



Mental Health References/ Resources

Mental Health/Suicide Prevention Organizations

Local/State

- UNI Crisis Line801-587-3000
- Summit County Crisis Hotline833-995-1295
- Summit County Behavioral Health Crisis Line 800-273-8255
- Spanish Speaking Crisis Line..... 385-495-2188
- Summit County Health Behavioral Health Non-Crisis/Scheduling Line...435-658-9998
HMHI (Huntsman Mental Health Institute) Park City Behavioral Clinic - [link](#)
- Connect Summit County - <https://connectsummitcounty.org/>
 - Resource Guide - [link](#)
 - Crisis Response Services - [link](#)
- Communities that Care Summit County <https://ctcsummitcounty.org/>
 - Resource Guide – [link](#)
- Summit County Health/Mental Health & Substance Abuse Resources - [link](#)
- Healthy U Behavioral - <https://healthyubehavioral.com>
- SafeUT - Download the SafeUT app to text/chat or talk to a trained crisis clinician 24/7 for real-time assistance - <https://safeut.org/>
- Wasatch Behavior Health - <https://www.wasatch.org/>435-654-3003
- 211 - <https://uw.org/211/resource-lists-by-county>
- The Family Support Center - <https://www.familysupportcenter.org/>
- LDS Family Services - [link](#)
- Taylor Hagen Memorial Foundation <https://www.thmemorialfoundation.org/>
- [The Speedy Foundation](#)

National

- National Suicide Prevention Lifeline1-800-273-TALK (8255)
 - <https://suicidepreventionlifeline.org>
- NAMI (National Alliance on Mental Illness) www.nami.org
- Talkspace - <https://www.talkspace.com>
- SAHM (Society for Adolescent Health and Medicine) www.adolescenthealth.org
- AFSP (American Foundation for Suicide Prevention) www.afsp.org

Local Contacts (for Committee Use)

- Dr. Alex Cohen, USOPC Sr Sports Psychologist (Committee spoke with him in 2021)

- Elizabeth Doshier LCSW/Therapist 435-513-2280 (Private practice in Park City)
- Patrick Balsley CADC Sana Counseling 317-385-7319



Additional Resources/Programs

- NCAA Sport Science Institute - includes self assessment provided by Dr Cohen <https://www.ncaa.org/sport-science-institute/mental-health-educational-resources>
- Athletes Connected, University of Michigan - <https://athletesconnected.umich.edu/>

Training

- **QPR training** www.qprinstitute.com Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Training is 1-2 hours. ****QPR is free (donation encouraged) at The Speedy Foundation.
- **VAMS** (Values, acceptance and mindfulness) Teaches athletes to focus on what they control – their emotions and how they reactions to situations
- **ACT** (Acceptance and Commitment Training)

Other

- “Relax, It’s Just a Game” Campaign
 - Student taking test at school is [here](#)
 - Jr Grizz posted many of the other clips [on their YouTube channel](#) (scroll down to bottom)
- HBO Documentary – *The Weight of Gold* ([link](#))
- LA Times article: Surgeon general warns of emerging youth mental health crisis in rare public advisory [link](#)
- WSJ – Herriman, UT article: One Teenager Killed Himself. Six More Followed. 4/12/19 [link](#)