

MENTAL HEALTH RESOURCES

Select Health

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Provider Directory:
selecthealth.org

Member Advocates:
800-515-2220

(your personalized assistance in finding a behavioral health provider)

Behavioral Health Care Managers:
800-442-5305

PEHP

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Health Benefits Advisor:
801-366-7555
or
800-765-7347

Intensive Crisis Counseling Services:
801-366-3961

(call to see if you or a family member may be eligible)

Local Mental Health Resources:
800-515-2220

(your personalized assistance in finding a behavioral health provider)

Other

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United Way:
888-826-9790

Suicide Prevention Resource Center:
888-826-9790

National Alliance of Mental Illness (NAMI) Utah:
namiut.org

Optum Health Utah:
optumhealthslco.com

SLCo EAP - Deer Oaks:
www.deeroakseap.com

National Suicide Prevention Hotline:
800-273-8255

SafeUT:
Suicide Prevention App (teens only)