

2022

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DAVIS COUNTY

# Behavioral Health Directory

Emotional, Mental, and Substance Use Resources

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DAVIS **4**  
HEALTH



**Davis**  
COUNTY  
HEALTH DEPARTMENT

# About this Directory

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## Background

In 2013, access to behavioral health services was identified as a top public health improvement priority in Davis County. A community action group was formed to address the issue. They recognized the need to assess mental, emotional, and substance abuse services offered in Davis County. This directory is one effort to improve access by identifying providers and describing services offered.

Those interested in helping to improve access to services can join the Davis Behavioral Health Network. To find out more information or to participate in group meetings contact Isa Perry, Davis County Health Department, 801-525-5212 or [isa@daviscountyutah.gov](mailto:isa@daviscountyutah.gov).

## New Sections and Online Navigation

To help with accessibility and education, two new sections have been added to this edition of the directory, Behavioral Health Provider Credentials and a Glossary. 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 text has been underlined to indicate a live link.

## Directory Corrections and Updates

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 [healthstrategy@daviscountyutah.gov](mailto:healthstrategy@daviscountyutah.gov).

Many of these behavioral health resources are also included in an online county health resource locator found at [davis4health.org](http://davis4health.org). The most up-to-date version of this directory, as well as a new directory for those who speak Spanish, can be found at [directories.davis4health.org](http://directories.davis4health.org).

## Prepared By:

Davis County Health Department  
22 S. State St.  
Clearfield, Utah 84015  
[daviscountyutah.gov/health](http://daviscountyutah.gov/health)

Last Updated October 2022

# Table of Contents

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1	Behavioral Health Provider Credentials
3	Crisis & Support Resources
6	Online Resources
7	Hospitals & Clinics
10	Medication-Assisted Treatment (MAT) Providers
13	Prescription Drop-Off Locations
15	Mental Health Counseling & Substance Abuse Resources
35	Support Groups & Classes
35	Youth
37	Women
37	Men
38	Family
39	LGBTQ+
39	Veterans
39	Addiction
41	Alzheimer's Disease
41	COVID-19
41	Domestic Violence
41	Grief
42	Mental Health
43	Parkinson's Disease
44	Sexual Trauma
44	Traumatic Brain Injury (TBI)
45	Family Support Resources
50	Violence, Abuse & Neglect Resources
52	Victim Services
54	Domestic Violence Perpetrator Treatment
55	Legal Services
57	Glossary

# Behavioral Health Provider Credentials

For online users, terms are hyperlinked.

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**APRN**: Advanced Practice Registered Nurse. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Case Manager**: A health care professional, usually a nurse or social worker, who works with patients, providers, and health insurance plans to coordinate the continuity and cost-effectiveness of services. *APA Dictionary of Psychology*

**Counselor**: An individual professionally trained in counseling, psychology, social work, or nursing who specializes in one or more counseling areas, such as vocational, rehabilitation, educational, substance abuse, marriage, relationship, or family counseling. A counselor provides professional evaluations, information, and suggestions designed to enhance the client's ability to solve problems, make decisions, and effect desired changes in attitude and behavior. *APA Dictionary of Psychology*

**DO**: Doctor of Osteopathic Medicine. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**FNP**: Family Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**LCSW**: Licensed Clinical Social Worker. *SocialWorkGuide.org*

**MD**: Doctor of Medicine Profession. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**MPA**: Master of Public Administration. *Merriam-Webster Dictionary*

**NP**: Nurse Practitioner. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**PA**: Physician Assistant. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**PA-C**: Physician Assistant (certified). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Paraprofessional**: A trained but not professionally credentialed worker who assists in the treatment of patients in both hospital and community settings. *APA Dictionary of Psychology*

**PhD**: Doctor of Philosophy. *Merriam-Webster Dictionary*

**Psychiatrist:** A physician who specializes in the diagnosis, treatment, prevention, and study of mental, behavioral, and personality disorders. In the United States, education for this profession consists of 4 years of premedical training in college; a 4-year course in medical school, the final 2 years of which are spent in clerkships studying with physicians in at least five specialty areas; and a 4-year residency in a hospital or agency approved by the American Medical Association. The 1st year of the residency is spent as a hospital intern, and the final 3 in psychiatric residency, learning diagnosis and the use of psychiatric medications and other treatment modes. After completing residency, most psychiatrists take a voluntary examination for certification by the American Board of Psychiatry and Neurology. *APA Dictionary of Psychology*

**Psychologist:** An individual who is professionally trained in one or more branches or subfields of psychology. Training is obtained at a university or a school of professional psychology, leading to a doctoral degree in philosophy (PhD), psychology (PsyD), or education (EdD). Psychologists work in a variety of settings... The professional activities of psychologists are also varied but can include psychological counseling, involvement in other mental health care services, educational testing and assessment, research, teaching, and business and organizational consulting. Formal certification or professional licensing is required to practice independently in many of these settings and activities. *APA Dictionary of Psychology*

**Social Work(er):** A profession devoted to helping individuals, families, and other groups deal with personal and practical problems within the larger community context of which they are a part. Social workers address a variety of problems, including those related to mental or physical disorder, poverty, living arrangements, child care, occupational stress, and unemployment, especially through involvement in the provision of social services. *APA Dictionary of Psychology*

**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 the context of mental health, the term is often used synonymously with psychotherapist. *APA Dictionary of Psychology*

Learn more:

[MedlinePlus Types of Health Care Providers](#)

# Crisis & Support Resources

All lines and centers are 24/7 unless otherwise noted.

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## Local

### **Mental Health Crisis Assistance**

9-8-8

### **Life Threatening Emergencies**

9-1-1

### **Crisis Support/Mobile Crisis Outreach Team (MCOT)**

*Davis Behavioral Health*  
801-773-7060

### **Juvenile Receiving Center**

*Davis Behavioral Health*  
907 W. Clark Ln.  
Farmington, UT 84025  
801-447-8000

**Age Group:** Youth 10-17 Yrs Old

Provides free crisis counseling, referrals to community agencies, and short-term placement for youth. *No appointment is needed to access services.*

### **Receiving & Engagement Center**

*Davis Behavioral Health*  
380 S. 200 W.  
Farmington, UT 84025  
801-513-2800

[dbh.utah.gov/about/facilities/the-receiving-center](http://dbh.utah.gov/about/facilities/the-receiving-center)  
[receivingcenter@dbh.utah.gov](mailto:receivingcenter@dbh.utah.gov)

Functions as a crisis response site and offers brief crisis stabilization for individuals experiencing mental health, substance use or other behavioral crises.

### **Non-Emergency Dispatch**

*Davis County Law Enforcement*  
801-451-4150

### **Domestic Abuse Victim Advocate (DAVA) Hotline**

*HAFB Family Advocacy Program*  
385-209-1811

### **Safe Harbor Lifeline and Prevention Center**

223 Larson Ln.  
Layton, UT 84041  
**Crisis Line:** 801-444-9161  
**Business Line:** 801-444-3191  
[safeharborhope.org](http://safeharborhope.org)  
[info@safeharborhope.org](mailto:info@safeharborhope.org)

### **Teen Resource Centers for Students in Crisis**

*Currently open at Clearfield, Northridge, Layton, Mountain High, and the Renaissance Academy*  
801-402-8385  
[dcl.davis.k12.ut.us/center-information/staff](http://dcl.davis.k12.ut.us/center-information/staff)  
[jwhitworth@dscdmail.net](mailto:jwhitworth@dscdmail.net)

**Age Group:** High School Aged Students

**Hours:** 7:30am-3:00pm on days school is in session

Offers Davis School District students a safe place to shower, do laundry, study, and access resources. Please contact Jenica Whitworth (phone number and email above) for more information.

## State

### **Behavioral Health Services Navigation**

*Intermountain Healthcare*  
833-442-2211

**Hours:** 8am-8pm

Free interpretation offered in Spanish and 19 other languages.

### **Utah Child Abuse/Neglect Reporting Line**

1-855-323-DCFS (3237)

### **Utah Crisis Line and Suicide Prevention Lifeline**

**Toll Free:** 1-800-273-TALK (8255)

**Local:** 801-587-3000

Multi-lingual services are available.

### **Domestic Violence Information Line (Utah LINKLine)**

1-800-897-LINK (5465)

### **Adult Protective Services Elder Abuse Reporting Line**

1-800-371-7897

[daas.utah.gov/adult-protective-services](https://daas.utah.gov/adult-protective-services)

**Hours:** Mon-Fri 8am-5pm

An online abuse reporting form is available 24/7.

### **Huntsman Mental Health Institute (HMHI)**

801-583-2500

[healthcare.utah.edu/hmhi](https://healthcare.utah.edu/hmhi)

### **Poison Control Center**

800-222-1222

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

### **SAFEUT Crisis Text and Tip Line**

801-587-8852

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

### **Sego Lily Center for the Abused Deaf**

**Video Phone:** 385-474-2083

[help@slcad.org](mailto:help@slcad.org)

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

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

### **Utah Sexual Violence Crisis Line**

888-421-1100

### **Utah Tobacco Quit Line**

*Way to Quit*

1-800-QUIT-NOW

(1-800-784-8669)

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

**Spanish:** 1-855-DÉJELO-YA

(1-855-335-3569)

**Spanish Hours:** 6am-10pm

## National

### **Center for Missing and Exploited Children**

1-800-THE-LOST (1-800-843-5678)

### **Child Abuse Hotline**

**Call or Text:** 800-422-4453

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

### **Child Find of America**

1-800-I-AM-LOST

(1-800-426-5678)

**Hours:** 9am-5pm EST

### **The Deaf Hotline**

**Video Phone:** 855-812-1001

### **Domestic Violence Hotline**

1-800-799-SAFE (7233)

**TTY:** 1-800-787-3224

Text "START" to 88788

### **Human Trafficking Hotline**

1-888-373-7888

Text "HELP" or "INFO" to 233733

**LGBTQ National Help Center**

888-843-4564

[lgbthotline.org](http://lgbthotline.org)

**Hours:** Mon-Fri 2pm-10pm,  
Sat 10am-3pm MST

**LGBTQ National Youth Talkline**

800-246-7743

**Hours:** Mon-Fri 2pm-10pm,  
Sat 10am-3pm MST

Free and confidential peer support for the LGBTQ and questioning community ages 25 and younger.

**Maternal Mental Health Hotline  
Call or Text:**

1-833-9-HELP4MOMS

(1-833-943-5746)

Provides free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges.

**My Life My Quit**

Text "HELP" to 36072

[mylifemyquit.com](http://mylifemyquit.com)

Free and confidential support for teenagers who want to quit smoking or vaping.

**Runaway SafeLine**

1-800-RUNAWAY

(1-800-786-2929)

[1800runaway.org](http://1800runaway.org)

**SAGE National LGBTQ+  
Elder Hotline**

877-360-LGBT (5428)

[sageusa.org](http://sageusa.org)

**Sexual Assault Hotline**

*Rape, Abuse & Incest National  
Network (RAINN)*

1-800-656-HOPE (4673)

**Smokefree**

[smokefree.gov](http://smokefree.gov)

Offers help to you or someone you care about to quit smoking through text and chat support and online resources. Website includes tools for veterans, women, teenagers, older adults, and those who speak Spanish.

**StrongHearts Native Helpline**

1-844-762-8483

[strongheartshelpline.org](http://strongheartshelpline.org)

A safe, confidential and anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

**Substance Abuse and Mental  
Health Services National Helpline**

1-800-662-HELP (4357)

TTY: 1-800-487-4889

**Teen Dating Specialized  
Abuse Treatment**

1-866-331-9474

TTY: 1-800-787-3224

Text "LOVEIS" to 22522

**Trans Lifeline**

877-565-8860

[translifeline.org](http://translifeline.org)

Peer support phone service run by trans people for trans and questioning peers.

**Trevor Project - Support for  
LGBTQ Youth**

1-866-488-7386

Text 'START' to 678-678

[thetrevorproject.org](http://thetrevorproject.org)

**Veterans Crisis Line**

1-800-273-8255 and press 1

[veteranscrisisline.net](http://veteranscrisisline.net)



# Online Resources

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## Mental and Emotional Health

**Davis Behavioral Health**  
[dbhprevention.org](http://dbhprevention.org)

**Emotional Resilience**  
The Church of Jesus Christ of Latter-day Saints  
[churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources](http://churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources)

**Huntsman Mental Health Institute**  
[healthcare.utah.edu/hmhi](http://healthcare.utah.edu/hmhi)

**MentalHealth.gov**  
[mentalhealth.gov](http://mentalhealth.gov)

**Mindweather 101**  
[mindweather.org](http://mindweather.org)

**National Alliance on Mental Illness (NAMI) Utah**  
[namiut.org](http://namiut.org)

**ParentGuidance**  
[parentguidance.org](http://parentguidance.org)

## Pornography

**Fight the New Drug**  
[fightthenewdrug.org](http://fightthenewdrug.org)

## Resource Locators

**Alzheimer's Association Resource Finder**  
[communityresourcefinder.org](http://communityresourcefinder.org)

**Davis4Health**  
[davis4health.org](http://davis4health.org)

**The LGBTQ+ Affirmative Psychotherapist Guild of Utah**  
Davis County Online Directory  
[lgbtqtherapists.com](http://lgbtqtherapists.com)

**Make the Connection (Veteran Mental Health Services)**  
[maketheconnection.net](http://maketheconnection.net)

**Psychology Today**  
[psychologytoday.com](http://psychologytoday.com)

**Therapy for Latinx**  
[therapyforlatinx.com](http://therapyforlatinx.com)

## Substance Misuse

**Addiction and Substance Use Disorder Treatment Finder**  
[findtreatment.gov](http://findtreatment.gov)

**Start Your Recovery**  
[startyourrecovery.org](http://startyourrecovery.org)

## Suicide Prevention

**American Foundation for Suicide Prevention (AFSP)**  
[afsp.org](http://afsp.org)

**Live On**  
[liveonutah.org](http://liveonutah.org)

**Northern Utah Hope Task Force (NUHOPE)**  
[nuhopeutah.org](http://nuhopeutah.org)

**Utah Suicide Prevention Coalition**  
[utahsuicideprevention.org](http://utahsuicideprevention.org)

# Hospitals & Clinics

Hours are 24/7 unless otherwise noted.

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## **Benchmark Behavioral Health Systems**

592 W. 1350 S.  
Woods Cross, UT 84087  
801-299-5300  
[bbhsnet.com](http://bbhsnet.com)

**Age Group:** Males 13-17 Yrs

Offers various inpatient programs.

## **Davis Hospital & Medical Center Behavioral Health Services**

1600 W. Antelope Dr.  
Layton, UT 84041  
801-964-3564  
[davishospital.org/services-directory/behavioral-health](http://davishospital.org/services-directory/behavioral-health)

**Age Group:** 18 Yrs and Older

Provides adult inpatient psychiatric treatment.

## **Huntsman Mental Health Institute**

501 Chipeta Way  
Salt Lake City, UT 84108  
801-583-2500  
[healthcare.utah.edu/hmhi/](http://healthcare.utah.edu/hmhi/)

**Age Groups:** Children to Seniors

Offers inpatient and outpatient comprehensive mental health services and psychiatric care.

## **Huntsman Mental Health Institute Farmington Behavioral Health Clinic (Formerly UNI)**

291 S. 200 W.  
Farmington, UT 84025  
801-213-3770  
[healthcare.utah.edu/locations/farmington-behavioral-clinic/](http://healthcare.utah.edu/locations/farmington-behavioral-clinic/)

**Age Groups:** Children to Seniors

**Hours:** Mon 9:30am-7:30pm,  
Tues-Thurs 7:30am-5pm,  
Fri 7:30am-3:30pm

Offers outpatient care with therapy and medication management.

## **Intermountain Healthcare Layton Clinic**

2075 University Park Blvd.  
Layton, UT 84041  
801-779-6200  
[intermountainhealthcare.org/locations/layton-clinic](http://intermountainhealthcare.org/locations/layton-clinic)

**Hours:** Mon-Fri 8am-7pm,  
Sat 12pm-4pm

Offers collaborative mental health care.

## **Lakeview Hospital**

630 Medical Dr.  
Bountiful, UT 84010  
801-299-3780  
[lakeviewhospital.com](http://lakeviewhospital.com)

Provides inpatient and outpatient mental health care services for adults, including two specialized substance abuse programs.

**Lakeview Hospital - Geriatric Behavioral Health Center**

630 Medical Dr.  
Bountiful, UT 84010  
801-299-2428  
[lakeviewhospital.com](http://lakeviewhospital.com)

A short-term, comprehensive inpatient psychiatric program. It is specifically designed to meet the unique psychological and physical needs of older adults.

**LDS Hospital**

8th Ave. & C St.  
Salt Lake City, UT 84143  
801-408-1100  
[ldshospital.org](http://ldshospital.org)

Offers inpatient and outpatient behavioral health treatment services including psychiatric services and substance use disorder treatment.

**LDS Hospital - Behavioral Health Access Center**

324 9th Ave.  
Salt Lake City, UT 84143  
801-408-8330  
[ldshospital.org](http://ldshospital.org)

**Hours:** Mon-Sun 8am-6pm

Provides behavioral health crisis treatment and care.

**McKay-Dee Hospital - Behavioral Health Access Center**

4401 Harrison Blvd.  
Ogden, UT 84403  
801-387-5543  
[mckaydeehospital.org](http://mckaydeehospital.org)

Provides behavioral health crisis treatment and care.

**McKay-Dee - Behavioral Health Clinic**

3903 Harrison Blvd., Suite 300  
Ogden, UT 84403  
801-387-5600  
[intermountainhealthcare.org/locations/mckay-dee-behavioral-health/](http://intermountainhealthcare.org/locations/mckay-dee-behavioral-health/)

**Age Groups:** Children to Adults  
**Hours:** Mon-Fri 8am-5pm

Offers outpatient psychiatry and counseling services.

**Midtown Community Health Center of Davis**

22 S. State St., Suite 1007  
Clearfield, UT 84015  
801-334-0030  
[midtownchc.org](http://midtownchc.org)

**Hours:** Mon-Fri 7:30am-6pm  
**Languages:** English and Spanish  
**Payment Options:** Private insurance, Medicaid, Medicare, self-pay (sliding scale available)

Offers outpatient mental health services. Patients meet with a doctor before being referred to the mental health counselors at Midtown.

**Ogden Regional Medical Center**

5475 S. 500 E.  
Ogden, UT 84405  
855-755-5955  
[ogdenregional.com](http://ogdenregional.com)

Offers inpatient psychiatric care, an inpatient and outpatient substance abuse program, and pet therapy.

**St. Mark's Hospital**

1200 E. 3900 S.  
Salt Lake City, UT 84124  
801-268-7431

[stmarkshospital.com](http://stmarkshospital.com)

**Hours:** 24/7

Offers inpatient and outpatient behavioral health services and psychiatric care.

**Tanner Clinic - East Layton**

1750 E. 3100 N.  
Layton, UT 84040  
801-773-4840

[tannerclinic.com](http://tannerclinic.com)

**Age Groups:** Children to Adults

**Hours:** Mon-Fri 8am-5pm

Offers neuropsychology and behavioral health services.

**Tanner Clinic - Layton**

2121 N. 1700 W.  
Layton, UT 84041  
801-773-4840

[tannerclinic.com](http://tannerclinic.com)

**Age Groups:** Children to Adults

**Hours:** Mon-Fri 8am-5pm

Offers psychiatry and pediatric psychiatry.

**Tanner Clinic - Westside**

1477 N. 2000 W.  
Clinton, UT 84015  
801-773-4840

[tannerclinic.com](http://tannerclinic.com)

**Age Groups:** Children to Seniors

**Hours:** Mon-Fri 8am-5pm

Offers behavioral health services for individuals and couples.

**Utah Addiction****Medicine & Counseling**

440 S. Medical Dr.  
Bountiful, UT 84010  
801-294-8288

[utahamc.com](http://utahamc.com)

**Hours:** Mon, Wed, Thurs 8am-5pm,  
Tues by appointment only,  
Fri 8am-noon

Offers outpatient counseling and treatment for substance abuse disorders.

# Medication-Assisted Treatment (MAT) Providers

MAT: For the treatment of substance use disorders.

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## Bountiful

### **Adams Healing Center**

1470 N. Main St., Suite 101  
Bountiful, UT 84010  
801-512-5530  
[adamshealing.com](http://adamshealing.com)

**Provider:** Allan Edson, DO

### **Bountiful Family Healthcare**

65 W. 400 N., Suite 200B  
Bountiful, UT 84010  
801-298-3812  
[bountifulfamily.com](http://bountifulfamily.com)

**Providers:** Brian Rodgers, DO\*  
Melissa Radcliffe, FNP  
Natalie Parkin, PA

### **Cope Family Medicine - Ogden Clinic**

185 S. 400 E., Suite 100  
Bountiful, UT 84010  
801-298-4112  
[ogdenclinic.com/clinics/cope-family-medicine—ogden-clinic](http://ogdenclinic.com/clinics/cope-family-medicine—ogden-clinic)

**Providers:** David Cope, MD\*  
Raymond Ward, MD  
Rebecca Sandberg, NP  
Sandra Robinson, NP

### **Hopeful Healing Pain Clinic**

420 W. 1500 S., Suite 100  
Bountiful, UT 84010  
801-564-0685  
[hopeful-healing.business.site](http://hopeful-healing.business.site)

**Provider:** Stephen Jones, MD  
(Waitlist for new patients)

### **Lakeview Hospital Behavioral Health**

630 E. Medical Dr.  
Bountiful, UT 84010  
801-299-3780  
[lakeviewhospital.com](http://lakeviewhospital.com)

**Provider:** Janice Trump, NP

### **Utah Addiction Medicine & Counseling**

440 S. Medical Dr.  
Bountiful, UT 84010  
801-294-8288  
[utahamc.com](http://utahamc.com)

**Provider:** Scott Erickson, MD

## Clinton

### **Glacier Peak Pain Care**

1407 N. 2000 W., Suite G  
Clinton, UT 84015  
385-333-7123  
[peakpaincare.com](http://peakpaincare.com)

**Provider:** Kirsten Baca, MD

## Farmington

### **Austin Imus, DO**

1433 N. 1075 W., Suite 120

Farmington, UT 84025

801-923-8044

[austinimusdo.com](http://austinimusdo.com)

### **Huntsman Mental Health Institute - Farmington Behavioral Health Clinic (Formerly UNI)**

291 S. 200 W.

Farmington, UT 84025

801-213-3770

[healthcare.utah.edu/locations/farmington-behavioral-clinic/](http://healthcare.utah.edu/locations/farmington-behavioral-clinic/)

**Providers:** Jordan Merrill, MD

Braun Teller, PA-C

Sarah Porter, APRN

### **Tanner Clinic - Farmington**

444 W. Bourne Cir., Suite 101

Farmington, UT 84025

801-773-4840

[tannerclinic.com/location/farmington](http://tannerclinic.com/location/farmington)

**Provider:** Stephen Merrell, MD

### **University of Utah Farmington Health Center**

165 N. University Ave.

Farmington, UT 84025

801-213-3200

[healthcare.utah.edu/locations/farmington/](http://healthcare.utah.edu/locations/farmington/)

**Providers:** Gavin Van Staden, MD

Laurene Joseph, MD\*

## Kaysville

### **Davis Medical Group**

349 N. Flint St., Suite 101

Kaysville, UT 84037

801-927-3080

**Providers:** Nicholas Noble, DO

### **Kaysville Clinic**

120 S. Main St.

Kaysville, UT 84037

801-544-4227

[kaysvilleclinic.com](http://kaysvilleclinic.com)

**Providers:** Layne Kamalu, MD

Cara Mellor, NP

### **Lifespring Pain Management Center**

277 W. 200 N., Suite 7

Kaysville, UT 84037

801-784-2904

[lifespringutah.com](http://lifespringutah.com)

**Providers:** Christian Obah, MD

Stacy Robinson, NP

Francesca Regier, NP

Lisa Permenter, NP

### **Turning Point Centers**

521 N. Sportsplex Dr.

Kaysville, UT 84037

801-576-0745

[turningpointcenters.com](http://turningpointcenters.com)

**Providers:** Brian Melville, DO

# Layton

## **Davis Behavioral Health - Opioid Community Collaborative & Receiving Center**

934 S. Main St.  
Layton, UT 84041  
801-773-7060  
[dbhutah.org](http://dbhutah.org)

## **Discovery House Comprehensive Treatment Center**

523 W. Heritage Park Blvd., Suite 4  
Layton, UT 84041  
801-525-9998  
[acadiahealthcare.com/locations/layton-comprehensive-treatment-center](http://acadiahealthcare.com/locations/layton-comprehensive-treatment-center)

## **Intermountain Healthcare - Chronic Pain Management Layton Clinic**

2075 University Park Blvd.  
Layton, UT 84041  
801-779-6330  
[intermountainhealthcare.org/locations/layton-clinic/medical-services/chronic-pain-management](http://intermountainhealthcare.org/locations/layton-clinic/medical-services/chronic-pain-management)

**Provider:** Jeremiah West, MD

## **Intermountain Healthcare - Layton Clinic**

2075 University Park Blvd.  
Layton, UT 84041  
801-779-6200  
[intermountainhealthcare.org/locations/layton-clinic/](http://intermountainhealthcare.org/locations/layton-clinic/)

**Provider:** Adam Nebeker, MD\*  
Joel Porter, MD\*  
Ryan Horning, PA-C\*

## **Layton Medical - Ogden Clinic**

2950 N. Church St., Suite 200  
Layton, UT 84040  
801-771-7700  
[ogdenclinic.com/clinics/ogden-clinic---layton-medical](http://ogdenclinic.com/clinics/ogden-clinic---layton-medical)

**Provider:** Casey Stelter, MD\*

## **Peak Health and Wellness**

890 W. Heritage Park Blvd.,  
Suite 101  
Layton, UT 84041  
801-889-1790  
[peakhealthandwellness.com](http://peakhealthandwellness.com)

**Provider:** Bryan Hainsworth, PA-C  
Scott Werner, PA

## **Tanner Clinic - Layton**

2121 N. 1700 W.  
Layton, UT 84041  
801-773-4840  
[tannerclinic.com/location/layton](http://tannerclinic.com/location/layton)

**Provider:** Krista Cook, PA-C  
Sarah Espinoza, MPA, PA-C

# Woods Cross

## **Bountiful Treatment Center**

763 W. 700 S., Suite B  
Woods Cross, UT 84087  
801-292-2318  
[newseason.com/clinics/bountiful-treatment-center/](http://newseason.com/clinics/bountiful-treatment-center/)

**Provider:** Emily Cook, DO  
Bozena Montes, NP

\* Indicates that the provider is not accepting new patients as of February 2, 2022.

# Prescription Drop-Off Locations

Always dispose of unused medications safely and responsibly.

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## **Bowman's Pharmacy**

326 Main St.  
Kaysville, UT 84037  
801-554-4215

**Hours:** Mon-Sat 6am-11pm

## **Bountiful Police Station**

805 S. Main St.  
Bountiful, UT 84010  
801-298-6000

**Hours:** 24/7

## **Centerville Police Station**

250 N. Main St.  
Centerville, UT 84014  
801-292-8441

**Hours:** Mon-Fri 8am-5pm

## **Clearfield Police Station**

55 S. State St.  
Clearfield, UT 84015  
801-525-2800

**Hours:** 24/7

## **Clinton Police Station**

2209 N. 1500 W.  
Clinton, UT 84015  
801-614-0800

**Hours\*:** Mon-Fri 8am-5pm

## **Davis County Sheriff's Office**

800 W. State St.  
Farmington, UT 84025  
801-541-4200

**Hours\*:** Mon-Fri 7:30am-5pm

## **Farmington Police Station**

800 W. State St.  
Farmington, UT 84025  
801-451-4100

**Hours:** Mon-Fri 8am-5pm

## **Hill Air Force Base**

**Group Pharmacy**  
7321 Balmer Ave.  
Hill AFB, UT 84056

801-728-2600

**Hours:** Mon-Fri 7:30am-4:30pm

(2<sup>nd</sup> & 4<sup>th</sup> Fri of the month  
1pm-4:30pm)

## **Kaysville Police Station**

58 E. 100 N.  
Kaysville, UT 84037  
801-546-1131

**Hours\*:** Mon-Fri 8:30am-5pm

## **Layton Police Station**

429 N. Wasatch Dr.  
Layton, UT 84041  
801-497-8300

**Hours:** 24/7

## **North Salt Lake Police Station**

17 S. Main St.  
North Salt Lake, UT 84054  
801-335-8650

**Hours:** Mon-Thurs 7am-5:30pm

## **Sunset Police Station**

200 W. 1300 N.  
Sunset, UT 84015  
801-825-1620

**Hours:** Mon-Fri 9am-5pm

## **Syracuse Police Station**

1751 S. 2000 W.  
Syracuse, UT 84075  
801-825-4400

**Hours:** Mon-Fri 8am-5pm

## **Walgreens - Bountiful**

515 S. 500 W.  
Bountiful, UT 84010  
801-294-9107

**Hours:** Mon-Sun 9am-Midnight



**Walgreens - Layton**

1171 W. 2000 N. (Antelope Dr.)  
Layton, UT 84041  
801-614-1302

**Hours:** Mon-Sun 8am-Midnight

**Wee Care Pharmacy, Inc.**

1580 Antelope Dr.  
Layton, UT 84041  
801-525-5277

**Hours:** Mon-Fri 8 am-6 pm,  
Sat 9am-2pm

**University of Utah Farmington  
Health Center Pharmacy**

165 N. University Ave.  
Farmington, UT 84025  
801-213-3200

**Hours:** Sun-Sat 7am-11pm

**West Bountiful Police Station**

550 N. 800 W.  
West Bountiful, UT 84087  
801-292-4487

**Hours:** Mon-Fri 7:30am-3pm

**Woods Cross Police Station**

1555 S. 800 W.  
Woods Cross, UT 84087  
801-292-4422

**Hours:** Mon-Fri 8am-5pm

\* Indicates that the location is  
closed on holidays.

# Mental Health Counseling & Substance Abuse Resources

Additional providers can be found online by using the “Find a Therapist” feature on [psychologytoday.com](https://www.psychologytoday.com).

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## **Alcohol and Chemical Treatment (ACT) Ogden Regional Medical Center**

5475 S. 500 E.  
Ogden, UT 84405  
801-479-2250

[ogdenregional.com](https://www.ogdenregional.com)

**Age Group:** 18 Yrs and Older

Offers inpatient and outpatient treatment services including medical detoxification, rehabilitation, residential treatment, partial hospitalization program (PHP), and intensive outpatient program (IOP).

## **All Things Anxiety**

251 S. Mountain Rd.  
Fruit Heights, UT 84037  
801-923-8855

[allthingsanxiety.com](https://www.allthingsanxiety.com)

[kallen.allthingsanxiety@gmail.com](mailto:kallen.allthingsanxiety@gmail.com)

*Online Options Available*

**Age Group:** Children to Seniors

**Payment Type:** Cash/self-payment

Offers counseling for children, teenagers, and adults and specializes in the treatment of anxiety, depression, and OCD.

## **Alzheimer’s Association**

**24/7 Helpline:** 1-800-272-3900

**Utah Chapter:** 801-265-1944

[alz.org](https://www.alz.org)

Offers people diagnosed with Alzheimer’s disease and their caregivers resources such as education, support groups, referrals, and dementia care experts. *Call the 24/7 helpline to speak with a live representative.*

## **APD Counseling**

801-991-0628

[stevepritt@gmail.com](mailto:stevepritt@gmail.com)

*Telehealth Only*

**Age Groups:** Children to Adults

**Payment Type:** Cash/self-payment (sliding scale available), private insurance

Offers mental health services for mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse.

## **Archway Youth Center**

1305 S. 700 W.  
Ogden, UT 84401  
801-612-4901

**Age Group:** Youth 12-17 Yrs

**Hours:** 24/7

Provides immediate crisis respite for up to 24 hours while families work with the Archway staff. Can provide individual and family therapy.

**Aspen Ridge Counseling**

585 W. 500 S., Suite 200  
 Bountiful, Utah 84010  
 801-990-4300

[aspenridgecounselingcenter.com](http://aspenridgecounselingcenter.com)

*Telehealth Options Available*

**Age Groups:** Children to Adults

**Payment Type:** Most major insurance plans

Offers full outpatient services to address a variety of issues, including depression and anxiety, behavioral problems, school struggles, family and relationship issues, and substance abuse.

**Aspire Counseling Network**

*See website for location addresses.*  
 801-525-4645

[aspirecounselingnetwork.com](http://aspirecounselingnetwork.com)

**Age groups, hours, cost and payment type vary depending on the provider.**

**Languages:** English, Spanish, and German

Offers a wide range of mental health counseling services including individual (adults, adolescents & children), family therapy, play therapy and marriage/couple therapy, as well as support groups and classes. The clinicians specialize in depression, anxiety, LGBTQ+ issues, addiction recovery, ADHD, substance abuse, women's issues, grief/loss, abuse recovery and more. *Please visit the website for more information.*

**Association for Personal Health**

801-529-7087

*Telehealth Only*

**Age Group:** Adults

**Payment Type:** Cash/self-payment, private insurance

Works extensively with women's issues, the treatment of childhood abuse, trauma, dissociative disorders, anxiety, depression, parenting, self-esteem, and grief and loss. Trained and certified in EMDR.

**Big Brothers Big Sisters of Utah (BBBSU)**

801-313-0303

[bbbsu.org](http://bbbsu.org)

[general@bbbsu.org](mailto:general@bbbsu.org)

Helps and defends children who face many challenges in their lives. With the help of volunteer mentors, BBBSU prioritizes youth protection and youth development to help kids thrive. The work of BBBSU is based on the best available research, guided by community need, and administered by caring professionals.

**Bountiful Health Center**

415 Medical Dr., Suite C100

Bountiful, UT 84010

801-292-2389

[craigberthold.com](http://craigberthold.com)

[bountifulhealthcenter@gmail.com](mailto:bountifulhealthcenter@gmail.com)

**Age Groups:** Adolescents to Seniors

**Payment Type:** Cash/self-payment, can bill insurance

Provides mental health services for psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. *Visit the website to learn more.*

**Bountiful Treatment Center**

763 W. 700 S., Suite B  
 Woods Cross, UT 84087  
 877-284-7074

[newseason.com/clinics/bountiful-treatment-center/](http://newseason.com/clinics/bountiful-treatment-center/)

**Age Group:** Adults

**Hours:** Mon-Fr 5am-1:30pm,  
 Sat 7am-9am

Provides help to individuals struggling with addiction through individualized treatment plans.

**Bright Counseling**

801-855-6131

[brightcounseling.us](http://brightcounseling.us)

*Telehealth Only*

**Age Groups:** Teens and Adults

**Payment Type:** Cash/self-payment, Aetna, Blue Cross Blue Shield, Cigna, Select Health, United Behavior Mental Health, Medicaid for foster care/post-adoption

Helps to decrease behavior problems caused by trauma, ADHD, anxiety, depression, and mood disorders. Their brain-based program combines neuroscience with counseling services to help improve the lives of teens and adults. They use therapy techniques to help their clients balance emotions, improve behavior, increase focus, and decrease anxiety.

**Carbajal Counseling & Consulting**

375 N. Main St., Suite 102  
 Kaysville, UT, 84037  
 801-989-3488

[carbajalcounseling.com](http://carbajalcounseling.com)

**Age Groups:** Children to Adults

**Hours:** Mon-Thurs 8am-9pm,  
 Fri-Sat 8am-6pm

**Languages:** English and Spanish

Provides individual, family, couples, anxiety, depression, and EMDR therapy. LGBTQ+ affirming therapists.

**Catalyst Behavior Solutions Farmington**

1438 US-89, Suite 130  
 Farmington, UT 84025  
 801-549-8821

[catalystbehavior.com](http://catalystbehavior.com)

[information@catalystbehavior.com](mailto:information@catalystbehavior.com)

*Telehealth Options Available*

**Age Groups:** Children to Adults

**Hours:** Mon-Fri 8:30am-5:30pm

**Payment Type:** Aetna, GEHA, Medicaid (Davis and Weber County), Optum, TriCare, United Behavioral Health, private pay

Mental health therapy offered to individuals, couples, and families of all abilities for anxiety, depression, and marriage counseling.

**Cedar Psychiatry**

2950 N. Church St., Suite 101  
 Layton, UT 84040  
 801-369-8989

[cedarpsychiatry.com](http://cedarpsychiatry.com)

**Age Groups:** Children to Seniors

**Hours:** Mon-Thurs 8am-6pm,  
 Fri 9am-3pm

**Languages:** English and Spanish

**Payment Type:** Most commercial insurances, Medicaid, cash/self-payment (sliding scale available), other flexible payment options

Offers outpatient mental health treatment for depression, eating disorders, OCD, PTSD, substance use, and anxiety. Services include Ketamine-Assisted Psychotherapy (KAP), Transcranial Magnetic Stimulation (TMS), and Psychedelic Palliative Care. *Visit the website for more information.*

**Center for Growth and Potential**

1785 E. 1450 S., Suite 250  
 Clearfield, UT 84015  
 801-773-0535

[centerforgrowthandpotential.com](http://centerforgrowthandpotential.com)

**Age Groups:** Children to Seniors

**Payment Type:** Cash/self-payment, private insurance

Provides comprehensive mental health services for children, adolescents, adults, and families, using biofeedback and neurofeedback. Offers specialized care for the military community.

**Changes Individual & Relational Therapy**

240 E. Promontory, Suite 214  
 Farmington, UT 84025  
 801-543-2120

[emilharker.com](http://emilharker.com)

[emilharker@gmail.com](mailto:emilharker@gmail.com)

**Age Groups:** Adults

**Payment Type:** Cash/self-payment

Offers mental health services for anxiety disorders, mood disorders, personality disorders, psychotic disorders, pornography addiction, trauma/abuse, and relationships.

**CLD3 Counseling**

370 S. 500 E. Suite 209  
 Clearfield, UT 84015  
 801-521-4227

[clid3counseling.com](http://clid3counseling.com)

*Telehealth Options Available*

**Hours:** Mon-Thurs 9am-8pm,  
 Fri 9am-6pm, Sat and Sun by appointment

Offers effective, individualized care for substance abuse, domestic violence, and mental health treatment.

**Austin M. Chiles, PhD**

118 E. 2200 S.  
 Kaysville, UT 84037  
 801-721-7878

[psycheemann@yahoo.com](mailto:psycheemann@yahoo.com)

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment (sliding scale available), Medicare, private insurance

Offers treatment for mood disorders, anxiety disorders, personality disorders, and trauma/abuse. *Email for more information.*

**David Newbold,  
PhD & Associates**

370 S. 500 E. Suite 180  
Clearfield, UT 84015  
801-776-1954

**Age Group:** Young Adults to Adults  
**Payment Type:** Cash/self-payment,  
Medicaid, private insurance

Offers services for mood disorder,  
anxiety disorder and PTSD. *Call for  
more information.*

**Davis Behavioral Health**

934 S. Main St., Suite 6  
Layton, UT 84041  
801-773-7060  
[dbh.utah.gov](http://dbh.utah.gov)

**Age Groups:** Children to Seniors  
**Languages:** English, Spanish, and  
translators are available  
**Payment Type:** Cash/self-payment  
(sliding scale available), Medicaid,  
private insurance

Offers behavioral health services for  
psychotic disorders, mood  
disorders, anxiety disorders,  
personality disorder, trauma/abuse,  
substance use and behavior  
concerns. Comprehensive  
treatment and Medication-Assisted  
Treatment (MAT) offered. LGBTQ+  
affirming therapists.

**Davis Community  
Learning Center**

210 E. Center St.  
Clearfield, UT 84015  
801-402-8395  
[dclc.davis.k12.ut.us](http://dclc.davis.k12.ut.us)

**Age Groups:** Children to Seniors  
**Languages:** English and Spanish

*Limited services:* Must be referred  
by the school principal/counselor.  
Only available at select elementary  
schools. Mood disorders, anxiety  
disorders, personality disorders,  
substance abuse disorders, and  
trauma/abuse. *Visit the website to  
learn more and find participating  
schools.*

**Davis School District (DSD)**

70 E. 100 N.  
Farmington, UT 84025  
801-402-5919  
[davis.k12.ut.us/departments/student-family-resources/safe-schools-clinical-team/](http://davis.k12.ut.us/departments/student-family-resources/safe-schools-clinical-team/)

**Hours:** Mon-Fri 7:30am-4pm

Offers many services to students,  
parents, and teachers, including  
Integrated Educational Therapists  
who provide individual therapy to  
students who are not covered by  
insurance. *Learn more about  
Davis School District services  
on their website.*

### **Diamond Tree Recovery**

845 W. 200 N.  
Kaysville, UT 84037  
385-888-9624  
801-513-5132

[diamondtreerecovery.com](http://diamondtreerecovery.com)

Utilizes the Diamond Tree Recovery Model which is an alternative to a traditional 12-step approach. They focus on optimizing nutrition, frontal lobe rehabilitation, lifestyle medicine and evidence-based treatment. Offers a wide range of addiction recovery services including residential and day treatment for individuals and confidential services for professionals and employers. *Visit the website for more information.*

### **Discovery House - Layton Comprehensive Treatment Center**

523 W. Heritage Park Blvd., Suite 4  
Layton, UT 84041  
801-525-9998

[acadiahealthcare.com/locations/layton-comprehensive-treatment-center](http://acadiahealthcare.com/locations/layton-comprehensive-treatment-center)

**Age Group:** Adults

**Office Hours:** Mon-Fri 5:30am-2pm

**Medicating Hours:** Mon-Fri  
5:30am-11am

**24/7 phone services**

**Payment Type:** Cash/self-payment,  
Medicaid, Medicare,  
private insurance

Offers Medication-Assisted Treatment (MAT). Dedicated to assisting people with the process of recovering from opioid addiction.

### **Elevations Residential Treatment Center**

2650 W. 2700 S.  
Syracuse, UT 84075  
801-773-0200

[elevationsrtc.com](http://elevationsrtc.com)

**Age Group:** Adolescents 13-18 Yrs

The Elevations program includes college preparatory academics, therapeutic recreation activities, and individual, family and group psychotherapy as well as on-site medical and psychiatric services available to all students. Elevations offers guidance, support, and relief to students struggling with issues such as trauma, depression, anxiety, mood disorders, behavioral problems, and substance use. LGBTQ+ affirming therapists.

### **Empowerment Counseling Services**

370 S. 500 E., Suite 170  
Clearfield, UT 84015  
801-603-2547

[empowermentcounselingservices.com](http://empowermentcounselingservices.com)

**Age Groups:** Children to Seniors

**Payment Type:** Cash/self-payment  
(sliding scale available), Medicaid,  
private insurance

Offers outpatient and in-home services targeting several diagnoses and problem areas, including: depression, bipolar, ADHD/ADD, oppositional defiance, attachment disorder, autism spectrum, low self-esteem, parenting and marital issues, and many more.

**Encircle Therapy**

[encircletherapy.org](http://encircletherapy.org)

*Telehealth Options Available*

**Age Group:** 12 Yrs and Older

Affordable, affirming, and first-rate therapy: a service every LGBTQ+ person deserves. Our therapists have experience in navigating the complex intersections of sexuality, gender, and religious beliefs. *Please visit the website to schedule a free consultation and for more information on locations.*

**En Route Counseling**

*Sunset Equestrian Center*

820 Mare Cir.

Kaysville, UT 84037

801-856-4564

**Age Group:** 6 Yrs and Older

General mental health practice offering in-office, virtual, and equine therapy. LGBTQ+ affirming therapist.

**Family Counseling Service of Northern Utah**

3518 Washington Blvd.

Ogden, UT 84403

801-399-1600

[fcshealingnow.org](http://fcshealingnow.org)

*Telehealth Options Available*

**Age Group:** Children to Seniors

**Hours:** Mon-Thurs 8am-8pm,  
Fri 8am-4pm

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment (sliding scale available), private insurance, foundation money

Offers affordable counseling and mental health services to individuals and families, especially those in crisis who have nowhere else to turn for help. Provides a wide array of mental health and counseling services addressing a variety of issues, including those related to depression, anxiety, suicide, grief, substance and domestic abuse and anger management. LGBTQ+ affirming therapists.

**Family Services Centerville**

94 E. Pages Ln.

Centerville, UT 84014

801-294-0578

[providentliving.churchofjesuschrist.org/lds-family-services](http://providentliving.churchofjesuschrist.org/lds-family-services)

**Age Groups:** Adolescents to Adults

**Payment Type:** Cash/self-payment, church organization

*All services require a referral from your local bishop.* Provides counseling services for individuals, couples, and families, single expectant parent services, support groups, and other support services. This location offers a Sexual Abuse Survivors Group ([see page 44](#)).



**Family Services Layton**

930 W. Hill Field Rd., Suite A  
Layton, UT 84041  
801-336-3040

[providentliving.churchofjesuschrist.org/lds-family-services](http://providentliving.churchofjesuschrist.org/lds-family-services)

**Age Groups:** Adolescents to Adults  
**Payment Type:** Cash/self-payment, church organization

*All services require a referral from your local bishop. Provides counseling services for individuals, couples, and families, as well as single expectant parent services, support groups, and other support services.*

**Family Therapy Center of Utah**

240 N. East Promontory  
Farmington, Utah 84025  
385-243-0012

[familytherapyutah.com](http://familytherapyutah.com)

*Telehealth Options Available*

**Age Groups:** Children to Seniors  
**Hours:** Schedule your appointment online

Provides help to people of all ages to live happier, healthier and more productive lives. Through the use of various psychotherapy methods and collaborative treatment measures, their clients develop life-changing habits to help them cope with life's various obstacles.

**Feller Behavioral Health**

270 S. Main St., Suite 104  
Bountiful, UT 84010  
801-683-9340

[fellerbehavioralhealth.com](http://fellerbehavioralhealth.com)

**Hours:** Mon-Thurs 8am-8pm or by appointment

**Languages:** English and Spanish

Serves individuals, couples, and families. Providers are specialized in assessment, diagnosis, and treatment of all common and most major mental health disorders including ADHD, anxiety, bipolar, depression, eating disorders, OCD, PTSD, and more. LGBTQ+ affirming therapists.

**GMS Counseling**

370 S. 500 E., Suite 250  
Clearfield, UT 84015  
801-825-4876

[gmscounselingllc.com](http://gmscounselingllc.com)

**Hours:** Mon-Thurs 11am-9pm, Fri by appointment, Sat 10 am-2pm

Offers substance abuse treatment (general and intensive outpatient), domestic violence treatment, parenting program, anger management programs, cognitive restructuring education, and mental health therapy.

**Grandview Family Counseling**

1576 S. 500 W., Suite 202  
Bountiful, Utah 84010  
801-406-9002

[grandviewfamilycounseling.com](http://grandviewfamilycounseling.com)

**Age Groups:** Children to Adults

**Payment Type:** AETNA,  
Blue Cross/Blue Shield, DMBA,  
EMI, PEHP, Select Health,  
University of Utah,  
UNI-BEHAVIORAL, Crime Victim  
Reparations, Clergy Pay

Specialties include play therapy,  
trauma, abuse, grief, anxiety,  
depression, ADHD, behavioral  
issues, couples therapy, addiction  
and life adjustments. They have a  
linkage agreement with the  
Children's Justice Center to provide  
counseling to children and their  
caregivers who have experienced  
abuse, trauma and grief associated  
with traumatic death.

**Highland Springs**

1785 E. 1450 S., Suite 300  
Clearfield, UT 84015  
801-536-6545

[highlandspringsclinic.org](http://highlandspringsclinic.org)

*Telehealth Options Available*

**Hours:** Mon-Fri 8am-5pm,  
extended hours available by  
appointment.

**Languages:** English, Spanish

Offers outpatient counseling.  
Specialties include addiction and  
trauma treatment. LGBTQ+  
affirming therapists.

**The Hope Center**

545 S. State St.  
Clearfield, UT 84015  
801-837-4673

[thehopecenterutah.org](http://thehopecenterutah.org)

[hopecenterutah1@gmail.com](mailto:hopecenterutah1@gmail.com)

**Hours:** Tues-Fri 10am-2pm

Offers an array of supportive  
services at no cost including a  
community food bank, financial  
assistance, counseling, and much  
more. *Please call for an  
appointment.*

**Innovate Mental Health Solutions**

124 Fairfield Rd.  
Layton, UT 84041  
801-425-3628

[dwighthurst.com](http://dwighthurst.com)

[dwighthurst@gmail.com](mailto:dwighthurst@gmail.com)

**Age Groups:** Children to Seniors

**Payment Type:** Cash/self-payment  
(sliding scale available), private  
insurance

Specializes in trauma and addiction  
issues. Offers help to those seeking  
recovery who need more intensive  
treatment, but because of  
circumstances cannot check into an  
intensive or residential  
environment.

**Julander ISP - Katie Julander and  
The JISP Collective**

Clearfield, UT  
385-424-8465

[julanderisp.com/contact](http://julanderisp.com/contact)

**Hours:** Mon, Tues, Thurs, Fri  
8am-4pm

**Payment Type:** Cash/self-payment,  
most major insurance plans,  
clergy pay

Specializes in the treatment of  
trauma and working with military  
families.

**Kay Psychology and Consulting Services**

1601 N. Hill Field Rd., Suite 201  
Layton, UT 84041  
801-776-1303

[kaypsych.com](http://kaypsych.com)

[steven@kaypsych.com](mailto:steven@kaypsych.com)

*Telehealth Options Available*

**Age Groups:** Adolescents to Adults

**Payment Type:** Cash/self-payment, Medicare, private insurance

Counseling for individuals and couples dealing with depression, anxiety, relationship difficulties, conflict, and stress; psychological evaluations; executive coaching.

**Lakeview Hospital Intensive Outpatient Program (IOP)**

630 Medical Dr.  
Bountiful, UT 84010  
801-296-3421

[lakeviewhospital.com](http://lakeviewhospital.com)

Program for patients who need structured care but do not need an inpatient hospital stay. It includes group therapy that brings together clients who are struggling with the challenges of addiction and mood disorders.

**Latino Behavioral Health Services**

237 26th St.  
Ogden, Utah 84401  
801-935-4447

[latinobehavioral.org](http://latinobehavioral.org)

*Telehealth Available*

*Mon-Fri 10am-6pm and Sat by appointment*

**Hours:** Mon-Wed 10am-6 pm

**Languages:** Spanish and English

**Payment Type:** Cash/self-pay (sliding scale available), Medicaid

Offers support to the Latinx community *from* the Latinx community. They specialize in free and low cost peer mentoring for mental health and substance use problems and offer support groups, community education, and therapy.

**LeafCrest Counseling**

506 S. Main St., Suite 100  
Bountiful, UT 84010  
801-510-6864

[leafcrestcounseling.com](http://leafcrestcounseling.com)

**Age Groups:** Children to Adults

**Payment Type:** Cash/self-payment, clergy payment, private insurance

Offers counseling services to individuals, couples, and families for these and other issues: grief and loss, relationship struggles, life-altering illnesses, adoption, anxiety, depression, eating disorders, substance abuse/addiction, and trauma/abuse.

**Life Changing Services**

1361 N. 1075 W., Suite 210  
Farmington, UT 84025  
877-437-6877

[lifechangingservices.org](http://lifechangingservices.org)

**Age Group:** 12 Yrs and Older

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment,  
ecclesiastical assistance

Dedicated to helping individuals, families, and couples find peace, joy, and healing in their lives and relationships. Services address addictions, behavior disorders, trauma, abuse.

**LifeLine for Youth**

1130 W. Center St.  
North Salt Lake, UT 84054  
801-936-4000

[lifelineutah.com](http://lifelineutah.com)

**Age Group:** Teens 13-18 Yrs

**Payment Type:** Cash/self-payment,  
private insurance

A family-focused, residential treatment program that creates positive change using an evidenced-based, therapeutic community model and is strongly supported by empirical research. A multi-disciplinary team approach integrates education, individualized treatment planning, individual, group, and family therapy, health and nutrition, recreational activities, and a structured aftercare/transition program. LifeLine is a research-based and proven alternative to other popular approaches like teen boot camps, therapeutic boarding schools for teens, or troubled youth wilderness programs.

**Life Matters: Counseling and Psychological Services**

1433 N. 1075 W., Suite 120  
Farmington, UT 84025  
385-219-4980

[lifematterspsych.com](http://lifematterspsych.com)

*Telehealth Options Available*

**Age Group:** 18 Yrs and Older

**Hours:** By appointment

**Payment Type:** Cash/self-payment,  
most major insurance plans

Through many different approaches, Dr. Emma Mansour serves adults dealing with anxiety, depression, adjustment disorder, ADD/ADHD, women's issues, aging, learning disabilities, and differential diagnosis.

**Luminous Counseling**

1290 S. 500 W., Suite 19  
Woods Cross, UT 84010  
385-448-1697

[luminouscounselingut.com](http://luminouscounselingut.com)

**Age Groups:** Children to Adults

**Hours:** Mon-Fri 10am-8pm,  
Sat 11am-6pm

Offers online or in-person individual, family, or couple counseling to treat a number of areas, including addiction, anger, body image, codependency, eating disorders, mood disorders, stress, panic disorders, religious transitions, substance abuse, addictions, traumatic brain injury, and in assisting individuals who are victims of abuse. LGBTQ+ affirming therapists.

**Midtown Community Health Center**

22 S. State St., Suite 1007  
Clearfield, UT 84015  
801-334-0030

[midtownchc.org/directory/listing/day-is-county-medical-dental-clinics](http://midtownchc.org/directory/listing/day-is-county-medical-dental-clinics)

**Hours:** Mon-Fri 7:30am-6pm,  
closed for lunch from 1-2pm

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment  
(sliding scale available), Medicaid,  
Medicare, private insurance

Patients meet with a doctor before  
being referred to the mental health  
counselors at Midtown.

**Molokai Marriage & Family Therapy**

503 W. 2600 S., Suite 200  
Bountiful, UT 84010  
801-529-6029

[molokaimft.com](http://molokaimft.com)

*Telehealth Options Available*

**Age Groups:** Children to Adults

**Hours:** Thurs-Fri 9am-9pm,  
Sat 9am-4pm

**Payment Type:** Cash/self-payment  
(sliding scale available), Employee  
Assistance Programs,  
private insurance

Offers mental health therapy for  
individuals, couples, and families.  
Specialties include anxiety, anger  
management, behavioral issues,  
learning disabilities, bipolar  
disorder, career counseling, coping  
skills, depression, family conflict,  
infidelity, parenting skills,  
relationship issues, self-esteem,  
spirituality, substance abuse, and  
transgender issues.

**MOOD Psychotherapy and Coaching**

505 S. Main St.  
Suites 203 & 209  
Bountiful, UT 84010  
801-872-3414

[moodptc.com](http://moodptc.com)

[heidi@mootptc.com](mailto:heidi@mootptc.com)

**Age Groups:** Children to Seniors

**Hours:** Available by request

**Payment Type:** Cash/self-payment

Offers help to individuals and  
couples and strives to create a  
safe, respectful environment where  
clients can develop trust, overcome  
pain, learn to resolve conflict and  
reach their potential. They accept  
new clients based on mutual fit  
and availability.

**Moon Counseling - Divine Awakening Center**

121 W. 200 S.  
Farmington, UT 84025  
385-310-7724

[mooncounseling1@gmail.com](mailto:mooncounseling1@gmail.com)

*Telehealth Options Available*

**Age Groups:** Adolescents to Adults

**Hours:** Mon-Fri 11am-7pm

**Payment Type:** Cash, credit card,  
Venmo, limited insurances  
accepted

Offers help to the LGBTQ+  
population, especially with gender  
and transgender issues.  
Experienced with WPATH  
guidelines and regulations.

**Sally Anderson Mooney, LCSW**

163 W. 575 S.  
Layton, UT 84041  
801-688-1588

[sgplus14@msn.com](mailto:sgplus14@msn.com)

**Age Group:** Adults

**Payment Type:** Cash/self-payment,  
private insurance

Works with mood disorders, anxiety disorders, substance abuse, and trauma/abuse.

**Negrette Counseling Services**

475 N. 300 W., Suite 14  
Kaysville, UT 84037  
801-390-3210

[michael\\_negrette\\_lmft@yahoo.com](mailto:michael_negrette_lmft@yahoo.com)

**Age Groups:** Children to Seniors

**Languages:** English and Portuguese

**Payment Type:** Cash/self-payment (sliding scale available), private insurance

Offers counseling to individuals, couples, and families using a personal approach to therapy and specializes in helping couples work through marital stress, sexual dysfunction, communication problems, infidelity, and depression/anxiety.

**Neurobehavioral Center for Growth - Bountiful and Layton**

415 S. Medical Dr., Suite D101  
Bountiful, UT 84010

327 W. Gordon Ave., Suite 2  
Layton, UT 84041  
801-683-1062

[neurobcg.com](http://neurobcg.com)

[admin@neurobcg.com](mailto:admin@neurobcg.com)

**Age Groups:** Children to Adults

**Payment Type:** Cash/self-payment, Medicaid, Medicare, private insurance

Their vision is to empower each individual to reach their full potential. Whether they're supporting a mom who's raising a child with autism, guiding a family through trauma recovery, helping a teen manage anxiety, or bringing hope to an adult with clinical depression, they love working with layered, complex, and inspiring people every single day. LGBTQ+ affirming therapists.

**Neuropsychology Center of Utah**

275 N. 300 W., Suite 404  
Kaysville, UT 84037  
801-614-5866

[npcu.net](http://npcu.net)

**Age Group:** Children to Adults

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment, Medicaid, private insurance

Provides comprehensive neuropsychological and psychological evaluations to children, adolescents and adults presenting with various brain based disorders, including ADHD, autism, depression, anxiety, traumatic brain injury, dementia, PTSD and other developmental disabilities.

**New Vision Counseling Services**

475 N. 300 W., Suite 14

Kaysville, UT 84037

801-690-3502

[gmason84041@msn.com](mailto:gmason84041@msn.com)**Age Groups:** Children to Seniors**Payment Type:** Cash/self-payment (sliding scale available), private insurance

Offers services for mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse.

**No Excuse for Abuse**

370 S. 500 E., Suite 126

Clearfield, UT 84015

801-416-8111

[nefallc@gmail.com](mailto:nefallc@gmail.com)**Age Groups:** Adults and Seniors**Hours:** Mon-Wed 9am-5:30pm,

Phone number offers 24/7 service

**Languages:** English and Spanish

Provides several services including: domestic violence therapy, substance abuse treatment (general outpatient and intensive outpatient), DUI (driving under the influence) courses, anger management support, individual and family counseling, support groups for victims of domestic violence. Serve adult groups including: LGBT clients, pregnant/postpartum women, seniors or older adults, persons with co-occurring mental and substance use disorders. *Services are typically for court ordered persons, but referrals can be made if needed.*

**Northern Utah****Counseling Services**

49 E. 200 S.

Clearfield, UT 84015

801-779-0095

[nuc\\_rec@northernutahcounseling.com](mailto:nuc_rec@northernutahcounseling.com)**Age Groups:** Children to Seniors**Hours:** Mon-Thurs 9am-7pm,

Fri 9am-4pm

**Languages:** English and Spanish**Payment Type:** Cash/self-payment, private insurance, church organization

Offers services for mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse.

**The OCD & Anxiety****Treatment Center**

1459 N. Main St., Suite 100

Bountiful, UT 84010

801-298-2000

[theocdandanxietytreatmentcenter.com](http://theocdandanxietytreatmentcenter.com)[admissions@liveuncertain.com](mailto:admissions@liveuncertain.com)**Age Groups:** Children to Seniors**Payment Type:** Cash/self-payment, private insurance, church organization*Will work to customize financials.*

Offers outpatient treatment for OCD and anxiety.

**Phoenix Rebellion Therapy**

347 N. 300 W. Suite 201  
 Kaysville, UT 84037  
 385-231-8387

[phoenixrebelliontherapy.com](http://phoenixrebelliontherapy.com)

*Telehealth Options Available*

**Age Group:** 12 Yrs and Older

**Hours:** Mon-Fri 9am-6pm

**Payment Type:** Accepts many major insurance plans

Offers services to all people (children, teens, families, LGBTQIA+, first responders, military and veterans, family of military) in any life situation.

*Visit the website for more information on providers and treatment methods.*

**Pacific Islander Mental Health Network (Referral Form)**

[upihc.org/services/mental-health-network](http://upihc.org/services/mental-health-network)

Offers connection and referrals to local Pacific Islander mental health providers and services.

Interpretation services may be available by request.

**Resilient Life Counseling**

1379 N. 1075 W., Suite 228  
 Farmington, UT 84025  
 385-316-7127

[resilientlifeutah.com](http://resilientlifeutah.com)

**Age Groups:** Adolescents to Adults

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment, reduced fee rates, Clergy pay, Accepts many major insurance plans

Provides mental health treatment with focus and expertise in women's issues, blending families, navigating divorce, couples counseling, family and parenting challenges, life transitions, diversity issues, navigating grief, anxiety, and depression.

**Resilient Solutions Inc.**

1355 N. Main St., Suites 1, 3, & 6  
 Bountiful, UT 84010  
 801-259-3883

[resilientsolutionsinc.com](http://resilientsolutionsinc.com)

**Age Groups:** Adolescents to Seniors

**Languages:** English, Spanish, and Swedish

**Payment Type:** Cash/self-payment, private insurance

Extensive experience with varied specialties. Individual and group therapy options are offered.



**Resolutions Counseling Center**

70 N. Main St., Suite 103 & 104  
 Bountiful, UT 84010  
 801-298-5222

[resolutionsutah.com](http://resolutionsutah.com)  
[resolutionsoffice@resolutionsutah.com](mailto:resolutionsoffice@resolutionsutah.com)

**Age Groups:** Children to Seniors  
**Hours:** Mon-Fri 10am-7pm,  
 Sat by appointment  
**Payment Type:** Cash/self-payment,  
 private insurance, church  
 organizations, other assistance  
 services

Provides assessments, individual,  
 couples, and family therapy with  
 treatment for anxiety disorders,  
 depression, relationship problems,  
 stress, mindfulness, school and  
 behavior problems, play therapy,  
 divorce adjustment, parenting  
 issues, trauma/abuse, grief, and  
 addiction.

**Rocky Mountain Wellness Center**

780 S. 2000 W.  
 Bldg A, Suite 101  
 Syracuse, UT 84075  
 801-683-9553

[myutahwellness.com](http://myutahwellness.com)

**Hours:** Mon-Thurs 8am-5pm,  
 Fri 8am-2pm

Offers neurofeedback therapy for  
 the alleviation of symptoms such as  
 ADHD, anxiety, depression,  
 insomnia, panic attacks, difficulty  
 focusing, headaches, etc.

**Salais Counseling**

880 Heritage Park Blvd., Suite 130  
 Layton, UT 84041  
 801-327-2266

[salaiscounseling.org](http://salaiscounseling.org)

**Age Groups:** Children to Adults  
**Hours:** Vary depending on provider  
**Languages:** English and Spanish  
**Payment Type:** Cash/self-payment,  
 private pay, accepts many major  
 insurance plans

Provides mental health counseling  
 services for individuals (adults,  
 adolescents and children), family  
 therapy, couple/marriage  
 counseling. EMDR, Trauma, abuse  
 recovery, anxiety, depression,  
 LGBTQ+ issues, addiction and  
 more. LGBTQ+ affirming therapists.  
*Please visit the website for more  
 information.*

**Solstice West Residential Treatment Center**

1904 W. Gordon Ave.  
 Layton, UT 84041  
 801-444-0794

[solsticertc.com](http://solsticertc.com)  
[admissions@solsticertc.com](mailto:admissions@solsticertc.com)

**Age Group:** Females 14-18 Yrs

Combines family-based  
 intervention, nutrition, physical  
 fitness, and the supportive provision  
 of cutting edge academics,  
 substance abuse/addiction therapy,  
 equine therapy, and psychiatric  
 services. Specializes in the  
 provision of gender specific  
 treatment for female adolescents  
 who struggle with a variety of  
 problems such as: depression,  
 anxiety, addiction and substance  
 abuse, eating disorders, self-harm,  
 ADD/ADHD, trauma and loss,  
 adoption and attachment issues,  
 family conflict, academic problems,  
 and processing difficulties.

### **South Davis**

#### **Psychological Services**

520 N. Marketplace Dr., Suite 200  
Centerville, UT 84014  
801-934-3373

[southdavispsych.com](http://southdavispsych.com)

**Age Groups:** Children to Adults

**Hours:** Mon-Fri 8am-5pm

**Languages:** English and Spanish

Offers individual counseling, family therapy, couples counseling, and EMDR to help people overcome trauma, PTSD, depression, anxiety, marriage or relationship problems, and problems with emotion regulation. LGBTQ+ affirming therapists. *Visit the website to learn more about providers and accepted insurance plans.*

### **Tanner Clinic - East Layton**

1750 E. 3100 N.  
Layton, UT 84040  
801-773-4840

[tannerclinic.com](http://tannerclinic.com)

**Age Groups:** Children to Seniors

**Languages:** English and Spanish

**Payment Type:** Cash/self-payment, private insurance

Offers neuropsychological assessments and services for ADHD, TBI, Multiple Sclerosis (MS), dementia, cancer, epilepsy, stroke care, eating disorders, and degenerative disorders.

### **Tanner Clinic - Westside**

1750 E. 3100 N.  
Layton, UT 84040  
801-773-4840

[tannerclinic.com](http://tannerclinic.com)

**Age Groups:** Children to Seniors

**Payment Type:** Cash/self-payment, all private insurances **except** CIGNA and Medicaid

Offers behavioral health therapy services for individuals and couples.

### **Titensor Enterprises**

2205 S. 800 W.  
Woods Cross, UT 84087  
801-989-8825

[stitensor@comcast.net](mailto:stitensor@comcast.net)

**Age Groups:** Adolescents to Seniors

**Payment Type:** Cash/self-payment, Altius/MH Net, Regence BC/BS, Ceridian/Lifeworks, Military One Source, Tricare, Beacon/Value Options, Wise Provider Network

Offers services for mood disorders, anxiety disorders, and substance abuse. Specializes in ADHD and couples therapy.

### **Therapy SOULutions**

801-499-7133

[michelleallen@therapysoulutions.com](mailto:michelleallen@therapysoulutions.com)

*Telehealth Only*

**Age Group:** Adolescents to Adults

Specializes in mood disorders, anxiety, domestic violence, and trauma/abuse.

**Touchstone Therapy Center**

1650 W. Gentile St.  
Layton, UT 84041  
801-485-8051

[touchstoneutah.com](http://touchstoneutah.com)

**Age Groups:** Infants to Adults

**Payment Type:** Cash/self-payment (sliding scale available), Blue Cross/Blue Shield, DMBA, TriCare, University of Utah

Offers in-home, clinic-based, and telehealth therapy for children from infancy through age 18. Also provides mental health assessments for children and adults, parenting & bonding assessments, substance abuse assessments for adolescents, and parent education.

**Turning Point Centers  
Outpatient Treatment**

521 N. Sportsplex Dr.  
Kaysville, Utah 84037  
888-576-3711

[turningpointcenters.com](http://turningpointcenters.com)

**Age Group:** Adults

**Payment Type:** Preferred, in-network provider with most insurance companies

Offers treatment for mental health and substance use disorders including online and in-person intensive outpatient programs, residential treatment, and Medication-Assisted Treatment (MAT). LGBTQ+ affirming therapists.

**Utah Addiction****Medicine & Counseling**

440 South Medical Dr.  
Bountiful, UT 84010  
801-294-8288

[utahamc.com](http://utahamc.com)

**Age Group:** Adults

**Hours:** Mon, Wed, Thurs 8am-5pm, Tues by appointment, Fri 8am-Noon

**Payment Type:** Cash/self-payment (sliding scale available)

Offers counseling and treatment for substance abuse disorders.

**Utah Counseling Services**

189 S. State St., Suite 230  
Clearfield, UT 84015  
801-589-0819

[utahcounselingservices.com](http://utahcounselingservices.com)

**Age Groups:** Children to Seniors

**Payment Type:** Cash/self-payment, private insurance

Offers help to address anxiety, depression, low self-esteem, behavior and social problems, and relationship conflicts. Specialties include working with women coping with life struggles and helping families resolve conflicts.

**Veteran Affairs (VA) Ogden**

3945 S. Washington Blvd., Suite 1  
South Ogden, UT 84403  
801-479-4105

[va.gov/salt-lake-city-health-care/locations/ogden-va-clinic/](http://va.gov/salt-lake-city-health-care/locations/ogden-va-clinic/)

**Mental Health Clinic:** Ext. 6135

**Hours:** Mon-Fri 7:30am-4:30pm

**Veterans Affairs (VA) Salt Lake - George E. Wahlen Department of Veterans Affairs Medical Center**  
500 Foothill Blvd., Building 16  
Salt Lake City, UT 84148  
801-582-1565 Ext. 1255  
[va.gov/salt-lake-city-health-care/locations/george-e-wahlen-department-of-veterans-affairs-medical](http://va.gov/salt-lake-city-health-care/locations/george-e-wahlen-department-of-veterans-affairs-medical)  
**Hours:** 24/7

Offers mental health services and counseling for PTSD, depression, grief, anger, trauma, addiction, OCD, schizophrenia, and bipolar disorder.

**Viewpoint Center**  
2732 W. 2700 S.  
Syracuse, UT 84015  
801-825-5222  
[viewpointcenter.com](http://viewpointcenter.com)  
**Age Groups:** Youth 12-17 Yrs  
**Languages:** English and Spanish

Offers comprehensive behavioral and psychological assessments and intensive therapy to teenagers who would benefit from a highly structured therapeutic setting. In addition to a broad therapeutic regimen that includes individual, group, and family therapy, teens are provided individual tutoring to ensure educational success. LGBTQ+ affirming therapists.

**Wasatch Family Therapy**  
1371 N. 1075 W., Suite 5  
Farmington, UT 84025  
801-944-4555  
[wasatchfamilytherapy.com](http://wasatchfamilytherapy.com)  
*Telehealth Options Available*  
**Age Group:** Children to Seniors  
**Hours:** Mon-Fri 9am-6pm  
**Payment Type:** Cash/self-payment, church organization

Offers compassionate, confidential, and professional therapy services for individuals, couples, and families to improve their relationships and mental health. LGBTQ+ affirming therapists.

**Wiconi Counseling Center**  
872 Heritage Park Blvd., Suite 110  
Layton, UT 84041  
801-541-7049  
[wiconicc.com](http://wiconicc.com)  
[contact@wiconicc.com](mailto:contact@wiconicc.com)  
*Telehealth Options Available*  
**Age Groups:** Youth to Seniors  
**Hours:** Mon-Fri, Sat and evenings available upon request  
**Payment Type:** Cash/self-payment, private insurance, or church organizations

Offers therapy services for couples, trauma, suicide ideation, abuse, ADHD, anxiety and depression. LGBTQ+ affirming therapists.  
*See full fee schedule and accepted insurance plans on the website.*

**Youth Health Associates**

430 E. 450 S.  
Clearfield, UT 84015  
801-641-4023

[yhasite.com](http://yhasite.com)

[jgarlock@yhautha.com](mailto:jgarlock@yhautha.com)

**Age Group:** Youth

Specializes in treatment for juvenile sex offenders, pornography addiction, sexual reactivity, other anti-social behaviors, and issues such as anxiety, PTSD, depression, impulse control, self-harm, ADHD, and many others. They operate a clinically driven program motivated by both the Restorative Justice Model and by the standards of treatment and practice put forth by the Networks on Juveniles Offending Sexually (NOJOS). Decisions affecting clients are treatment oriented to ensure appropriate judgment and client growth.

**Youth Services Center**

1305 S. 700 W.  
Ogden, UT 84401  
801-612-4901

[jjs.utah.gov](http://jjs.utah.gov)

**Age Group:** Youth 10-18 Yrs

Their goal is to prevent out-of-home placements and keep families intact so they can safely remain in their homes, schools and communities. This goal is accomplished through phases of referral, screening, assessment, and youth and family planning. They connect youth and their families with community resources, skill building classes, and crisis counseling & support.

# Support Groups & Classes

Additional support groups can be found online by using the “Find a Support Group” feature on [psychologytoday.com](https://www.psychologytoday.com).

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## Youth

### **Adolescent Safe Dating/Healthy Relationships Group**

*Safe Harbor*

801-444-3191

**Age Group:** Youth 13-18 Yrs

**Cost:** Free

Participants are encouraged to attend 8 of the 10 groups. The entire 10-week curriculum is centered around Safe Dating and Healthy Relationships.

*Call for more information.*

### **Connect & Conquer**

*Jeff Gregson Therapy Services*

801-923-8855

[allthingsanxiety.com/connect-conquer](https://allthingsanxiety.com/connect-conquer)

**Age Group:** Youth 12-17 Yrs

**Cost:** \$395

An eight-week program that combines mental health and physical fitness. They meet twice a week for 2 one-hour sessions. Kids will receive a blend of mental health coaching addressing challenges they are facing, along with a high-intensity interval training program where they will put to test the tools they just learned to overcome obstacles and push through mental barriers. Come check out Connect & Conquer, your kids will feel the difference in their lives and you will see it every day.

### **Daughters of Light**

*Life Changing Services*

1361 N. 1075 W. Suite 210

Farmington, UT 84025

801-989-1023

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

**Age Group:** Females 13-18 Yrs

**Cost:** \$180 orientation session and journal, \$65 per session, \$30 per coaching session

A healing and skill-based group training program to help young women manage unwanted behaviors that often accompany mental health concerns like anxiety and depression. All groups are run by an LDS female licensed therapist or behavioral specialist who specializes in teen girl mental health challenges. Groups meet weekly to train participants in coping strategies, understanding and controlling emotions and negative thoughts, learning about relationships and how to navigate them, understanding brain chemistry and how to change it in positive ways and applying this to everyday life. The therapist or specialist helps participants set specific recovery goals and accomplish them.

*In person and online. See website for meeting times and information.*

### **Sons of Helaman**

*Life Changing Services*

1361 N. 1075 W. Suite 210

Farmington, UT 84025

877-HERO-877 (877-437-6877)

[sonsofhelaman.org](http://sonsofhelaman.org)

**Age Group:** Males 13-24 Yrs

**Cost:** \$150 orientation session and books, \$65 per session, \$30 per coaching session

Works with young men to young adult males who are dealing with unwanted compulsive use of pornography, masturbation, and other sexual misbehaviors. This group allows a young man to decrease his shame by knowing he is not alone in this battle. It also increases his confidence to fight the unwanted behavior through behavior modification and accountability. *See website for meeting times and locations.*

### **Sons of Mosiah**

*Life Changing Services*

1361 N. 1075 W. Suite 210

Farmington, UT 84025

877-HERO-877 (877-437-6877)

[lifechangingservices.org](http://lifechangingservices.org)

**Cost:** \$20 per week

For missionaries in-field, preparing missionaries, and missionaries released early. Participation online through email groups, a certified on-line coach, and overseen by a licensed clinician.

### **Teen Coping Skills Group**

*Jessica Champlin at Wasatch*

*Family Therapy*

1371 N. 1075 W. #5

Farmington, UT 84025

801-944-4555

[info@wasatchfamilytherapy.com](mailto:info@wasatchfamilytherapy.com)

**Age Group:** Youth 14-18 Yrs

**Cost:** \$65 per group attended

**Meeting Time:** Thurs, 4-5:20pm

**Payment Type:** Cash pay, ecclesiastical pay, HSA

Teaches skills that are proven to increase emotion regulation, reduce self-harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. This is the only experiential DBT Skills Group in the state where teens can learn and practice the skills with hands-on experiences, role-playing, art, magnets, and sensory activities. Join and come whenever you can - the group is open and runs year round. *Call or email to register.*

### **Teen Sexual Trauma and Recovery Group (TSTAR)**

*Safe Harbor*

801-444-3191

[safeharborhope.org/services/sa-sup-port-groups/](http://safeharborhope.org/services/sa-sup-port-groups/)

Works with rape and sexual assault survivors to help them heal after an assault. The group is offered multiple times a year and follows a weekly curriculum. Families and friends impacted by a teen's sexual assault are encouraged to read the [Help for Family and Friends page](#). Please note that Safe Harbor is a mandatory reporter if ongoing abuse of a minor is reported. *Visit the website for more information.*

## Teen Support Group

*Family Counseling Service of Northern Utah*

3518 Washington Blvd.  
Ogden, UT 84403  
801-399-1600

**Cost:** \$25 per session

**Meeting Time:** Every other  
Thurs 4:30-6pm

Provides a safe space for teens to receive support in family dynamics, self-care, trauma, phobias, emotional wellness, weight and body image, values, and other topics. *Please call for more information and to register.*

## Women

### **WORTH Group (Women of Rebirth Therapeutic Healing)**

*Life Changing Services*  
1361 N. 1075 W. Suite 210  
Farmington, UT 84025  
801-923-3026

[healingwithworth.org](http://healingwithworth.org)

**Cost:** Free

A free, LDS faith based, therapist facilitated, peer-support group for women healing from betrayal trauma caused by a spouse's sexual misbehaviors. WORTH Group therapists and mentors teach tools such as self-care, boundaries, and honoring emotions and blend them with LDS principles through guided discussion support groups. This group is a place where women derive emotional and spiritual strength as they share joys and sorrows and support each other in their healing journey. *Variety of groups available weekly, online. See website for more information.*

## Men

### **EveryMan Men's Support Group**

*Davis Behavioral Health and Live Strong House*

377 N. Marshall Way  
Layton, UT 84041

[dbh Utah.org/groups/men/](http://dbh Utah.org/groups/men/)

**Cost:** Free

**Meeting Time:** 1st and 3rd Thurs of each month, from 7-8:30pm

Harness the power of your emotions and deepen your connection to yourself. Join a group of good men – like yourself – committed to doing the work of becoming more present and fulfilled in their lives. Everyman provides a framework to help you tap into the great man already within you and a space where you can figure things out.

### **Men of Moroni**

*Life Changing Services*  
1361 N. 1075 W. Suite 210  
Farmington, UT 84025

877-HERO-877 (877-437-6877)

[menofmoroni.org](http://menofmoroni.org)

**Mentor-Led Cost:** \$79 books and orientation, \$35 per session, \$30 per coaching session

**Therapist-Led Cost:** \$150 books and orientation, \$65 per session, \$30 per coaching session

The Men of Moroni group works with grown men, married or single, who are dealing with pornography and/or other unwanted sexual misbehaviors. Men in this group support one another in strengthening their discernment skills. *In person and online. See website for meeting times and information.*



# Family

## Alzheimer's Caregiver Support Groups

*Alzheimer's Association*

**24/7 Helpline:** 1-800-272-3900

**Utah Chapter:** 801-265-1944

[communityresourcefinder.org](http://communityresourcefinder.org)

[utahprograms@alz.org](mailto:utahprograms@alz.org)

**Languages:** English, Spanish, Chinese-Mandarin, Haitian-Creole

These support groups create a safe and supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. *Virtual and in-person (Davis County) support groups offered. Please register by calling or by sending an email.*

## ParentGuidance.org

[parentguidance.org](http://parentguidance.org)

**Cost:** Free

**Languages:** English and Spanish

Offers education and therapeutic support to empower parents as they support the mental health of their children. The website offers a library of courses developed by leading mental health experts meant to offer hope, answers, and compassionate help.

## Parenting Group

*Safe Harbor*

801-444-3191

[safeharborhope.org/services/support-groups/](http://safeharborhope.org/services/support-groups/)

**Cost:** Free

*For all parents with children who have been victims of or witnessed abuse. Assists parents with understanding the effects of domestic violence on their children and providing them with the tools to help their children heal. The eight-week program details child development, parenting styles, discipline, positive communication, daily routines, and more.*

*Children's Groups run at the same time. During Children's Groups, trained professionals help children cope with their feelings and family changes, learn anger management and frustration coping techniques, and other topics. Please call for more information.*

## Spouse & Family Support Group

*The Church of Jesus Christ of*

*Latter-day Saints Family Services*

[addictionrecovery.churchofjesuschrist.org/spouses-and-families](http://addictionrecovery.churchofjesuschrist.org/spouses-and-families)

**Cost:** Free

**Languages:** English and Spanish

If you have a spouse or loved one who is struggling with an addiction or other problematic behaviors, you may feel discouraged, betrayed, hurt, or hopeless. You may worry about the significant consequences that seem to loom over you and your loved one. Perhaps you just feel concerned and want to help. You can get support and find healing through spouse and family support groups. *Visit the website to find a meeting online or near you.*

## LGBTQ+

**LGBTQ Support Group Meeting**  
*Neurobehavioral Center for Growth*  
Bountiful Community Church  
**Jen:** 801-888-4612  
**Office:** 801-683-1062  
**Cost:** Free  
**Meeting Time:** Tues 6-7pm

Dedicated to empowering LGBTQ teens and young adults, as well as their families. Promotes positive mental health and encourages effective parenting and family support. Groups are always co-led by trained, experienced therapists and psychologists who are members of the LGBTQ+ Affirmation Psychotherapist Guild of Utah.

**Utah Pride Center Support Groups and Programs**  
1380 S. Main St.  
Salt Lake City, UT 84115  
801-539-8800  
[utahpridecenter.org](http://utahpridecenter.org)  
**Adult & Senior Program email:**  
[brittanymartinez@utahpridecenter.org](mailto:brittanymartinez@utahpridecenter.org)  
**Youth Programs email:**  
[cloebutler@utahpridecenter.org](mailto:cloebutler@utahpridecenter.org)

The Utah Pride Center offers a safe, empowering space for Utah's diverse LGBTQ+ community through programs and support groups for youth, adults, seniors, and families. *Please call or email for more information on groups.*

## Veterans

**Continue Mission**  
801-560-9889  
[continuemission.org](http://continuemission.org)  
[facebook.com/continuemission](https://facebook.com/continuemission)  
**Cost:** Free

Serves veterans and service members with service connected injuries, as well as their families, through year-round recreational and educational events. Continue Mission takes an active role in suicide and mental health awareness and their events have shown to have a positive impact on the mental health of their veterans.

## Addiction

**Addiction Recovery Support**  
*The Church of Jesus Christ of Latter-day Saints Family Services*  
[addictionrecovery.churchofjesuschrist.org](http://addictionrecovery.churchofjesuschrist.org)  
**Cost:** Free  
**Languages:** English and Spanish

If you are struggling with addiction or a problematic behavior, you may feel trapped and fear that you will never be free. You can discover support and hope by attending a recovery support group meeting. *Visit the website to find a meeting near you. Meetings are offered online and in-person.*

**AI-Anon/Alateen Family  
Groups of Utah**

801-604-2579

[utah-alanon.org](http://utah-alanon.org)

[district1@utah-alanon.org](mailto:district1@utah-alanon.org)

Women, men, and children who were once lonely, lost, and helpless because of someone's drinking, today have courage and confidence in themselves through AI-Anon and Alateen. They have discovered friends who understand and the tools to help themselves, which can indirectly help their alcoholic relatives or loved ones.

Contentment, and even happiness, is possible whether the alcoholic is still drinking or not. *Email for more information or visit the website listed for meeting times and locations.*

**Alcoholics Anonymous® (AA)**

[saltlakeaa.org](http://saltlakeaa.org)

Alcoholics Anonymous® is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.

Membership is open to anyone who wants to do something about his or her drinking problem. *Visit the website to find a meeting schedule.*

**Celebrate Recovery Layton**

*Christian Life Center*

2352 E. Highway 193

Layton, UT 84041

801-771-5433 Ext. 510

[cicl原因ton.org](http://cicl原因ton.org)

**Church Hours:** Mon-Fri 9am-4pm

**Cost:** Free

**Meeting Time:** Wed 6:30-8pm

(child care available)

Recovery group for all addictions, hurts, habits, or hang ups, domestic violence, etc. The program is from Saddleback Church in California. It is an amazing recovery program, come give it a try! *For information please visit the church website.*

**Narcotics Anonymous (NA)**

877-479-6262

[lakesidenautah.org](http://lakesidenautah.org)

Website is for the Davis County Area. *Please call or visit the website for more information.*

**Sex Addicts Anonymous (SAA)**

[saa-recovery.org](http://saa-recovery.org)

**Age Group:** Adults

**Cost:** Free

As a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although they are not affiliated with AA or with any other organization or agency, they have been given permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible. *Visit website for local meetings and telemeetings.*

# Alzheimer's Disease

## Early Stages Alzheimer's Support Group

Alzheimer's Association  
1-800-272-3900 (24/7 helpline)  
**Utah Chapter:** 801-265-1944  
[utahprograms@alz.org](mailto:utahprograms@alz.org)

The Alzheimer's Association's Early Stage Support Groups are led by trained facilitators and offer dementia-related education, resources, emotional support, and connections to others living with the disease. Topics include disclosing the diagnosis, changing relationships, maintaining independence, medications, and research.

*Pre-registration is required to attend an Early Stage Support Group; please send an email to register.*

# COVID-19

## COVID-19 Recovery Support

University of Utah  
Caring Connections  
801-585-9522  
[nursing.utah.edu/grief-support-groups](https://nursing.utah.edu/grief-support-groups)

**Cost:** Free  
**Meeting Time:** Tues 5:30-7pm

Group is held online via Zoom statewide. *Registration is required, please call to register.*

# Domestic Violence

## Domestic Violence Support Groups

Safe Harbor  
801-444-3191  
[safeharborhope.org/services/support-groups/](https://safeharborhope.org/services/support-groups/)  
**Cost:** Free

*For survivors age 18 and up who are or have been victims of abuse. Group is confidential. Cover topics such as, assertiveness and boundaries, conflict resolution, safety planning, understanding anger, and the effects of domestic violence on children. Safe Harbor offers support groups for special populations including male survivors, teens, and Spanish speaking clients. Please call for more information.*

# Grief

## Anchor of Hope Grief Support Groups

385-212-HOPE (4673)  
[lflife@anchorofhope.org](mailto:lflife@anchorofhope.org)  
**Age Groups:** Children, Youth, Adults

**Meeting Set Up:** Once per week for 12 weeks, 1.5 hours each session

Each meeting will be facilitated by two [QPR](#) and [SafeTalk](#) trained volunteers. Each meeting will have an assignment topic and activity geared towards the appropriate age level. Children engage in activities that allow them to express their emotions through creative play and art. Participants in support groups are not forced to share or do the activities but can simply listen and learn they are not alone in their grief.

### **COVID-19 Grief Support**

*University of Utah*

*Caring Connections*

801-585-9522

[nursing.utah.edu/grief-support-groups](https://nursing.utah.edu/grief-support-groups)

**Cost:** Free

**Meeting Time:** Tues 5:30-7pm

Group is held online via Zoom statewide. *Registration is required, please call to register.*

### **Grief and Loss Groups**

*Resilient Solutions Inc.*

**Becky:** 801-259-3883

[resilientsolutionsinc.com/group-therapy.html](https://resilientsolutionsinc.com/group-therapy.html)

**Cost:** \$150 per 8-group session

Group sessions for those who have had a loved one die and a group for those who have lost a loved one to suicide. Facilitated by Becky Andrews, *please contact Becky for more information.*

### **Grief Support Groups**

*University of Utah*

*Caring Connections*

801-585-9522

[nursing.utah.edu/grief-support-groups](https://nursing.utah.edu/grief-support-groups)

**Cost:** \$50

Provides information about coping with grief and loss, as well as a space for support between individuals who have experienced a similar loss. The groups have several themes to better serve those who attend them: Loss of a Family Member or Friend, Loss of a Spouse or Partner, Loss to Suicide, Loss to Overdose. Held in person and online via Zoom. *Please visit the website for each group meeting time. Registration is required, please call to register.*

### **Suicide Loss Grief**

#### **Support Group**

*Davis Behavioral Health*

476 Heritage Park Blvd. #120

Layton, UT 84041

**Jill:** 801-259-7747

[dbh.utah.gov/groups/grief-support](https://dbh.utah.gov/groups/grief-support)

**Meeting Time:** 2nd and 4th Mon of each month, from 7-9pm

Peer-to-peer support group for adults (18+) who have lost a loved one to suicide. *Register on the website, call Jill with any questions.*

## **Mental Health**

### **Adult Coping Skills Group**

*Jessica Champlin at Wasatch*

*Family Therapy*

1371 N. 1075 W. #5

Farmington, UT 84025

801-944-4555

[info@wasatchfamilytherapy.com](mailto:info@wasatchfamilytherapy.com)

**Age Group:** Adults 18+

**Cost:** \$65 per group attended

**Meeting Time:** Thurs 5:30-7pm

**Payment Type:** Cash pay, ecclesiastical pay, HSA

Psychoeducation group where you will learn what clients describe as "LifeChanging" skills. This group teaches and practices the same (DBT) coping skills taught at residential treatment facilities, crisis centers, behavioral hospitals, and addiction recovery centers. They are proven to increase emotion regulation, reduce self harm and suicidality, increase emotion and stress resilience, and improve interpersonal conflict. Join and come whenever you can. Group is open and runs year round. Teen group offered as well ([see page 36](#)). *Call or email to register.*

### **Anxiety & OCD Support Group**

*Jeff Gregson Therapy Services*

801-923-8855

[allthingsanxiety.com/classes/supportgroup](http://allthingsanxiety.com/classes/supportgroup)

**Cost:** \$35 per group

**Meeting Time:** Wed 4pm, online via Zoom

This online group is for those who are on a waitlist to see a therapist but want some help and support now. This group is also a great supplement to individual therapy for those struggling with anxiety and/or OCD. This is an open discussion format allowing you to ask any questions and address any concerns you may have.

*Register on the website.*

### **Depression Support Group**

*Neurobehavioral Center for Growth*

**Cost:** Free

**Meeting Time:** Every 1st and 3rd Tues 6-7pm

Support group via Zoom. For link or information, please email [romina.valdizan@neurobcg.com](mailto:romina.valdizan@neurobcg.com)

### **Latino Behavioral Health Services Groups and Classes**

801-935-4447

[latinobehavioral.org/services/support-groups](http://latinobehavioral.org/services/support-groups)

**Age Groups:** Adolescents to Seniors

**Cost:** Free

Youth, family, mental health, grief, and substance abuse support groups and classes. Support for the Latinx community from the Latinx community. *Call for more information.*

### **National Alliance on Mental Illness (NAMI) Groups & Classes**

*Weber-Davis Affiliate: Ron Bailey*

801-513-3204

[namiut.org](http://namiut.org)

[namiweberdavisron@gmail.com](mailto:namiweberdavisron@gmail.com)

**Age Group:** Adolescents to Seniors

**Cost:** Free

Connection support group, family-to-family courses, family support group, peer-to-peer course. *Call or visit website for more info.*

## **Parkinson's Disease**

### **Davis County Parkinson's Support Group**

*North Davis Senior Activity Center*

42 S. State St.

Clearfield, UT 84015

801-451-6238

801-499-9416

[parkinsonsdavisco@gmail.com](mailto:parkinsonsdavisco@gmail.com)

The Parkinson's Support Group meets monthly and provides a comfortable and relaxed setting where people who have been diagnosed with Parkinson's disease can meet and socialize, as well as learn from subject matter experts about health and wellness, in order to enable Parkinson's patients and their caregivers to maximize their strengths and quality of life as much as possible. Their monthly schedule consists of knowledgeable briefers, fun activities, and social interactions all aimed at supporting Parkinson's patients, their families, and caregivers.

*For meeting information, email or visit the [Parkinson's Support in Davis County Facebook Page](#).*

# Sexual Trauma

## Sexual Trauma and Recovery Group (STAR)

Safe Harbor

801-444-3191

[safeharborhope.org/services/sa-support-groups/](http://safeharborhope.org/services/sa-support-groups/)

Works with rape and sexual assault survivors to help them heal after assault. The group is offered multiple times a year and follows a weekly curriculum. See page 36 for teen support group info. *Visit the website for more information.*

## Finding Hope Support Group

Saprea

Cost: Free

[findinghope.org](http://findinghope.org)

Finding Hope Support Groups have been developed for participants who are 18 years old, female, and have experienced child sexual abuse as a child or adolescent (at or before the age of 18). Individuals who attend can talk openly and honestly about their feelings and experiences with others who understand. Each person can feel heard and validated. Participants also learn ways of managing the effects of their trauma.

*In-person and online, find a group on the website.*

## Sexual Abuse Survivors Group

*The Church of Jesus Christ of*

*Latter-day Saints Family Services*

94 E. Pages Ln.

Centerville, UT 84014

801-294-0578

Cost: \$40 for 13 weeks

For women 18 and over who have had some sort of sexual abuse during their lifetime. *Individuals attending must have access to individual therapy.* Facilitated by Rebecca Laws. *Joining the group requires a referral from your local bishop.*

## Traumatic Brain Injury (TBI)

### Phoenix Services

1139 S. State St., Suite A1

Clearfield, UT 84015

801-825-4535

[phoenixservices.org](http://phoenixservices.org)

Utah based nonprofit organization serving people with brain injuries and similar disabilities. Provides staff for families who need help managing a loved one at a nursing home level of care, but who desire an independent setting.

# Family Support Resources

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## **Care about Childcare**

Weber State University

801-626-7837

McKay Education Building, Rm. #13

Weber State University

Ogden, UT 84403

[programs.weber.edu/cac/](https://programs.weber.edu/cac/)

[careaboutchildcare@weber.edu](mailto:careaboutchildcare@weber.edu)

**Hours:** Mon-Thurs 7am-4pm,

Fri 7am-1pm

Helps families make informed choices about child care and identify providers that best fit their needs. Families can use the public search to look for providers within a certain radius of their work, home, or another convenient location. The search also allows families to filter results by cost, languages spoken, certified quality ratings, and other factors. *Search the database online or call for the agency to run a search for you.*

## **CHADD's ADHD Parents**

### **Together Community**

(Children and Adults with Attention Deficit/Hyperactivity Disorder)

[healthunlocked.com/adhd-parents](https://healthunlocked.com/adhd-parents)

An online space to discuss the impact of ADHD on both you and your child. Talking about the challenges you face as a parent of a child with ADHD can be hard, but sometimes, there's nothing more helpful than talking with others who are in the same boat. This community is one where you can have the conversations you need to, sharing your experiences to receive and give support.

## **Circles Davis County**

*Open Doors*

1360 E. 1450 S.

Clearfield, UT 84015

801-773-0712 Ext. 204

[opendoorsutah.org/circles](https://opendoorsutah.org/circles)

**Cost:** Free

**Meeting Location:** Clearfield

Community Church unless

announced otherwise

**Meeting Time:** Thurs 5:30pm

A 12-week class aimed at helping low-income individuals break the cycle of poverty. Helps individuals and families have financial stability and growth while providing resources and tools from the community. Guests are welcome, dinner and childcare is provided each meeting.

## **Emotion Coaching Program**

*Davis Behavioral Health*

**Angie Smith:** 801-773-7060

[dbh.utah.gov/prevention/](https://dbh.utah.gov/prevention/)

**Cost:** Free

**Groups Served:** Parents and Caregivers

**Languages:** English and Spanish

**Meeting Set Up:** Virtually, once per week for 4 weeks, 1.5 hours each session

This program focuses on a five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. Easy to learn, and used by parents, educators, and caregivers, it supports kids through life's ups and downs.



**Family Advocacy Office**

Hill AFB (Military Affiliates)  
7319 Balmer St., Bldg. 547  
Hill Air Force Base, UT 84056  
801-777-3497

**Hours:** Mon-Fri 7:30am-4:30pm

Offers parenting classes, marriage enrichment classes, stress management, anger management, and other resources to help you and your family. *Call to make appointments and for further information.*

**Families First**

801-272-9980  
[refer2familiesfirst.org](mailto:refer2familiesfirst.org)  
[warner@youthvillage.org](mailto:warner@youthvillage.org)

**Cost:** Determined on sliding scale

Offers intensive in-home services geared towards teaching parents, children, and families skills to help improve communication, relationships, structure, compliance, and ultimately stabilize the home environment. Services generally last about 13 weeks on average.

**Family Enrichment Center - Head Start & Early Head Start**

320 S. 500 E.  
Kaysville, UT 84037  
801-402-0650  
[davis.k12.ut.us/academics/early-childhood/head-startearly-head-start-and-title-i-preschool](http://davis.k12.ut.us/academics/early-childhood/head-startearly-head-start-and-title-i-preschool)

**Cost:** Free

Programs designed to promote school readiness for children from low-income families. Early Head Start serves pregnant women and families with children under age 3. Head Start programs serve children between 3 and 5 years old.

**Family Service Workers (FSWs)**

Davis School District  
**Jenny (Coordinator):**  
801-402-5914

[davis.k12.ut.us/departments/student-family-resources/family-services-workers](http://davis.k12.ut.us/departments/student-family-resources/family-services-workers)

Connect families and parents with the resources they need to support themselves and thrive. FSWs can also help families identify physical and emotional self-care and stress-coping mechanisms, and advocate for their needs.

**Grandfamilies & Kinship Care**

Children's Service Society of Utah (CSS)  
129 S. State St., Suite 130  
Clearfield, UT 84015

**Davis:** 801-614-1020

**Main:** 801-355-7444

**Cost:** Free

Can help you find your way to the services and support you need to take care of yourself and your family through tips, tools, and resources. Offers support and activity groups, children's groups, advocacy, and crisis intervention.

**Help Me Grow (Prenatal & Developmental Information)**

801-691-5322

[helpmegrowutah.org](http://helpmegrowutah.org)

**Cost:** Free

**Groups Served:** Prenatal parents and families with children through 8 years of age

**Languages:** English and Spanish

An information and referral helpline that provides parents, physicians, and providers with the knowledge and resources they need to make a difference in the lives of children. Services include: personal care coordination, free child development and perinatal screenings, connection to community resources, and answers to pregnancy, parenting and child development questions.

**The Hope Center**

545 S. State St.

Clearfield, UT 84015

801-837-4673

[thehopecenterutah.org](http://thehopecenterutah.org)

[hopecenterutah1@gmail.com](mailto:hopecenterutah1@gmail.com)

**Cost:** Free

**Hours:** Tues-Fri 10am-2pm

Offers an array of supportive services at no cost including a community food bank, financial assistance, counseling, and much more.

**Medicaid (Online Application)**

[medicaid.utah.gov/apply-medicaid](http://medicaid.utah.gov/apply-medicaid)

A medical program for people who have low-income and limited resources. Learn more on eligibility [medicaid.utah.gov/who-eligible](http://medicaid.utah.gov/who-eligible)

**My Discovery Destination**

[discoveryfamilyadventures.com](http://discoveryfamilyadventures.com)

[wattson@mydiscoverydestination.com](mailto:wattson@mydiscoverydestination.com)

*Text 'family' to 888-403-4140*

**Fee:** Free

**Groups Served:** Families with children who are preschoolers to teenagers. Grandparents and grandchildren.

A collaboration of family-oriented businesses that offer a wide variety of free activities for families in their community. It provides opportunities for families to create and capture memories. The program is centered around strengthening families, building character, and improving lives.

**Open Doors - Clearfield and Layton**

1360 E. 1450 S.

Clearfield, UT 84015

801-773-0712

875 E. Highway 193

Layton, UT 84040

801-771-4642

[opendoorsutah.org](http://opendoorsutah.org)

Strives to end poverty and abuse and establish strong family relationships and self-reliance by offering many programs including: 24-hour crisis/respite nursery for children 0-11 years of age for parents in distress, parent education classes, counseling services, housing programs, crisis prevention, a food bank, and rent/utility/tax assistance.

## **Postpartum Support International**

*PSI Utah (aka Utah Maternal Mental Health Collaborative)*  
[psiutah.org](http://psiutah.org)

Offers free phone and email support provided by mothers who have experienced and healed from emotional health complications around pregnancy, postpartum, infertility, miscarriage and loss, as well as helpful local resources and referrals. All races, religions, nationalities, sexual orientations, and genders are welcome.

## **Prevent Child Sexual Abuse Community Education Classes**

*Saprea*  
[saprea.org/community-education/](http://saprea.org/community-education/)

Offers resources to learn how to reduce child sexual abuse and teach others to do the same. You can download the materials and teach a group, request a class to be taught, or train to become a volunteer community educator. *Read more about each of the four classes below or on the website.*

## **Top 5 Ways You Can Reduce the Risk**

Keeping your kids safe can feel overwhelming, but this course is a great introduction to the top 5 things that make a difference in reducing the risk of sexual abuse and how to get started. Learn how to assess risky situations, set and respect healthy boundaries, keep communication lines open, discuss sexual development, and model and develop emotional well-being.

## **Teaching Your Child Consent**

Consent is about so much more than sex. Practicing and honoring consent is essential to navigating relationships and interactions throughout life. This discussion explores the powerful principles of consent and how they can help empower children, foster healthy relationships in families, and reduce the risk of sexual abuse.

## **Teaching Your Child Healthy Sexuality**

Teaching your kids about healthy sexuality is a key way you can reduce the risk of child sexual abuse in your family. Through this discussion, you will find help to consider your own beliefs and family values and how they can influence conversations about sexual development with your kids.

## **Teaching Consent for Teens**

Consent is so much more than physical relationships. Practicing and honoring consent is essential to building and receiving respect. Teen consent is Saprea's only class designed specifically for teens and tackles powerful principles like respect, boundaries, ability, and communication.

**Raising Anxiety Resilient  
Children Webinar**

*Jeff Gregson Therapy Services*  
801-923-8855

[allthingsanxiety.com/classes/parentingcourse](http://allthingsanxiety.com/classes/parentingcourse)

**Cost:** \$35

Held twice a month at 1pm.  
*Register on the website above.*

**REACH Andy Hogan**

801-699-7858

[ReachAndyHogan.com](http://ReachAndyHogan.com)

[andy@reachandyhogan.com](mailto:andy@reachandyhogan.com)

**Languages:** English and Mandarin

Services include: Speaking engagements for large and small groups on how to find peace with mental illness; communication/conflict resolution classes for individuals, couples, or families on how to reconnect relationships that are emotionally distant; Book readings with children that initiate healing discussions on mental health; videos, podcasts, books, and other media that teach emotional and relationship health.

**Strengthening Families Program**

*Davis Behavioral Health*

**Angie Smith:** 801-773-7060

[dbh.utah.org/prevention/](http://dbh.utah.org/prevention/)

**Cost:** Free

**Groups Served:** Families with Kids 10-14 Yrs Old

**Languages:** English and Spanish

**Meeting Set Up:** Once per week for 7 weeks, 2.5 hours each session

Program focused on strengthening family connections, healthy conflict resolution, and enhancing effective communication skills. Childcare and dinner provided each week.

# Violence, Abuse & Neglect Resources

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## **Adult Protective Services**

1-800-371-7897

[daas.utah.gov/adult-protective-services](https://daas.utah.gov/adult-protective-services)

**Hours:** Mon-Fri 8am-5pm

Investigates allegations of abuse, neglect, and exploitation of vulnerable adults. Anyone over the age of 65 and people between 18-64 years old with impairments that keep them from taking care of themselves are considered vulnerable adults. *Reports can be made by telephone or online through the website.*

## **Davis County Children's Justice Center (CJC)**

801-451-3560

[daviscountyutah.gov/cjc](https://daviscountyutah.gov/cjc)

**Hours:** Mon-Fri 8am-5pm

Offers a comfortable setting to make children feel safe while they are meeting with investigators and other team members about allegations of abuse.

## **Davis County Hospital Advocate Response Team (DCHART)**

801-300-9890

Responds to sexual assault and domestic violence calls 24/7. Offers resources and support for victims, families, and friends of those affected by crime. DCHART works closely with NUSANE (see next page).

## **Davis County Long-Term Care Ombudsman**

**Hotline:** 801-525-5060

[daviscountyutah.gov/health/aging-adult-services/long-term-care-ombudsman](https://daviscountyutah.gov/health/aging-adult-services/long-term-care-ombudsman)

**Hours:** Mon-Fri 8am-5pm

Advocates for residents living in long-term care facilities, including skilled nursing facilities, assisted living facilities, and short-term rehab. The Ombudsman investigates and helps to resolve concerns dealing with many aspects of the life of residents, including quality of care, resident rights, and federal and state regulatory requirements. Ombudsmen also educate staff, family members, residents, and the community about issues pertaining to long-term care.

## **Division of Child and Family Services (DCFS)**

**Bountiful:** 801-397-7640

**Clearfield:** 801-776-7300

**Child Abuse/Neglect Hotline:**  
855-323-3237

[dcfs.utah.gov](https://dcfs.utah.gov)

**Hours:** Mon-Fri 8am-5pm

Provides prevention, child protective services, in and out-of-home services to children and families in order to keep children safe.

**Help for Family and Friends of Survivors of Sexual Violence - Safe Harbor Resources**

385-515-4044

[safeharborhope.org/services/sa-help-for-family-friends/](http://safeharborhope.org/services/sa-help-for-family-friends/)

If someone you know has experienced sexual assault or rape, you may wonder how you can help. *Visit the website to learn more.*

**Northern Utah Sexual Assault Nurse Examiners (NUSANE)**

801-436-1075

[nusane.org](http://nusane.org)

**Hours:** 24/7

**Cost:** Free

Provides sexual assault exams to victims of sexual violence.

**Prevent Child Abuse Utah**

801-393-3366

**Child Abuse Hotline:**

855-323-3237

[pcautah.org](http://pcautah.org)

Provides prevention, child protective services, in and out of home services to children and families to keep children safe.

**Safe Harbor Lifeline and Prevention Center**

223 Larson Ln.

Layton, UT 84041

**Business Line:** 801-444-3191

**Crisis Line:** 801-444-9161

[safeharborhope.org](http://safeharborhope.org)

[info@safeharborhope.org](mailto:info@safeharborhope.org)

Provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter and crisis line operate 24/7.

**Saprea**

[saprea.org](http://saprea.org)

Their mission is to liberate individuals and society from child sexual abuse and its lasting impacts by providing healing educational retreats, survivor support groups, and online healing resources for adult female survivors. They also provide online prevention resources and community education courses/materials for parents and caregivers to reduce the risk of abuse from occurring.

**Sexual Assault Services Map**

[ucasa.org/services](http://ucasa.org/services)

Provides up-to-date and current resources for survivors of sexual assault throughout the state.

**Utah Coalition**

**Against Sexual Assault**

801-764-0404

[ucasa.org](http://ucasa.org)

Invites individuals and organizations to collaborate to strengthen the effectiveness of sexual violence education, prevention, and response in Utah.

**Utah Sexual Assault Kit Tracking System**

Information Line: 801-893-1145

[sakt.ps.utah.gov/sakt/status](http://sakt.ps.utah.gov/sakt/status)

For any survivor of sexual assault that has completed a forensic exam and is interested in the status of their sexual assault kit. Allows survivors to track the status and location of their sexual assault kit in real time.

# Victim Services

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## Local

City Victim Services and Advocates offer help with understanding the criminal justice system, identifying community resources, filing for a Protective Order, Civic Stalking Injunction, or assistance from Utah Office for Victims of Crimes, etc.

**Bountiful City Police Department**  
801-298-6137  
[bountifulcitypd.com](http://bountifulcitypd.com)

**Clearfield City Victim Resources**  
801-525-2759  
[clearfieldcity.org](http://clearfieldcity.org)

**Syracuse City Victim Advocate Celeste Hopkins**: 801-643-8131  
[syracuseut.gov](http://syracuseut.gov)

**Davis Area Victim Housing Assistance Program**  
801-525-2777

Offers assistance to help victims achieve or maintain safety and housing stability after experiencing a crime.

**Davis County Attorney's Office Victim Services Division**  
801-451-4300  
[daviscountyutah.gov/attorney](http://daviscountyutah.gov/attorney)

Provides critical services and information to victims of crime.

**Kaysville City Victim Advocate**  
801-546-1131  
[kaysville.gov](http://kaysville.gov)

**Layton City Victim Services**  
801-336-3599  
[laytoncity.org](http://laytoncity.org)

**Safe Harbor Lifeline and Prevention Center**  
223 Larson Ln.  
Layton, UT 84041  
**Business Line**: 801-444-3191  
**Crisis Line**: 801-444-9161  
[safeharborhope.org](http://safeharborhope.org)  
[info@safeharborhope.org](mailto:info@safeharborhope.org)

Provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to the community at no cost. Shelter is open 24/7, just call the crisis line and someone will be ready to help.

## State

**Utah Department of Corrections Victim Resources**  
[corrections.utah.gov](http://corrections.utah.gov)

Provides information, assistance and support to crime victims whose perpetrators are in the custody of the Utah Department of Corrections.

**Utah Domestic Violence Coalition (UDVC)**  
[udvc.org](http://udvc.org)

Provide free and confidential support for victims and survivors of domestic and intimate partner violence.

**Utah Office for Victims of Crime**

801-238-2360

**Toll-Free:** 800-621-7444[crimevictim.utah.gov](http://crimevictim.utah.gov)**Hours:** Mon-Fri 8am-5pm

Provides financial compensation for victims of crime. Administers and monitors Victim of Crime Act Compensation and Assistance grants and Violence Against Women grants. Networks victim services across the state. Provides enhanced training and staff support to the Utah Council on Victims of Crime.

**Utah Human Trafficking Tip Line***Utah Office of the Attorney General  
Strike Force*

801-200-3443

[attorneygeneral.utah.gov/resources/tip-lines](http://attorneygeneral.utah.gov/resources/tip-lines)

This is a tip line, NOT a crisis line. It is answered by a voicemail machine. Please call the National Human Trafficking Hotline (1-888-373-7888) for help.

**Utah State Office of the  
Attorney General**

801-366-0260

[attorneygeneral.utah.gov](http://attorneygeneral.utah.gov)**Hours:** Mon-Fri 8am-5pm

Offers criminal justice advocacy and emotional support to victims during the court process.

## National

**National Organization for  
Victim Assistance (NOVA)**[trynova.org/help-for-crime-victims/](http://trynova.org/help-for-crime-victims/)

NOVA offers general victim information, local and state resources and referrals, including the national hotlines identified on the website. NOVA does not provide case management services, representation, financial assistance or legal advice to victims of crime.

**Victim Information and  
Notification Everyday (VINE)****24/7 Support:** 877-884-8463[vinelink.com](http://vinelink.com)

The Utah Department of Corrections VINE program allows crime victims, as well as other members of the community, access to reliable information regarding custody status changes and criminal cases. Access to this data is available via telephone, email, TTY, text message, and in-application notifications. VINE is free, secure, and confidential. Register for notifications and stay informed.



# Domestic Violence Perpetrator Treatment

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## **GMS COUNSELING**

370 S. 500 E.  
Clearfield, UT 84015  
801-825-4876  
[gmscounselingllc.com](http://gmscounselingllc.com)

**Hours:** Mon-Thurs 11am-8pm,  
Fri by appointment only,  
Sat 10am-2pm

Provides domestic violence perpetrator treatment. Follows all state guidelines, including an evaluation, assessment and 16-week course when appropriate.

## **Professional Services Corporation**

391 State St., Suite A  
Clearfield, UT 84015  
801-525-0950  
[professionalservicescorp.net](http://professionalservicescorp.net)

**Hours:** Mon-Thurs 9am-6pm  
*By appointment only*

Provides domestic violence perpetrator treatment.

# Legal Services

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## **Disability Law Center**

1-800-662-9080

[disabilitylawcenter.org](http://disabilitylawcenter.org)

**Hours:** Mon-Thurs 9am-4pm,  
Fri 9am-1pm

Our mission is to enforce and strengthen the laws that protect the opportunities, choices, and legal rights of Utahns with disabilities. *Online contact form on website.*

## **Domestic Violence Pro Bono Lawyers**

801-447-3800

Offers assistance during protective order hearings for self-represented petitioners.

## **Family Law Legal Site**

801-581-5418

[utcourts.gov/howto/legalclinics](http://utcourts.gov/howto/legalclinics)

**Hours:** 1st and 3rd Wed every month, by appointment

Offers assistance with family law, child custody, divorce, and protective orders to any low-income resident of Utah. *Call or request an appointment online.*

## **Financial Fraud - Division of Consumer Protection**

801-530-6601

**Toll-Free:** 800-721-7233

[consumerprotection.utah.gov](http://consumerprotection.utah.gov)

Consumer Protection stops unfair, deceptive and fraudulent business practices by reviewing complaints and conducting investigations, educating consumers and businesses about the statutes regulated by the division, and licensing or registering regulated entities. The Division can take administrative action against companies that have violated the law, however, the Division cannot act as your private attorney.

## **Legal Aid Society of Salt Lake**

801-328-8849

[legalaidsocietyofsaltlake.org](http://legalaidsocietyofsaltlake.org)

Offers low-income families affordable legal representation and assistance in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic violence.

## **Utah Crime Victims Legal Clinic**

801-746-1204

[utahvictimsclinic.org](http://utahvictimsclinic.org)

**Hours:** Mon-Fri 8am-5pm

Provides protective order and stalking injunction assistance and legal representation to victims whose rights as a victim have been violated.

**Utah Legal Services**

1-800-662-4245

[utahlegalservices.org](http://utahlegalservices.org)

**Hours:** Mon-Fri 9am-2pm

Offers free legal help for civil matters to low-income Utahns. *Apply online for faster service.*

**YWCA Family Justice Center**

801-236-3370

**Hours:** Mon-Fri 9am-4pm

Assists in filing for protective orders and stalking injunctions.

**Utah State Courts****Self-Help Center (SHC)**

1-888-683-0009

**Text for Help:** 801-742-1898

[utcourts.gov/selfhelp/](http://utcourts.gov/selfhelp/)

[selfhelp@utcourts.gov](mailto:selfhelp@utcourts.gov)

**Hours:** Mon-Fri 11am-5pm

The Utah State Courts' Self-Help Center (SHC) provides free legal help to people who do not have a lawyer. The SHC provides information to help you understand your rights and responsibilities, and to help you resolve your legal problems on your own if you cannot afford an attorney or if you choose not to hire one. *Please visit the web link provided before calling due to the helpline being busy.*

**Utah State Law Library**

450 S. State St.

Salt Lake City, UT 84111

801-238-7990

**Text for Help:** 801-432-0898

[library@utcourts.gov](mailto:library@utcourts.gov)

[utcourts.gov/lawlibrary/](http://utcourts.gov/lawlibrary/)

**Hours:** Mon-Fri 9am-4:30pm

Patrons are welcome to: use the library's computers to access XChange, OCAP and forms on the court's website; access their print collection (briefs, superseded Utah code, and other materials); use the library's copier and scanner. Staff cannot provide legal advice.

**Free legal clinic listings**

[utcourts.gov/howto/legalclinic](http://utcourts.gov/howto/legalclinic)

# Glossary

Terms are hyperlinked and definitions are directly from the source(s) listed. Some descriptions were shortened for clarity.

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**Abuse:** Interactions in which one person behaves in a cruel, violent, demeaning, or invasive manner toward another person or an animal. The term most commonly implies physical mistreatment but also encompasses sexual and psychological (emotional) mistreatment. *APA Dictionary of Psychology*

**Attention-Deficit/Hyperactivity Disorder (ADD)/ADHD:** [It] is one of the most common mental disorders affecting children. Symptoms of ADHD include inattention (not being able to keep focus), hyperactivity (excess movement that is not fitting to the setting) and impulsivity (hasty acts that occur in the moment without thought). ADHD also affects many adults. *National Institute of Mental Health, Mental Health Information, Health Topics; APA Dictionary of Psychology*

**Addiction:** An uncontrollable craving, seeking, and use of a substance, such as a drug or alcohol. See also Substance Use Disorder (SUD). *National Cancer Institute Dictionary of Cancer Terms*

**Adjustment Disorder:** A group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event. The symptoms occur because you are having a hard time coping. Your reaction is stronger than expected for the type of event that occurred. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Advocacy:** Speaking or acting on behalf of an individual or group to uphold their rights or explain their point of view. An individual engaged in advocacy is called an advocate, of which there are two general types: A case advocate represents a single individual, and a class advocate represents a whole group. *APA Dictionary of Psychology*

**Aftercare:** A program of outpatient treatment and support services provided for individuals discharged from an institution, such as a hospital or mental health facility, to help maintain improvement, prevent relapse, and aid adjustment of the individual to the community. Aftercare may also refer to inpatient services provided for convalescent patients, such as those who are recovering from surgery. [It can also be] a form of day care. *APA Dictionary of Psychology*

**American Indian/Alaska Native**

**(Native):** This population includes people having origins in any of the original peoples of North, South America, and Central America, who maintain tribal affiliation or community attachment. *U.S. Department of Health and Human Services Office of Minority Health*

**Alzheimer Disease (AD):** The most common form of dementia. It affects memory, thinking, and behavior. See also Dementia. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Anger Management:** Techniques used by individuals—sometimes in counseling or therapy—to control their inappropriate reactions to anger-provoking stimuli and to express their feelings of anger in appropriate ways that are respectful of others. *APA Dictionary of Psychology*

**Anxiety/Anxiety Disorders:** A feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships. *National Library of Medicine, MedlinePlus, Health Topics*

**(Reactive) Attachment Disorder:** A problem in which a child is not able to easily form a normal or loving relationship with others. It is considered to be a result of not forming an attachment to any specific caregiver when very young. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Autism Spectrum Disorder (ASD):** A neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders...It is called a "spectrum" disorder because people with ASD can have a range of symptoms. *National Library of Medicine, MedlinePlus, Health Topics*

**Behavior/Behavioral Disorder:** Any persistent and repetitive pattern of behavior that violates societal norms or rules, seriously impairs a person's functioning, or creates distress in others. The term is used in a very general sense to cover a wide range of disorders or syndromes. *APA Dictionary of Psychology*

**Behavioral Health:** An interdisciplinary subspecialty of behavioral medicine that promotes a philosophy emphasizing individual responsibility in the maintenance of one's own health and in the prevention of illness and dysfunction by means of self-initiated activities (jogging, exercising, healthy eating, not smoking, etc.). *APA Dictionary of Psychology*

**Behavior Problem:** A pattern of disruptive behavior that generally falls within social norms and does not seriously impair a person's functioning. *APA Dictionary of Psychology*

**Behavior Therapy:** A form of psychotherapy that applies the principles of learning, operant conditioning, and classical conditioning to eliminate symptoms and modify ineffective or maladaptive patterns of behavior. The focus of this therapy is upon the behavior itself and the contingencies and environmental factors that reinforce it, rather than exploration of the underlying psychological causes of the behavior. A wide variety of techniques are used in behavior therapy, such as behavior rehearsal, biofeedback, modeling, and systematic desensitization. *APA Dictionary of Psychology*

**Biofeedback:** Information about bodily processes and systems provided by an organism's receptors to enable it to maintain a physiologically desirable internal environment and make adjustments as necessary; the use of an external monitoring device (e.g., electrocardiograph) to provide an individual with information regarding his or her physiological state. When used to help a person obtain voluntary control over autonomic body functions, such as heart rate or blood pressure, the technique is called biofeedback training. It may be applied therapeutically to treat various conditions, including chronic pain and hypertension. *APA Dictionary of Psychology*

**Bipolar Disorder (formerly called manic-depressive illness or manic depression):** A mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. *National Institute of Mental Health, Mental Health Information, Health Topics*

**Caregiver:** A person who attends to the needs of and provides assistance to someone else who is not fully independent, such as an infant or an ill adult. A person who does the majority of the work is called the primary caregiver. *APA Dictionary of Psychology*

**Child Abuse:** Harm to a child caused by a parent or other caregiver. The harm may be physical (violence), sexual (violation or exploitation), psychological (causing emotional distress), or neglect (failure to provide needed care). *APA Dictionary of Psychology*

**Cognitive Behavior Therapy (CBT):** A form of psychotherapy that integrates theories of cognition and learning with treatment techniques derived from cognitive therapy and behavior therapy. CBT assumes that cognitive, emotional, and behavioral variables are functionally interrelated. *APA Dictionary of Psychology*

**Cognitive Restructuring:** A technique used in cognitive therapy and cognitive behavior therapy to help the client identify his or her self-defeating beliefs or cognitive distortions, refute them, and then modify them so that they are adaptive and reasonable. *APA Dictionary of Psychology*

**Cognitive Therapy (CT):** A form of psychotherapy based on the concept that emotional and behavioral problems in an individual are, at least in part, the result of maladaptive or faulty ways of thinking and distorted attitudes toward oneself and others.

*APA Dictionary of Psychology*

**Couples Therapy/Marital**

**Therapy:** Therapy in which both partners in a committed relationship are treated at the same time by the same therapist or therapists. Couples therapy is concerned with problems within and between the individuals that affect the relationship... Individual sessions may be provided separately to each partner, particularly at the beginning of therapy; most of the course of therapy, however, is provided to both partners together. Couples therapy for married couples is known as marital therapy.

*APA Dictionary of Psychology*

**Crisis:** A situation (e.g., a traumatic change) that produces significant cognitive or emotional stress in those involved in it. *APA Dictionary of Psychology*

**Day Treatment:** Program of coordinated interdisciplinary assessment, treatment, and rehabilitation services provided by professionals and paraprofessionals for people with disabilities, mental or physical disorders, or substance abuse problems, usually at a single location for 6 or more hours during the day. Services also address skill and vocational development and may include adjustment programs or sheltered workshops.

*APA Dictionary of Psychology*

**Dementia:** A loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Depression:** A negative affective state, ranging from unhappiness and discontent to an extreme feeling of sadness, pessimism, and despondency, that interferes with daily life. Various physical, cognitive, and social changes also tend to co-occur, including altered eating or sleeping habits, lack of energy or motivation, difficulty concentrating or making decisions, and withdrawal from social activities. It is symptomatic of a number of mental health disorders; In psychiatry and psychology, any of the depressive disorders.

*APA Dictionary of Psychology*

**Detoxification (Detox):**

A therapeutic procedure, popularly known as detox, that reduces or eliminates toxic substances (e.g., alcohol, opioids) in the body.

*APA Dictionary of Psychology*

**Dialectical Behavior Therapy**

**(DBT):** A flexible, stage-based therapy that combines principles of behavior therapy, cognitive behavior therapy, and mindfulness. It establishes a “dialectic” between helping individuals to accept the reality of their lives and their own behaviors on the one hand and helping them learn to change their lives, including dysfunctional behaviors, on the other. Its underlying emphasis is on helping individuals learn both to regulate and to tolerate their emotions.

*APA Dictionary of Psychology*

**Differential Diagnosis:**

The process of determining which of two or more diseases or disorders with overlapping symptoms a particular patient has; The distinction between two or more similar conditions by identifying critical symptoms present in one but not the other. *APA Dictionary of Psychology*

**Dissociative Disorders:** Any of a group of disorders characterized by a sudden or gradual disruption in the normal integrative functions of consciousness, memory, or perception of the environment. Such disruption may last for minutes or years, depending on the type of disorder. *APA Dictionary of Psychology*

**Domestic Violence:** Any action by a person that causes physical harm to one or more members of his or her family unit. For example, it can involve battering of one partner by another (partner abuse), violence against children by a parent, or violence against elders by younger family members. *APA Dictionary of Psychology*

**Eating Disorder:** Any disorder characterized primarily by a pathological disturbance of attitudes and behaviors related to food, including anorexia nervosa, bulimia nervosa, and binge-eating disorder. Other eating-related disorders include pica and rumination, which are usually diagnosed in infancy or early childhood. *APA Dictionary of Psychology*

**Emotional Disorder:**

Any psychological disorder characterized primarily by maladjustive emotional reactions that are inappropriate or disproportionate to their cause; loosely, any mental disorder. *APA Dictionary of Psychology*

**Empirical (Research):**

Derived from or denoting experimentation or systematic observations as the basis for conclusion or determination, as opposed to speculative, theoretical, or exclusively reason-based approaches. Many forms of research attempt to gain empirical evidence in favor of a hypothesis by manipulating an independent variable and assessing the effect on an outcome or dependent variable. *APA Dictionary of Psychology*

**Equine-Assisted Psychotherapy**

**(EAP):** A form of animal-assisted therapy in which a licensed mental health professional, in conjunction with an equine specialist, uses handling, grooming, and other activities with specially trained horses as part of psychological treatment for those with emotional and behavioral problems...Also called equine-facilitated psychotherapy (EFP). *APA Dictionary of Psychology*



**Evidence-Based Practice (EBP):**

The integration of the best available scientific research from laboratory and field settings with clinical expertise so as to provide effective psychological services that are responsive to a patient's culture, preferences, and characteristics...The ultimate goal of EBP is to promote empirically supported principles that can be used to enhance public health.

*APA Dictionary of Psychology*

**Executive Coaching:** One-on-one, customized counseling and feedback provided to managers in an organization to develop their interpersonal and other managerial skills and enhance their ability to achieve short- and long-term organizational goals. Executive coaching is provided by external consultants or similar professional coaches, rather than by managers, peers, or human resources personnel within the organization.

*APA Dictionary of Psychology*

**Exploitation:** To exploit someone is to take unfair advantage of them. It is to use another person's vulnerability for one's own benefit. See also **Trafficking**. *Stanford Encyclopedia of Philosophy*

**Eye-Movement Desensitization and Reprocessing (EMDR):**

A treatment methodology used to reduce the emotional impact of trauma-based symptoms such as anxiety, nightmares, flashbacks, or intrusive thought processes. The therapy incorporates simultaneous visualization of the traumatic event while concentrating on the rapid lateral movements of a therapist's finger. *APA Dictionary of Psychology*

**Family Therapy:** A form of psychotherapy that focuses on the improvement of interfamilial relationships and behavioral patterns of the family unit as a whole, as well as among individual members and groupings, or subsystems, within the family. See also **Couples Therapy/Marital Therapy**. *APA Dictionary of Psychology*

**Geriatrics:** The branch of medicine that deals with the diagnosis and treatment of disorders in older adults. *APA Dictionary of Psychology*

**Grief:** The normal response to a major loss, such as the death of a loved one. Grief may also be felt by a person with a serious, long-term illness or with a terminal illness. It may include feelings of great sadness, anger, guilt, and despair. Physical problems, such as not being able to sleep and changes in appetite, may also be part of grief. *National Cancer Institute Dictionary of Cancer Terms*

**Group Therapy:** Treatment of psychological problems in which two or more participants interact with each other on both an emotional and a cognitive level in the presence of one or more psychotherapists who serve as catalysts, facilitators, or interpreters. The approaches vary, but in general they aim to provide an environment in which problems and concerns can be shared in an atmosphere of mutual respect and understanding. Group therapy seeks to enhance self-respect, deepen self-understanding, and improve interpersonal relationships. Also called group psychotherapy. *APA Dictionary of Psychology*

**Individual Therapy:** Treatment of psychological problems that is conducted on a one-to-one basis. One therapist sees one client at a time, tailoring the process to his or her unique needs in the exploration of contributory factors and alleviation of symptoms. *APA Dictionary of Psychology*

**Inpatient:** a person who has been formally admitted to a hospital for a period of at least 24 hours for observation, diagnosis, or treatment, as distinguished from an outpatient or an emergency-room patient. *APA Dictionary of Psychology*

**Integrated Care:** A consistent, systematic, and coordinated set of health care services that are developed, managed, and delivered to individual patients over a range of organizations and by a variety of associated professionals and other care providers. The approach seeks to reduce fragmented care (i.e., diagnosis and treatment by multiple unconnected and minimally communicating doctors and caregivers); to improve clinical outcomes, quality of life, patient satisfaction, effectiveness, and efficiency (ideally using evidence-based practice guidelines); and to reduce costs...Also called integrated medicine. *APA Dictionary of Psychology*

**Intensive Outpatient Program (IOP):** Treatment programs used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. They enable patients to continue with their normal, day-to-day lives in a way that residential treatment programs do not. Whereas residential treatment requires that clients reside on site, clients in intensive outpatient programs live at home. *American Addiction Centers*

**Latino/a:** The term Latino/a is geographically based and refers to persons from or with ancestry from Latin American countries. *National Cancer Institute Division of Cancer Epidemiology and Genetics*

**Latinx:** Latinx is the gender-neutral form of Latino. *National Cancer Institute Division of Cancer Epidemiology and Genetics*

**LGBTQ(+):** Abbreviation for lesbian, gay, bisexual, transgender, and questioning or queer: an inclusive term used to refer to the homosexual population in all of its diverse forms, to those with both homosexual and heterosexual preferences, and to those whose gender identity differs from the culturally determined gender roles for their birth sex; The 'plus' is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials. *APA Dictionary of Psychology; Very Well Mind*

**Medication-Assisted Treatment**

**(MAT):** The use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient’s needs. *Substance Abuse and Mental Health Services Administration (SAMHSA)*

**Mental Disorder (Mental Illness):**

Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these. Such disorders cannot be accounted for solely by environmental circumstances and may involve physiological, genetic, chemical, social, and other factors. *APA Dictionary of Psychology*

**Mental Health:** A state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life. *APA Dictionary of Psychology*

**Mindfulness:** Awareness of one’s internal states and surroundings. The concept has been applied to various therapeutic interventions—for example, mindfulness-based cognitive behavior therapy, mindfulness-based stress reduction, and mindfulness meditation—to help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them. *APA Dictionary of Psychology*

**Mood Disorders:** A mood disorder is a mental health class that health professionals use to broadly describe all types of depression and bipolar disorders... Therapy, antidepressants, and support and self-care can help treat mood disorders. *Johns Hopkins Medicine, Health Conditions and Diseases*

**Neglect:** Failure to provide for the basic needs of a person in one’s care. The neglect may be emotional (e.g., rejection or apathy), material (e.g., withholding food or clothing), or service-oriented (e.g., depriving of education or medical attention). *APA Dictionary of Psychology*

**Neurofeedback:** A type of biofeedback training intended to enable people to alter their brain waves by using information from a video display or auditory signal of electroencephalograph (EEG) recordings of their brain-wave characteristics. Neurofeedback has been used with mixed results in the treatment of attention-deficit hyperactivity disorder and epilepsy and is being investigated as a possible intervention for other conditions as well (e.g., headaches, insomnia, anxiety). *APA Dictionary of Psychology*

**Neuropsychology:** The branch of science that studies the physiological processes of the nervous system and relates them to behavior and cognition, in terms both of their normal function and of the dysfunctional processes associated with brain damage. *APA Dictionary of Psychology*

**Neuroscience:** The scientific study of the nervous system, including neuroanatomy, neurobiology, neurochemistry, neurophysiology, and neuropharmacology, and its applications in psychology, psychiatry, and neurology. *APA Dictionary of Psychology*

**Obsessive-Compulsive Disorder (OCD):** A mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Oppositional Defiant Disorder:** A pattern of disobedient, hostile, and defiant behavior toward authority figures. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Outpatient:** A person who obtains a diagnosis, treatment, or other service at a hospital, clinic, physician's office, or other health care facility without overnight admission. *APA Dictionary of Psychology*

**Pacific Islanders/Native Hawaiians:** This racial group refers to people having origins in any of the original peoples of Hawaii, Guam, Samoa or other Pacific Islands. *U.S. Department of Health and Human Services Office of Minority Health*

**Parkinson's Disease (PD):** Parkinson disease results from certain brain cells dying. These cells help control movement and coordination. The disease leads to shaking (tremors) and trouble walking and moving. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Partial Hospitalization:** Hospital treatment of patients on a part-time basis (i.e., less than 24 hours per day). *APA Dictionary of Psychology*

**Peer Counseling:** Counseling by an individual who has a status equal to that of the client, such as a college student trained to counsel other students or an employee trained to counsel coworkers. *APA Dictionary of Psychology*

**Personality Disorders:** A group of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work. People with personality disorders have trouble dealing with everyday stresses and problems. They often have stormy relationships with other people. *National Library of Medicine, MedlinePlus, Health Topics*

**Pet Therapy (Animal-Assisted Therapy):**

The therapeutic use of pets to enhance individuals' physical, social, emotional, or cognitive functioning.

Animal-assisted therapy may be used, for example, to help people receive and give affection, especially in developing communication and social skills. It may be most effective for people who have suffered losses or separation from loved ones.  
*APA Dictionary of Psychology*

**Play Therapy:** The use of play activities and materials (e.g., clay, water, blocks, dolls, puppets, finger paint) in child psychotherapy... This form of psychotherapy, which focuses on a child's internal conflicts in addition to his or her daily life and current relationships, may be directive or nondirective.

*APA Dictionary of Psychology*

**Pornography:** Writings or images (e.g., illustrations, films) with blunt, often exploitative sexual content designed solely to arouse a sexual response and to satisfy the sexual urges of the beholder. Although legal interpretations of pornography vary, they tend to focus on it as a violation of community standards, with no redeeming artistic value.

*APA Dictionary of Psychology*

**Post-Traumatic Stress Disorder (PTSD):**

A mental health disorder that some people develop after they experience or see a traumatic event. The traumatic event may be life-threatening, such as combat, a natural disaster, a car accident, or sexual assault. But sometimes the event is not necessarily a dangerous one. For example, the sudden, unexpected death of a loved one can also cause PTSD.

*National Library of Medicine, MedlinePlus, Health Topics*

**Prevention:** Behavioral, biological, or social interventions intended to reduce the risk of disorders, diseases, or social problems for both individuals and entire populations.  
*APA Dictionary of Psychology*

**Pediatric Psychology:**

An interdisciplinary field of research and practice that addresses physical, behavioral, and emotional development as it interacts with health and illness in children, adolescents, and families.

*APA Dictionary of Psychology*

**Psychiatry:** The branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

*American Psychiatric Association*

**Psychology:** The study of the mind and behavior...The practice of psychology involves the use of psychological knowledge for any of several purposes: to understand and treat mental, emotional, physical, and social dysfunction; to understand and enhance behavior in various settings of human activity (e.g., school, workplace, courtroom, sports arena, battlefield); and to improve machine and building design for human use.

*APA Dictionary of Psychology*

**Psychotherapy:** Any psychological service provided by a trained professional that primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns. Psychotherapy may be provided to individuals, couples, families, or members of a group. *APA Dictionary of Psychology*

**Psychotic Disorders:** Psychotic disorders are severe mental disorders that cause abnormal thinking and perceptions. People with psychoses lose touch with reality. Two of the main symptoms are delusions and hallucinations. Delusions are false beliefs, such as thinking that someone is plotting against you or that the TV is sending you secret messages. Hallucinations are false perceptions, such as hearing, seeing, or feeling something that is not there. *National Library of Medicine, MedlinePlus, Health Topics*

**Rape:** A form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent. See also Sexual Assault. *Rape, Abuse & Incest National Network (RAINN)*

**Rehabilitation:** The process of bringing an individual to a condition of health or useful and constructive activity, restoring to the fullest possible degree his or her independence, well-being, and level of functioning following injury, disability, or disorder. It involves providing appropriate resources, such as treatment or training, to enable such a person (e.g., one who has had a stroke) to redevelop skills and abilities he or she had acquired previously or to compensate for their loss.

*APA Dictionary of Psychology*

**Rehabilitation Center:** A facility devoted to restoring individuals with mental or physical disorders or impairments, including those with multiple problems, to an adequate level of functioning. Rehabilitation centers provide services such as vocational training, occupational and physical therapy, educational therapy, recreational therapy, and psychological therapy and counseling. *APA Dictionary of Psychology*

**Residential Treatment:** Treatment that takes place in a hospital, special center, or other facility that offers a treatment program and residential accommodation. Some programs require residence for a specific time (e.g., 1 month for treatment of an addiction), and some allow patients to learn or work in the community during the day. *APA Dictionary of Psychology*

**Resilience:** The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies. *APA Dictionary of Psychology*

**Respite Care:** Assistance, supervision, and recreational or social activities provided for a limited period to a child, older adult, or person with a disability or chronic illness in order to temporarily relieve family members from caregiving responsibilities. These services may be provided on a scheduled or unscheduled basis, either regularly or occasionally, after school hours, during weekends, or overnight. Also called in-home respite. *APA Dictionary of Psychology*

**Restorative Justice:** An approach to criminal justice in which emphasis is placed on rehabilitation of offenders and repairing the harm done to victims rather than on punishment. *APA Dictionary of Psychology*

**Self-Esteem:** The degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive. It reflects a person's physical self-image, view of his or her accomplishments and capabilities, and values and perceived success in living up to them, as well as the ways in which others view and respond to that person. The more positive the cumulative perception of these qualities and characteristics, the higher one's self-esteem. A reasonably high degree of self-esteem is considered an important ingredient of mental health, whereas low self-esteem and feelings of worthlessness are common depressive symptoms. *APA Dictionary of Psychology*

**Sensory Integration:** The neural processes involved in perceiving, organizing, and evaluating sensory information across modalities, such as vision and hearing, and producing an adaptive response via impulses transmitted through the motor nerves. Development or enhancement of sensory-integrative functioning is an important goal of occupational therapy. *APA Dictionary of Psychology*

**Sexual Abuse:** Violation or exploitation by sexual means. Although the term typically is used with reference to any sexual contact between adults and children, sexual abuse can also occur in any relationship of trust. *APA Dictionary of Psychology*

**Sexual Assault:** The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim. *Rape, Abuse & Incest National Network (RAINN)*

**Sexual Trauma:** Any disturbing experience associated with sexual activity, such as rape, incest, and other sexual offenses. It is a common cause of posttraumatic disorders and dissociative disorders. *APA Dictionary of Psychology*

**Sexual Violence:** Any sexual activity or contact that occurs without your consent. It may involve physical force or the threat of force. It may occur due to coercion or threats. If you have been the victim of sexual violence, it is not your fault. Sexual violence is never the victim's fault. *National Library of Medicine, MedlinePlus, Medical Encyclopedia*

**Stress Management:** The use of specific techniques, strategies, or programs—such as relaxation training, anticipation of stress reactions, and breathing techniques—for dealing with stress-inducing situations and the state of being stressed. *APA Dictionary of Psychology*

**Substance Abuse:** The use of illegal drugs or the use of prescription or over-the-counter drugs or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts. Substance abuse may lead to social, physical, emotional, and job-related problems. *National Cancer Institute Dictionary of Cancer Terms*

**Substance Use Disorder (SUD):** A complex condition in which there is uncontrolled use of a substance despite harmful consequence. People with SUD have an intense focus on using a certain substance(s) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day to day life becomes impaired. People keep using the substance even when they know it is causing or will cause problems. The most severe SUDs are sometimes called addictions. *American Psychiatric Association*

**Suicidal Ideation:** Thoughts about or a preoccupation with killing oneself, often as a symptom of a major depressive episode. Most instances of suicidal ideation do not progress to attempted suicide. *APA Dictionary of Psychology*

**Suicidality:** The risk of suicide, usually indicated by suicidal ideation or intent, especially as evident in the presence of a well-elaborated suicidal plan. *APA Dictionary of Psychology*



**Support Group:** A group similar in some ways to a self-help group in that members who share a problem come together to provide help, comfort, and guidance. A primary distinguishing feature of support groups is in their leadership: a professional or agency-based facilitator who often does not share the problem of members. In addition, support groups often last for only a limited predetermined number of sessions, and a fee for attendance is sometimes charged. Also called social support group. *APA Dictionary of Psychology*

**Telehealth:** The use of telecommunications and information technology to provide access to health assessment, diagnosis, intervention, and information across a distance, rather than face to face. Also called telemedicine. *APA Dictionary of Psychology*

**Therapeutic Community:** A setting for individuals requiring therapy for a range of psychosocial problems and disorders that is based on an interpersonal, socially interactive approach to treatment, both among residents and among residents and staff...The term covers a variety of short- and long-term residential programs as well as day treatment and ambulatory programs. The staff is typically multidisciplinary and may consist of human services professionals and clinicians providing mental health, medical, vocational, educational, fiscal, and legal services, among others. *APA Dictionary of Psychology*

**Trafficking:** Illegal transportation and trade in people or commodities. Human trafficking involves the transport of men, women, or children from one location to another, usually by coercion...or by enticement through fraudulent means....to be forcibly exploited for the profit of others. Examples of such exploitation include forced servitude, prostitution (sex trafficking), forced extraction of organs for sale to the medical market for transplantation, and surrogacy in which a woman is coerced into bearing a child for another...Trafficking also refers to the smuggling of cocaine, heroin, and other illegal drugs...(i.e., drug trafficking). *APA Dictionary of Psychology*

**Trauma:** Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place; Any serious physical injury, such as a widespread burn or a blow to the head. *APA Dictionary of Psychology*

**Traumatic Brain Injury (TBI):** Damage to brain tissue caused by external mechanical forces, as evidenced by objective neurological findings, posttraumatic amnesia, skull fracture, or loss of consciousness. *APA Dictionary of Psychology*

**TTY:** Abbreviation for text telephone. *APA Dictionary of Psychology*

**Victim:** An individual who is the target of another person's violent, discriminatory, harassing, or assaultive behaviors.  
*APA Dictionary of Psychology*

**(Substance) Withdrawal:**  
A syndrome that develops after cessation of prolonged, heavy consumption of a substance. Symptoms vary by substance but generally include physiological, behavioral, and cognitive manifestations, such as nausea and vomiting, insomnia, mood alterations, and anxiety.  
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