# Mental Health & Families

When you or someone that is close to you is being affected by mental illness...

you are not alone.

The first step is to be honest about the problem. **Seek help** for yourself, your family, or a loved

one.

Getting a loved one to agree to accept help, and

finding



Support from family and friends

support services for all family members is the next step towards reocvery of a loved one and the entire family.

It is important to remember to:

Talk honestly about mental illness in the family to help them express their concerns and feelings.

It is also important to realize that:

The vast majority of people with mental illness continue to go on in their daily lives. Recovery is possible. Mental illness is not anyone's fault. There is hope because treatment for mental illnesses works!

# Family Advocacy Groups

### National Alliance on Mental Illness - Utah

NAMI Utah's mission is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education, and advocacy.

Call (801) 323-9900

www.namiut.org

### Allies with Families

An organization of families supporting families by sharing experiences and strengths.

Call (801) 433-2595

www.allieswithfamilies.org

### New Frontiers for Families

Provides support for families of children and youth with complex needs.

Call (866) 897-7322

www.newfrontiersforfamilies.org

## Additional Resources

### Information and Referral Services

An organization that provides community treatment referrals locally.
Dial"211" or 1-888-826-9790
www.211ut.org

### The Children's Center

Provides comprehensive mental health care in helping little children with big problems.

Call (801) 582-5534

www.tccslc.org

# Substance Abuse & Mental Health Services Administration (SAMHSA)

24 hour support 1-800-662-HELP (4357) www.findtreatment.samhsa.gov

### National Suicide Prevention Lifeline

24 hour lifeline 1-800-273-TALK (8255) www.suicidepreventionlifeline.org



Contact your local mental health treatment center for more information about how to access treatment services.

Hope and Recovery are possible.

RESTORING HEALTHY FAMILIES

# TIME TO SEEK HELP?

# Hope and Recovery

Mental illness can affect anyone, at any time. That's why everyone needs to understand how mental illnesses can affect individuals, families, and communities.

It is important to remember that...

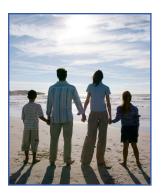
You didn't cause it.

You can get professional help.

You can...

arm yourself with the facts, use your knowledge to educate others and reach out to those around you with mental illness. Understanding and support are powerful and can make a difference in the life of a person who needs them.

Mental Illnesses can be effectively treated.



# Where to go for help

# MENTAL HEALTH TREATMENT CENTERS

Bear River Mental Health	(435) 752-0750
Central Utah Counseling	(435) 462-2416
Davis Behavioral Health	(801) 544-0585
Heber Valley Counseling	(435) 654-3003
Four Corners Behavioral Health	(435) 637-7200
Wasatch Mental Health	(801) 373-4760
Northeastern Counseling	(435) 789-6300
San Juan Counseling Center	(435) 678-2992
Southwest Behavioral Health	(435) 634-5600
Valley Mental Health	(801) 263-7100
Valley Mental Health - Summit	(435) 649-9079
Valley Mental Health - Tooele	(435) 843-3520
Weber Human Services	(801) 625-3700

### STATE OF UTAH

Division of Substance Abuse & Mental Health 120 North 200 West #209 Salt Lake City, UT 84103



Phone: (801) 538-3939 Fax: (801) 538-4696 www.dsamh.utah.gov

# Utah

# DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH



WHERE FAMILIES
GO FOR HELP
WHEN LOVED ONES
HAVE
MENTAL HEALTH
PROBLEMS

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