

MENTAL HEALTH RESOURCES



SelectHealth Provider Directory:
selecthealth.org

SelectHealth Member Advocates:
1-800-515-2220
For personalized assistance finding a behavioral health provider.

SelectHealth Behavioral Health Care Managers:
1-800-442-5305

Mobile app:
SelectHealth

www.selecthealth.org

Refer to your plan for costs and eligibility.

PEHP Mental Health/ Substance Abuse Preauthorization – Customer Service:
801-366-7755 or
800-765-7347

www.pehp.org

Online Psychiatric Services are offered for a fee through Amwell

Benefit Advisors available to assist members with different levels of care for mental health services

Refer to your plan for costs and eligibility.

EAP is available for all benefit's eligible employees for the following services:

- In-Person Counseling
- Telephonic Support
- 6 visits model
- 100% confidential
- Work/Life Services
- Critical Incident
- Stress Management

Note: EAP does not offer crisis counseling – please call 911

Helpline: **1-888-993-7650**

Email: eap@deeroaks.com

Login/Passcode: **slco**

iConnectYou App

Passcode: **111458**

www.deeroakseap.com

If you are having suicidal thoughts or are concerned about an employee or co-worker who may be having suicidal thoughts, please call the 24-hour Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or you can visit the Suicide Prevention Lifeline website at: suicidepreventionlifeline.org.

UTAH PROGRAMS

HOPE4UTAH

Hope4Utah
Suicide Prevention
800-273-TALK
<https://hope4utah.com/>



UNI Mobile Crisis Outreach Team (MCOT)
801-587-3000
Available 24 hours a day
365 days a year at:
(801) 587-3000
Warmline:
801-587-1055
<https://healthcare.utah.edu/uni/>
support, engagement and encouragement. Costs of services may vary by provider.



211 Utah
Local mental health resources available. Costs of services may vary by provider:
www.211utah.org

SLCo PROGRAMS

"Providing Exceptional Service to Build a Successful Future."



Behavioral Health Services
2001 South State Street
S2-300, SLC, UT 84190
385-468-4707
Hours: 8:00 am - 5:00 pm
<https://slco.org/behavioral-health/>

SLCo Behavior Health Services (BHS) contracts with a large network of private mental health and substance use disorder providers.

- Geographically dispersed throughout the county
- Provides a sliding scale copay schedule for affordable access to care

BHS has a "no wrong door" approach, ensuring access or a referral to appropriate care through any agency in the network. Optum Medicaid consumers can speak with a care advocate at:
(877) 370-8953

NATIONAL PROGRAMS



National Suicide Prevention Lifeline
1-800-273-8255
www.suicidepreventionlifeline.org
Resources:
<https://www.sprc.org/>

Health Assessment:
<https://www.liveandworkwell.com/en/member/spotlights/health-assessments.html>



National Alliance of Mental Health (NAMI)
Mental health organization dedicated to building better lives for the millions.
Phone: **800-950-NAMI**
Text: **"NAMI"** to **741741**
nami.org

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