



## How to find behavioral health services for children and youth

Do you know a child who is sad, angry or anxious?  
Does a child in your life have extreme behaviors?

Here are some resources in your community that can help.

### Services for Medicaid, Non-Medicaid, and Underinsured

- Assessment and diagnosis
- Personal treatment plans
- Therapy for individuals, families and groups
- Crisis services
- Help to manage medications
- Psychological and neuropsychological testing
- Coordination of services in the community
- Skills training and development
- Family peer support services

For information about services please call:  
**1-800-640-5349** or visit the website at  
[tooele.optum.com](http://tooele.optum.com).

### Types of Community Supports

- Prevention
- Crisis services
- Mental health services
- Substance use disorder services
- Help after care and recovery
- LGBTQIA2+



### Providers who speak Spanish

- Multicultural Counseling Center 1-801-915-0359
- Bonneville Family Practice 1-435-248-0333
- Valley Behavioral Health 1-435-843-3520



**24-hour Utah Crisis Line:**  
**1-801-587-3000**

**Tooele Dispatch Line:**  
**1-435-882-5600**

### Other Resources in your community

#### NAMI Utah

Helps support and advocate for people with mental illness.

- ✓ For help call: 1-801-323-9900
- ✓ Visit the website: [namiut.org](http://namiut.org)

#### Take Care Utah

Free help with health insurance and enrollment

- ✓ For help call: 2-1-1 or 1-801-433-2299
- ✓ Visit the website: [takecareutah.org](http://takecareutah.org)

#### School-based Support

The child's school can be a resource in finding help.

- ✓ Ask the school's assigned counselor
- ✓ Ask the school administrator

[liveandworkwell.com](http://liveandworkwell.com) [findhelp.org](http://findhelp.org)

If a child you know who needs help, **Optum** is here for them!

If they have Medicaid or no insurance, please call: **1-800-640-5349** or visit the website at [tooele.optum.com](http://tooele.optum.com).