

# UTAH DEPARTMENT OF HUMAN SERVICES

## Mental Health Services

We ensure prevention and treatment services for mental health are available and provided by the state's public mental health providers. Our hope is for individuals, families and communities to recognize that treatment works. If you, a friend, or family member is struggling with a mental health problem, there is help available.

### **SOME OF OUR SERVICES**

- 24-hour crisis care
- Case and medication management
- Inpatient treatment and counseling
- Community mental health centers statewide provide outpatient counseling, vocational and life skills training
- Utah State Hospital operates adult, children's and forensic programs, providing inpatient care for the severely mentally ill

### **VOLUNTEER OPPORTUNITIES**

National Alliance on Mental Illness (NAMI) Utah, 801-323-9900

Utah State Hospital, Shawna Peterson, 801-344-4254

Utah Commission on Volunteers, 1-888-755-UTAH (8824),  
[www.volunteers.utah.gov](http://www.volunteers.utah.gov)

### **IF YOU NEED MORE INFORMATION**

**Utah Division of Substance Abuse and Mental Health**  
801-538-3939

**Utah Behavioral Healthcare Committee (UBHC)**  
801-265-1331, [www.uacnet.org/ubhn](http://www.uacnet.org/ubhn)

**National Alliance on Mental Illness (NAMI) Utah**  
801-323-9900, [www.namiut.org](http://www.namiut.org)

**Allies with Families**  
801-292-2515, [www.allieswithfamilies.org](http://www.allieswithfamilies.org)

**Autism Society of Utah**  
801-583-7049

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)

**Substance Abuse and Mental Health Services Administration**  
[www.samhsa.gov](http://www.samhsa.gov)

### ***Quick Facts:***

- 43,662 Utahns received mental health services through the community mental health centers
- 740 Utahns received treatment at Utah State Hospital
- There are 13 community mental health centers statewide, serving 29 counties
- Approximately 67% of individuals in need of mental health services do not receive treatment
- Mood disorder is the most common diagnosis for adults and children
- Between 2001-2005, there were 1,708 suicides in Utah

*For additional information, visit [www.dsamh.utah.gov](http://www.dsamh.utah.gov)*