

# Free Resources

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## *211 Community Information and Referral*

United Way 2-1-1 Information and Referral is a statewide service of United Way of Salt Lake. 2-1-1 is an easy-to-remember information and referral telephone number that people dial to get connected and get answers. 2-1-1 connects people to important health, human, and community service programs including: emergency food pantries, rental assistance, public health clinics, child care resources, support groups, legal aid, and a variety of nonprofit and government agencies. Individuals, families, and corporate and religious groups can also dial 2-1-1 to get connected to meaningful volunteer opportunities.

<http://www.uw.org/211/>

## *ADDitude - Strategies and Support for living with ADHD*

Our content serves as a vital resource for professionals – teachers, healthcare providers, employers and others – who interact with families living with attention deficit disorder and learning disabilities every day. If your child's teacher or your wife's boss has a question about ADHD or LD and its treatment, we want you to send them to our website for material that's concise, responsible, and helpful.

<https://www.additudemag.com/>

## *Alliance Community Services*

### *801-941-1966*

Free counseling and enrollment to secure an appropriate health insurance plan. A Certified License Navigator to assist you. ACS disseminates information about the Obamacare program to the Hispanic community through health fairs, Hispanic civic events and local Hispanic media. Also Medicaid and CHIP enrollment. We provide enrollment services in Salt Lake and Ogden in Spanish and English.

<http://www.alliance-community.org/>

## *Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)*

### *801-292-6233*

CHADD is a national nonprofit organization that improves the lives of people affected by ADHD through education, advocacy, and support. CHADD is in the forefront in creating and implementing programs and services in response to the needs of adults and families affected by ADHD through collaborative partnerships and advocacy, including training for parents and K-12 teachers, hosting educational webinars and workshops, being an informative clearinghouse for the latest evidence-based ADHD information, and providing information specialists to support the ADHD community.

<http://www.chadd.org/>

## *Glasses and Eye Exam Assistance*

Resources that provide assistance with eye exams and glasses.

<https://www.nei.nih.gov/funding>

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### *Lantern House/St. Anne's Center*

*269 W. 33rd Street, Ogden, UT 84401*

*801-621-5036*

Lantern House exists to aid the poor, needy and homeless by providing them food, shelter, and critical emergency services. We provide a hand up rather than a hand out. Our goal is to transition residents from shelter to housing; encouraging their sense of independence, self-sufficiency and self-confidence. We are committed to carry out this mission while treating those who come to us with compassion, dignity, and respect.

<http://www.stannescenter.org/>

### *Medicare.gov's Provider Search*

*1-800-MEDICARE (633-4227)*

Medicare beneficiaries can search for a psychiatrist who accepts Medicare.

<http://www.medicare.gov/find-a-doctor/provider-search.aspx>

### *Mental Health America*

This group helps to connect people to hotlines, support groups, mental health agencies around the country and self-help resources.

<http://www.mentalhealthamerica.net/>

### *Military One Source*

*800-342-9647*

Free support and assistance for military personnel and their families. Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more.

<http://www.militaryonesource.mil/>

### *National Alliance on Mental Illness (NAMI)*

*801-323-9900*

NAMI Utah's mission is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education and advocacy.

<http://namiut.org/>

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## *National Eating Disorders Association (NEDA)*

**800-931-2237**

We can confront these serious illnesses with increased awareness, early intervention and improved access to treatment. NEDA provides programs and services to give families the support they need to find answers for these life-threatening illnesses.

<http://www.nationaleatingdisorders.org/>

## *National Institute of Mental Health*

The largest scientific organization in the world dedicated to research focused on the understanding and treatment of mental disorders. The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

<http://www.nimh.nih.gov/>

## *Psychology Today's Therapy Directory*

With a directory for mental health professionals in your area, this also shows therapists fees, what insurance they accept and whether they work on a sliding scale.

<http://www.psychologytoday.com/>

## *Safe Harbor Crisis Center*

**24-Hour Support Line: 801-444-9161**

Safe Harbor, a non-profit organization, with on staff Safe Zone certified advocates, provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to our community at absolutely no cost!

<http://safeharborhope.org/>

## *Substance Abuse and Mental Health Services Administration*

**National Helpline: 1-800-662-4357 (HELP)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The organization has a tool to help locate mental health and substance abuse services.

<https://www.samhsa.gov/>

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## *Take Care Utah*

**801-486-0911 ext. 130, 801-334-1338**

Take Care Utah (TCU) is a network of nonprofit organizations focused on helping people with health insurance. It consists of about 75 enrollment specialists all across Utah. All services are provided free of charge.

<https://takecareutah.org/>

## *Utah Food Bank*

**801-978-2452**

Provides emergency food to individuals and families experiencing the pain of hunger in Utah.

<https://www.utahfoodbank.org/>

## *Youth Suicide and Self-Harm Prevention: 2017 Resource Guide*

The Children's Safety Network (CSN) has published an outstanding guide on youth suicide and self-harm prevention. It contains a wealth of information including some excellent resources.

<https://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/SuicidePreventionResourceGuide2017.pdf>