**COVID- 19 Survivor’s Guide**

*Managing your mental health recovery*

- Crisis Line: **(801) 587-3000** (24/7) free and confidential crisis help and support

A crisis is something that can overwhelm you so that you can’t solve a problem. Their staff are here to help you figure out how to get through your problem. Whether it is you, a friend, or family member who is struggling, you are not alone.

- Utah Warm Line: **1-833-773-2588** certified peer specialists specializing in empathetic listening 8am-11pm, 7 days a week

Did you know that...

- Mental health is just as important as physical health

- COVID-19 Survivors commonly suffer from increased stress, depression, and anxiety

- We provide access to a COVID-19 Recovery Support Group through Caring Connections (Details further down on how to sign up)

- The University has many resources you can access such as guided meditation and mindfulness activities to improve well-being (Click the link below to access the University’s Wellness and Integrative Health YouTube Channel)

o [bit.ly/UU-MT-YT](https://www.youtube.com/channel/UCKDKw_0FFHzEaWmzsEfWsOw)

[COVID-19 Recovery Support Group](https://nursing.utah.edu/grief-support-groups)

- This group is focused on supporting those who have had COVID-19 and are dealing with lasting symptoms, including emotional distress. Free to Utah residents.

- Join Us –

o April 12 through June 28

 Tuesdays from 10:00–11:30 am

 Tuesdays from 5:30–7:00 pm

- Meetings will be held online via Zoom

- Meetings are led by health care professionals holding Masters or Doctoral Degrees in Social Work, Psychiatric Nursing, or Licensed Professional Counseling

- Please call **801-585-9522** for more information and to register

We added

*Low cost counseling from the University of Utah:*[*Utah Community Mental Health Clinic*](https://mental-health.utah.edu/)

*The Utah Community Mental Health Clinic is a branch of the Educational Psychology Department Clinic that provides therapy services to both students and members of the community. All of our clinicians are students from our Clinical Mental Health Counseling and Counseling Psychology programs.*

*They strive to offer quality care to the community. All sessions are set at a reduced fee cost of $20 per session. The initial phone consultation is free and allows them to get to know you and your needs better to assess if their scope of service will fit your therapeutic needs.*

HOW TO SIGN UP FOR THERAPY

Search providers on PsychologyToday.com. This can be filtered by insurance, location, and specialty clinics.

For uninsured/underinsured patients, options include (predominately for SLC):

1. Christian Counseling Centers of Utah provides services on a sliding scale basis.
<http://cccutah.org/services2.htm>

525 East 4500 South, Suite 125 Salt Lake City, Utah 84107-2995 801-268-1564

\*Provides individual, couples, and group therapy services, as well as psychological assessments, on a sliding scale basis. Will assist with referrals to medication management\*

2. Impact Mental Health

[Http://impactmentalhealth.org](http://impactmentalhealth.org/)

515 East 4500 South, G220 Salt Lake City, UT 84107

801-590-9557

\*Provides medical management and limited psychotherapy, referrals to additional community resources. Strict eligibility requirements of uninsured, low income.\*

3. Family Counseling Center

650 E 4500 S Suite 300 Murray, UT 84107

801-261-3500

[familycounselingcenterutah.com](https://familycounselingcenterutah.com/)

\*Individual, Group, Couples, and Substance Abuse psychotherapy. Provides medication management. Accepts most insurances including Medicaid, Medicare. Provides a sliding scale for individuals paying on their own.\*

4. Family Support Center

1760 West 4805 South Taylorsville, Utah 84129

801-955-9110

[familysupportcenter.org](https://familysupportcenter.org/)

\*Offers low cost individual and family counseling, parenting classes, family mentoring, crisis nursery, transitional housing for homeless parents and children, and adoption respite care\*

5. Jewish Family Services

1111 E Brickyard Road, Suite 218 Salt Lake City, Utah 84106

801-746-4334

1960 Sidewinder Dr Suite 103 Park City, UT 84060

435-731-8455

[jfsutah.org](https://jfsutah.org/)

\*Sliding fee to $25, sometimes lower. Psychotherapy for adults, children, and families\*

6. Valley Behavioral Health

1-888-949-4864

[valleycares.com](https://valleycares.com/)

\*Sliding scale available, multiple locations\*

7. Open Path

A collective of therapists who have generously agreed to provide in-office treatment for $30 to $60 a session (between $30 and $80 for couples and families). Clients pay a one-time membership fee to work with an Open Path therapist at a significantly reduced rate. Please visit the website [openpathcollective.org](https://openpathcollective.org/) to search for providers in your area.