbon, Emery, and Grand counties) 435-637-7200
- **Heber Valley Mental Health** (Wasatch County) 435-654-1618
- **Northeastern** (Daggett, Duchesne, and Uintah counties) 435-789-6300
- **San Juan Counseling** (San Juan County) 435-678-2992
- **Southwest Behavioral Health** (Beaver, Iron, Garfield, Kane, and Washington counties) 800-574-6763
- **Valley Mental Health** (Salt Lake, Summit, and Tooele counties) 801-261-1442
- **Wasatch Mental Health** (Utah County) 801-373-7393
- **Weber Human Services** (Weber and Morgan counties) 801-625-3700