

Mental Health Counseling

Alta Behavioral Counseling

801-820-6580

Alta Behavioral Counseling is dedicated to providing you and your loved ones the best care possible by using proven techniques, knowledge and practices. Our clinicians are well versed in a variety of evidenced-based therapeutic models.

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

Aspire

801-525-4645

Aspire offers a wide range of mental health counseling services including individual [adults, adolescents & children] and family therapy, play therapy and marriage/ couple therapy. We also offer support groups and classes, including, Life Skills and Body Image/Eating Disorder Groups.

<http://aspireut.com/>

Center for Growth and Potential

801-773-0535

The Center for Growth and Potential provides comprehensive services for children, adolescents, adults, and families. Our professionally trained and licensed staff are devoted to helping you manage life's difficulties and stress and learn healthy ways to process relationships and emotions. We help you understand yourself and others and thereby achieve optimal success. We help children and adolescents achieve success with their friends, families, and in school and sports. We are proud that for many years we have served our military personal and their families based in Utah. Our offices are located in Clearfield, and on Highland Drive in Salt Lake City, Utah.

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

Davis Behavioral Health

801-546-1168

Private non-profit corporation providing behavioral health services to residents of Davis County. Unlike other behavioral health providers, Davis Behavioral Health serves people who cannot afford to pay and who otherwise may not receive help.

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

Encouraging Connections Counseling

801-721-9273

Private practice in downtown Salt Lake City which provides counseling for individuals and couples with a variety of concerns including depression, anxiety, relationships, low self-esteem, pornography and sexual addictions.

<http://ludukecounseling.com/>

Mental Health Counseling

Ericksen Research and Development

801-614-5808

Working in conjunction with Westside Medical, we conduct clinical trials for treatment of many disorders, including ADHD, autism and other behavioral issues. Our goal is to assist the medical professionals in finding new, alternate, and improved ways in fighting diseases and symptoms in order to improve the quality of life of as many people as possible. The testing and treatment is available at no charge and there is financial compensation for time taken.

<https://www.ericksenresearchanddevelopment.com/home.html>

Family Counseling Service of Northern Utah (FCS)

801-399-1600

FCS is dedicated to providing counseling and support services to individuals, couples and families who are struggling with the issues of their lives at an affordable cost and at convenient times. With locations in Ogden and Clearfield, we provide help for residents in Northern Utah.

<http://fcshealing.org/>

Feller Behavioral Health

801-643-9340

Whether you're dealing with emotional issues, mental illness, the impact of trauma, stress, communication or relationship problems, it is important that you know that there is hope for a better tomorrow. We will work together with you to find solutions and equip you with the tools you need to find greater health and happiness.

<https://fellerbehavioralhealth.com/>

Grandview Counseling

801-406-9002

Healing for the entire family. We provide individual, couples, family and group therapy.

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

Harmony in Healing

385-240-0321

Harmony in Healing offers pornography addiction, anxiety, PTSD and other services. Focusing on helping children, tweens, teens and adults. Let your journey to healing begin with Harmony in Healing.

<http://harmonyinhealingutah.com/>

Mental Health Counseling

Healing Tree Counseling

801-564-1696

Our staff of highly qualified Mental Health Counselors offer a complete range of therapeutic services at affordable rates, including: individual, couple, and family therapy for adults, adolescents, and children, marital and relationship counseling, group therapy, social skills, career counseling, divorce and parenting.

<http://www.healingtree-counseling.com/index.html>

Highland Springs Clinic

800-403-0295

At Highland Springs we are committed to providing premium-quality, individualized care to each person we serve. We partner with you and with a wide array of exceedingly qualified professionals to restore happiness and hope. We offer a comprehensive range of therapeutic services and educational groups proven to create positive changes and growth.

<https://highlandspringsclinic.org/>

Latino Behavioral Health Services

801-935-4447

Nuestra misión es asegurarnos que las personas que sufren de una enfermedad mental y sus familiares sean tratados con dignidad y respeto. Esto se logra a través... de la educación, apoyo e investigación de dichas enfermedades.

Latino Behavioral Health Services (LBHS) is a nonprofit, grassroots organization created to minimize the disparities in access to mental health services among the underserved Latino population of Utah. As a peer run organization, Latino Behavioral Health Services exists to enhance the mental health awareness and well-being of people with mental illness, their care-givers and loved ones through support, education, empowerment, facilitation of resources and services with competent responsiveness to cultural, socio-economic and linguistics characteristics.

<https://www.facebook.com/pares2pares/>

Matt's Place

801-614-8400

Matt's Place will assist families and individuals ages 3–21 work through challenging behavioral disorders in a Day Treatment setting, Intensive Outpatient Program, therapeutic after school program, or group therapies. We offer older adolescents and young adults Social and Life Skill activities on and off site.

<https://mattsplace.org/>

Mental Health Counseling

Neurobehavioral Center for Growth

801-683-1062

The Neurobehavioral Center for Growth offers services focused on fostering each child, teen or young adult's development. Whether our team clarifies the diagnosis or you come in knowing what the problem is, the most important step is knowing what to do next. We provide the most effective evidence based interventions. Treatments include mental health therapies, behavioral therapy, Applied Behavioral Analysis, parent training, educational (including Special Education) consultation, social skills training, and intensive reading tutoring. We also have a variety of parent and child groups and a LGBTQ Support Group.

<https://www.neurobcg.com/resources>

Neuropsychology Center of Utah

801-614-5866

The Neuropsychology Center of Utah (NPCU) 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. We also provide comprehensive treatment services such as cognitive behavioral therapy, parent training, educational consultation and social skills training. We work directly with our patients and their loved ones to identify all the tools and resources needed to treat the patient's condition and to improve their quality of life.

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

NeuroTherapy and Trauma Center of Utah

801-855-7999

NeuroTherapy and Trauma Center of Utah helps children and teenagers decrease behavior problems caused by trauma, ADHD, anxiety and mood disorders. We use neurofeedback, counseling, and sensory integration to help improve the lives of children and their parents. NeuroTherapy is a brain-based approach to healing that begins with an intensive personalized mental health assessment; a state-of-the-art brain scan (QEEG); and an individualized treatment plan. NeuroTherapy combines counseling, mindfulness and brain-training (neurofeedback) in one session.

<https://ntcutah.com/>

Northern Utah Counseling

801-779-0095

We offer family therapy, couple therapy and individual therapy. We have group therapy for trauma and substance abuse treatment. We are able to work with most clients experiencing difficulties with depression, anxiety, childhood disorders, substance abuse issues, mood disorders, adjustment disorders, trauma, and personality disorders.

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

Mental Health Counseling

OCD & Anxiety Treatment Center

801-298-2000

Our professionals have been trained all over the nation by the founding fathers of OCD and Anxiety Treatment. We are up-to-date with the latest trainings and research.

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

Resilient Solutions

801-259-3883

Welcome to Resilient Solutions, Inc in Bountiful, Utah. Our team of licensed professional therapists are committed to helping our clients through difficult times. The therapists and financial coach at RSI have extensive experience with varied specialties.

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

Resolutions Counseling Center

801-298-5222

Our treatment team actively and aggressively intervenes, as early as possible, against the physical, psychological, social, educational, and family crises experienced by individuals who are suffering from substance use or mental health disorders.

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

Salt Lake Behavioral Health

801-264-6000

Private freestanding psychiatric hospital specializing in mental health and substance abuse treatment. We provide a wide range of services and programs that offer evidence-based treatment proven to have positive outcomes for our patients.

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

South Davis Psych

801-934-3373

South Davis Psychological Services offers individual counseling and therapy, family therapy, couples counseling and psychological testing to children, teens and adults. Conveniently located in Station Park, South Davis Psychological is within easy driving distance from Weber, Davis and Salt Lake Counties. We help people overcome trauma, depression, anxiety, relationship problems and problems with emotion regulation.

<http://www.southdavispsych.com>

Mental Health Counseling

Suncrest Counseling

801-255-1155

Suncrest Counseling is here to help with compassionate, personalized care. We understand that your mental health is central to your wellbeing, and offer treatment for a wide variety of issues and for patients of all ages. Our team consists of a variety of mental health clinicians who come together to provide an environment that can support almost all of your mental health needs, including, depression, anxiety, PTSD, addiction, grief counseling, child play therapy and more.

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

Swinton & Associates Counseling

801-653-9637

As highly trained and experienced relationship experts, our marriage and family counselors can assist in improving communication and building trust. With a compassionate, unbiased approach, we will teach you how to resolve conflicts in a safe and productive manner, and help you see each other in a new light.

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

The Counseling Center

801-298-2000

The Counseling Center is an online and offline therapeutic service provider that offers individuals, Couples and Families mental and emotional care as well as providing a wide variety of products, services and offers across the mental health arena. Launched in 2007, The Counseling Center has empowered individuals and families as they worked through their issues. Today, The Counseling Center is a growing network with clients who have benefited from the unparalleled services.

<http://www.thecounselingcenter.co/index>

U of U Neuropsychiatric Institute

Crisis Line: 801-587-3000

Our licensed clinicians provide prompt and compassionate crisis intervention, suicide prevention, information and referrals as well as follow-up services, emotional support, and assistance to individuals experiencing emotional distress or psychiatric crisis. Services are available 24/7.

<http://healthcare.utah.edu/uni/clinical-services/crisis-diversion/>

UNI Farmington Behavioral Health

801-213-3770

The Farmington Behavioral Health Clinic offers outpatient services for seniors, adults, children, and adolescents. It is staffed by board certified psychiatrists, board certified triple-board practitioners (physicians who specialize in pediatrics, adult psychiatry, and child and adolescent psychiatry), advanced practice nurses, clinical psychologists, clinical social workers, and senior residents.

<https://healthcare.utah.edu/locations/farmington-behavioral-clinic/>

Mental Health Counseling

Utah Behavior Services

801-255-5131

We serve children, adolescents and adults throughout the state of Utah. Our goal is to help nurture change by strengthening people and families with our comprehensive therapy services.

<http://utahbehaviorservices.com/>

Wasatch Canyons Behavioral Health

801-313-7770

Wasatch Canyons inpatient psychiatric unit is located about 20 minutes southwest of our main hospital in Salt Lake. This 20 bed unit provides 24 hour care for children and adolescents ages 5-18 with depression, anxiety, bipolar, anger management, and other psychiatric and behavioral issues.

<https://intermountainhealthcare.org/locations/primary-childrens-hospital/hospital-information/contact-maps-directions/wasatch-canyons-behavioral-health/>