



WOOD CROSS HIGH SCHOOL COMMUNITY RESOURCES

RESOURCES

- ❑ **Bountiful Food Pantry:** 480 E. 150 N. Bountiful 801-299-8464, <https://bountifulfoodpantry.org/>
- ❑ **Coast to Coast Prescription Card:** <http://www.coast2coastrx.com/counties/ut/davis/>
- ❑ **Comcast Internet Essentials:** (<https://internetessentials.com/> or <https://espanol.internetessentials.com/>)
- ❑ **Davis Dreamers:** Provides support for undocumented, first generation students. Contact: Jana Watts @ 801-643-0140, janawatts977@gmail.com
- ❑ **Davis School District Resources:** <https://www.davis.k12.ut.us/departments/student-family-r>
- ❑ **Bountiful Communities That Care:** A coalition-based non-profit organization that promotes the health and well-being of youth. <https://www.facebook.com/bountifulctc/>
- ❑ **Open Doors/Family Connection Center:** Provides crisis and respite nursery, parent-education, family support, and resources to overcome poverty. <https://opendoorsutah.org/>
- ❑ **2-1-1 Utah:** Connect to health and human resources you need by dialing 2-1-1.

MENTAL HEALTH

- ❑ **Free 24/7 Stabilization & Mobile Crisis Response:** 1-833-SAFE-FAM, offered by UT Department of Human Services
- ❑ **Safe Harbor Crisis Center:** 24-Hour Support Line: 801-444-9161. Provides shelter and additional services for survivors of domestic violence and sexual assault at no cost.
- ❑ **NUHOPE:** Free community classes on suicide prevention & mental health awareness. <https://nuhopeutah.org/prevention>
- ❑ **Psychology Today's Therapy Directory:** consist of a directory for mental health professionals. <http://www.psychologytoday.com/>
- ❑ **Substance Abuse and Mental Health Services Administration:** National Helpline: 1-800-662-4357 (HELP) The organization has a tool to help locate mental health and substance abuse services. <https://www.samhsa.gov/>
- ❑ **Davis Behavioral Health:** 801-546-1168 Private non-profit corporation providing behavioral health services to residents of Davis County. Davis Behavioral Health offers classes and assists those who cannot afford to pay. <http://www.dbhutah.org/>, Community Classes <http://www.dbhprevention.org/>
- ❑ **Anchor of Hope Foundation-** A non-profit, grief support center in Davis County, offering support groups starting in 2020. www.anchorofhope.org

MINDFULNESS

- Mindfulness-based Stress Reduction Classes- Take a mindfulness class through Davis Behavioral Health to help improve overall wellbeing. 801-546-1168 or dbhprevention.org/mbsr

- Learning to Breathe- Mindfulness for Teens- Classes offered through Davis Behavioral Health at <https://davismindfulness.org/courses/learning-to-breathe/>

MINDFULNESS APPS

- Headspace
- Stop, Think, and Breathe
- JKZ Mindfulness Series
- Ten Percent Happier