



Extension
UtahStateUniversity



UJINTAH BASIN

Resource Book

Connecting you to mental health
and community services

This book belongs to:

Things that trigger stress for me:

How I can help myself feel better (Coping Skills):

Friends I can call when I need to talk:

Name	Phone Number

Professionals and Agencies I can call if I need more help:

Name	Phone Number

Emergency Resources

Ashley Regional Medical Center

EMERGENCY ROOM

Vernal, 150 West 100 North (435) 789-3342

Uintah Basin Healthcare

EMERGENCY ROOMS

Roosevelt, 250 West 300 North (435) 722-4691

Vernal, 405 North 500 W (435) 789-1165

Clinics

Duchesne, 50 East 200 South (435) 738-2426

Altamont, 15548 West 4000 North (435) 454-3173

Tabiona, 38080 West SR 35 (435) 848-5509

Manila, 96 North 100 West (435) 784-3575

Mountainlands Community Health Center

Vernal, 1680 W. Hwy. 40, Ste. 201 (435) 789-2024

University of Utah Neuropsychiatric Institute (UNI)

Crisis Line (801) 587-3000

Text Line Text "START" to 741-741

Utah Poison Control Center (800) 222-1222

Email pisoncontrol.utah.edu

Suicide Prevention Resources

Northeastern Counseling-Emergency Services

Available 24/7 for individuals in a mental health crisis, aiming to alleviate distress and prevent harm. Call or visit the office during business hours or call after-hours number:

After Hours Emergency Numbers:

Vernal 435-828-8241

Roosevelt 435-823-6823

Suicide/Crisis Hotlines

Suicide and Crisis Lifeline988

SafeUT(833) 372-3388

(chat/app available)

Local Law Enforcement911

(for immediate danger)

Crisis Line in Utah

Call or Text 988

Dial 988 for the statewide suicide and crisis line

Suicide Prevention Resources

988

SUICIDE & CRISIS LIFELINE

Call or text 988
Chat 988Lifeline.org



Veterans

PRESS

1



Español

MARCA

2

Talk with us.



SAMHSA



LGBTQI+
Youth

PRESS

3



Small, pinpoint
pupils



Faint heartbeat



Blue/purple
fingernails & lips



Can't be woken



Shallow or slow
breathing



Gurgling, choking
noise

Signs of an Opioid Overdose

Medication Disposal Drop Boxes

Uintah County Public Safety Complex

Vernal, 641 E 300 S (435) 781-1300

Duchesne County Sheriffs Department

Duchesne, 21554 W 9000 S (435) 738-2015

Uintah Basin Healthcare

Vernal, 405 N 500 W (Emergency Room) (435) 789-1165

Roosevelt, 250 W 300 N (Pharmacy) (435) 722-4691

Ashley Regional Medical Center

Vernal, 150 West 100 North (Emergency Room) (435) 789-3342

Semi Annual Community Drug Give Back Days will vary.

Tri County Health- Syringe and Vape Disposal

Vernal, 133 S 500 E (435) 247-1177

Roosevelt, 409 S 200 E (435) 722-6300

Mental Health, Therapy, & Counseling

mentalconnection.com

Northeastern Counseling Center

Roosevelt Office (435) 725-6300

Roosevelt After Hour Emergency (435) 823-6823

Vernal Office (435) 789-6300

Vernal After Hour Emergency (435) 828-8241

Ute Indian Tribe Alcohol/Substance Abuse Prevention - Ft. Duchesne

Business Hours Monday–Thursday 8 am - 6:30 pm. (435) 722-3234

Ute Indian Tribe Family Services - Ft Duchesne

Business Hours (435) 725-4054

After Hours Emergency (435) 823-0147

Division of Child & Family Services - Statewide

Available 24 Hours 1-855-323-DCFS (3237)

Suicide & Crisis Lifeline 988

SafeUT App for Students, Parents, Frontline Workers & National Guard

SAMHSA1-800-662-HELP (4357)

(Substance Abuse and Mental Health Services Administration)

Veterans Crisis Line 988 press 1

Trevor Lifeline (LGBTQ) 1-866-488-7386

www.thetrevorproject.org

Utah Domestic Violence Crisis Hotline 1-800-897-LINK (5465)

Friends Against Family Violence 24/7 Hotline (435) 781-2264

Roosevelt

Basin Family Counseling LLC

Cicile Rios, LMFT

Services: Family Therapy, Individuals, Couples

Phone: (435) 823-7455

Rock Creek Counseling LLC

Kenzi Adams, LCSW, PMH-C

Services: Individuals, Couples Families, EMDR, Postpartum

Phone: (435) 315-2244

Website: rockcreekcounseling.org

Valiant Endeavors Counseling Services

Spencer Donovan, LMFT

Mental Health services for Children, Adolescent, and Adult Individuals, Couples and Families (435) 823-2367

Kings Peak Therapeutic Services

Shane Whiting, PhD, LMFT

Servies: Individual, Couples, and Family

Phone: 801-425-6018

New Pathway Counseling

Jessica Tibbitts

Services: Trauma, Anxiety, Depression (youth & adults)

Phone: (435) 401-3001

Carrie Wallace, LCSW

Individual IFS/EMDR/ART therapy for adults Trauma, PTSD, Anxiety, Dissociative Disorders (DID) Contact: carriw@envisioncounselor.com

(385) 399-3716

Website: envisioncounselor.com

Thriving Kids

Sunny Nielsen, LMHC

Adolescents with Anxiety, Depression, etc.

LGBTQ+ affirming

(801) 209-6108

Ben Pugh Coaching, Certified Life Coach

Parents and Teen Life Coaching Services

Services: Individuals, Couples, Teens, Families, Relationship Issues

Website: benpughcoaching.com/podcast/

Podcast: benpughcoaching.com/podcast/

Phone: (435) 401-5504

Email: ben@benpughcoaching.com

Vernal

Higgins Family Center

Jesse Higgins. MS, LMFT, CFLE

Kylynn Beatty, MS (children)

Phone (435) 200-3122, (435) 828-3256

Services: Relationship Issues, Sex Therapy, Trauma, PTSD

Website: higginsfamilycenter.com

Carolyn Kruger, LCSW

Services: Coping skills, Anxiety, Substance Use

Phone: (435) 571-0352

Brad Beson, LCSW

Phone: (435) 621-6142

Women's Wellness Counseling

Phone: 801-694-8872

Gayla Perkins

Services: Anxiety, Depression, Trauma, etc.

Healing Roots Therapy

Alisha Gowen

866-766-8789

89 West Main Street, Vernal, Utah

Cardinal Counseling & Consulting, PLLC

(435) 789-1305

21 E Main St, Vernal, Utah

Lighthouse Youth and Family Therapy

Charles Crane, LMFT (teens)

Diane Carney, CSW (men)

Charles Stacey

Services: PTSD, OCD, ODD, Anxiety, Depression (no substance abuse)

Phone: (435) 790-2757

Website: www.lighthouseyouthandfamily.com

Mandaran Labrum, LMFT

Services: EMDR, Family & Individual

Phone: (435) 315-2615

Melissa Huber, LCSW

Services: Relationship Issues, Grief, Trauma, PTSD

Phone:(435) 828-8397

Nourishing Therapy

Heatherly Gardner, LCSW

Services: Life Coaching, Addiction, Trauma/PTSD (age 15+)

Phone: (435) 244-6527

Uintah Basin Medical Center

Dr. Daniel Colver, DBH, LMFT

Office in Roosevelt

Phone: (435) 247-4279

Empowering Minds

Michelle Smith

(435-790-5628)

89 West Main Street, Vernal, UT

Harmony Psychiatry

Phone: (435) 250-4580

Ronda Merrell, APRN, PMHNP-BC (Psychiatric Mental Health Nurse Practitioner)

Keith Beard, LCSW

Phone: (435) 828-2945

A&H Counseling

Phone: (435) 200-5683

Services: Couple/Family Therapy, Play Therapy, TOVA Testing, Substance Use Treatment

Behavior

Learning Solutions

435-299-2399

80 N Vernal Ave., Vernal, Utah

Services: ABA Therapy, Speech Pathology, Psychological Testing

Precision Behavior & Learning

(435) 219-1603

390 W Main Street, Vernal, Utah

Services: In-Home ABA Therapy, Clinic Based ABA Therapy, Hybrid ABA Therapy, Parent Training

Boundless Behavior LLC

(435) 789-2588

1293 W Hwy 40, Vernal, Utah

Services: ABA Therapy, Parent Training and Support

Spectrum Behavioral Therapy

435-621-6863

390 West Main Street, Vernal, Utah

Services: ABA Therapy, Parent Training, Social Skills Groups

General Resources

AA, NA ALANO & CODA

AA Area Hotline (435) 789-0914
Roosevelt Club, 144 E 300 South

Active Re-Entry

330 S Aggie Blvd, Vernal, UT (435) 789-4020
Provides assistance to disabled clients to improve quality of life

Adult Education

Vernal, 559 N 1700 W, Vernal (435) 781-4675
PO Box 249, Manila (435) 784-3174 Ext 100
Roosevelt, UBATC, 110 E Lagoon (435) 725-4514

Basin Transit- www.ridebta.org

Roosevelt, 330 E 100 S (435) 722-5221
Child Care Resource & Referral (888) 637-4786
Connections After-School Program
635 W 200 S, Vernal, UT (435) 781-3100

DDI Vantage

58 N 100 E (83-10) Roosevelt, UT (435) 657-7170

PrimeTime 4 Kids

Vernal, 1360 W HWY 40 (435) 789-5409
Little Blossom, PO Box 217, Ft. Duchesne (435) 722-5654
Services are available to children 0-3 years old who reside in Uintah or
Daggett Counties

Division of Aging & Adult Services

Referral Hotline (800) 722-6550
Manila (435) 784-3158
Duchesne, 734 N Center Street (435) 738-1170
Roosevelt, 50 E 200 S (435) 722-4296
Vernal, 155 S 100 W (435) 789-2169
www.hsdaas.state.ut

Division of Child & Family Services

Roosevelt, 350 W 800 S (435) 722-6550
Vernal, 1052 W Market Dr (435) 781-4250

Family Support Center

Roosevelt, 259 N 700 E (435) 722-2401
Provides parenting classes and 24-hour nursery for children ages 0-11 during family emergencies.

Food Pantry

Manila, 93 N 1st W (435) 784-3993
Duchesne, 8180 S 21000 W (435) 738-2854
Roosevelt, 420 E 100 S (435) 722-5232
Vernal, 426 E 200 S (435) 789-1014

Friends Against Family Violence

24 Hours Crisis Hotline (435) 781-2264
Business Office (435) 781-0613
Domestic Violence Uintah & Daggett Advocate (435) 219-3975
Domestic Violence Duchesne Advocate (435) 219-2495
Sexual Assault Uintah & Daggett Advocate (435) 790-6356
Sexual Assault Duchesne Advocate (435) 790-6366
www.fafv.org

Head Start

Vernal, 155 S 100 W (801) 841-2867
Ute Tribe, PO Box 265, Ft. Duchesne (435) 722-4506
www.headstart.org or www.utahheadstart.org

Housing

UBAOG (435) 722-4518
Farm Home-Rural Development (435) 789-1338
Myton City Housing Authority (435) 722-5858
Roosevelt City Housing Auth., (435) 722-5858
USDA (435) 789-2100 Ext 6
Ute Tribe Housing (435) 722-4656
Uintah Basin Assistance Council (435) 781-4156
Section 8 Housing (435) 722-3952

Law Enforcement- FOR EMERGENCIES 911

Westside Central Dispatch (435) 738-2424
Roosevelt Central Dispatch (435) 722-4558
Vernal Central Dispatch (435) 789-4222
Daggett County Sheriffs (435) 784-3255
Duchesne County Sheriffs (435) 738-2015
Uintah County Sheriffs (435) 789-2511
Naples City Police (435) 789-9449
Roosevelt City Police (435) 722-4558
Vernal City Police (435) 789-5835
Ute Tribal Police (435) 722-2012, (435) 722-0964

Legal Services

Disabled (800) 654-5750
Timpanogos Law Center (801) 649-8895
Local Law Center Outreach (435) 823-1223

Libraries

Duchesne, 130 S Center St (435) 738-2800
Roosevelt, 50 N 200 W (435) 722-4441
Uintah County Library, 204 E 100 N, Vernal (435) 781-0091

Mental Health

808 Pacific Counseling (435) 412-1642
Higgins Family Counseling (435) 828-3256
Mandaran Lynn Counseling(435) 315-2615
Basin Family Counseling (435) 823-7455
Rock Creek Counseling (435) 315-2244
Kodiak Counseling (435) 200-5684

Northeastern Counseling Center

Roosevelt, 285 W 800 S(435) 725-6300
Vernal, 1140 W 500 S(435) 789-6300

Northeastern Services for People with Disabilities

Roosevelt, 83 N 400 E(435) 722-3502
Vernal, 330 E 100 N(435) 781-8287

Be the Light Recovery Foundation

December Hatch(435) 545-4427

Office of Recovery Services-ww.ors.utah.gov

Provo, 150 E Center Street #2100 (801) 536-8500

Project Alley Women's Recovery Center (435) 789-1011

Department of Workforce Services

Roosevelt, 140 W 425 S (435) 722-6500
Vernal, 1050 W Market Dr (435) 781-4100
Eligibility Services (866) 435-7414
Unemployment (888) 848-0688
www.jobs.utah.gov

R.I.S.E

Roosevelt, 11 E 200 N (435) 722-3935
Vernal, 671 W 100 N (435) 789-4567
Assist mentally & physically challenged individuals in finding employment
and support for everyday life

Salvation Army

Bobbie Snyder (435) 625-1453

School Districts

Uintah School District 826 S 1500 E Naples (435) 781-3100
www.uintah.net
Duchesne County 1010 E 200 N Roosevelt (435) 725-4500
Daggett County 196 West 2nd North (435) 784-
3174

Shelter (Homeless)

Uintah Basin AOG, 24hr on-call line (435) 724-4673
Office, 330 E 100 S, Roosevelt (435) 722-4518

Social Security Administration

Information (800) 772-1213
Provo, 485 N Freedom Blvd (866) 366-9549
TTY Line (800) 325-0778
Roosevelt, Vido Conference at UBAOG
Tuesdays 9-11am
www.ssa.gov

Split Mountain Youth Center

830 E Main, Vernal (435) 789-2045

StepOne Recovery

December Hatch (435) 545-4427

Thompsons House of Hope

..... (435) 435-0665

Transient Bishop-Bart Miller

..... (435) 823-6909

Tricounty Health Department

Roosevelt, 409 S 200 E.....(435) 722-6300

Vernal, 133 S 500 E(435) 247-1177

www.tricountyhealth.com

UBTECH

Roosevelt, 110 E Lagoon (435) 722-6900

Vernal, 450 N 2000 W (435) 725-7100

USU Extension

Duchesne, 130 S Center St..... (435) 738-1140

Vernal, 328 E 200 S (435) 781-5452

www.extension.usu.edu/uintah/

www.extension.usu.edu/duchesne/

Utah State University

Roosevelt, 987 E Lagoon (435) 722-2294

Vernal, 320 N. Aggie Blvd (435) 789-6100

www.usu.edu

Uintah Basin Association of Governments

Roosevelt, 330 E 100 S (435) 722-4518

HEAT Assistance (435) 722-5218

Basin Transit (435) 722-5221

Weatherization, Aging, Rental Assistance, Emergency Shelter, Food Pantries, RSVP, Foster-Grandparents, Self-Help Housing, HEAT, Housing Rehabilitation, BTA, Transitional Housing, VITA

www.ubaog.org or www.ridebta.org

Ute Indian Tribe

Ft. Duchesne (Main Office) (435) 722-5141

Ute Family Services 24/7 Emergency Line (435) 824-0147

Red Pine Residential Treatment Center (435) 722-9906

Alcohol Substance & Prevention (ASAP) (435) 722-3234

www.uteindiantribe.com

Veterans Administration

Local Vet Employment Reps (435) 781-4100, (435) 722-6500
Local Veteran Coalition (Ashley) (801) 823-7040
VA Regional Office (800) 827-1000
VA Medical Center, SLC (800) 613-4012
Disabled Vets (800) 624-5941
Daniel Burton, Outreach Specialist, Dept of VA (801) 326-2372

Victims Advocate

Daggett County Victim Assistance (435) 784-3218 x 220
Duchesne County Victims Services (435) 722-8003
Friends Against Family Violence Crisis Line (435) 789-5434
Uintah County Victim Assistance (435) 789-5434
Ute Tribe Victim Assistance (435) 724-4223
Vernal City Victim Assistance (435) 789-4250

Vocational Rehabilitation Services

Roosevelt, 140 W. 425 S (330-13) (435) 722-6969
Vernal, 320 N Aggie Blvd, Ste 105 (435) 789-0273
www.usor.utah.gov

Various Numbers

Information & Referral 211
Relay Utah 711
Road Conditions 511
8th District Court (435) 781-9300
Children's Justice Center (435) 722-4843
Domestic Violence Info Line (800) 897-5465
Job Corps (801) 693-2902, (800) 733-JOBS
Roosevelt City (435) 722-5001
Roosevelt City Chamber (435) 722-4598
Crossroads Senior Center (435) 722-4296
Toll Free Child Abuse Hotline (800) 341-7005
Utah HEAT Child Abuse Hotline (866) 205-4357
Ft. Duchesne Indian Health Clinic (435) 722-5122
Animal Control (435) 722-4558, (435) 789-4222

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HEALTH EXTENSION
Advocacy, Research, Teaching.



ASSOCIATION OF GOVERNMENTS



Friends
Against
Family
Violence



RURAL
WELLNESS INITIATIVE



Extension
UtahStateUniversity



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