

Resource Directory:

Help and Resources for Mental Health, Wellness, and Recovery Connections.

Crisis / Emergency Resources

988 Suicide & Crisis Lifeline

Dial **988**

24/7 access to trained counselors.

Crisis Text Line

Text **HOME** to **741741**

Free 24/7 support via text.

Veterans Crisis Line

Dial **988**, then Press **1**

For veterans, service members, and families.

SAMHSA Helpline

1-800-662-HELP (4357)

Treatment locators and free 24/7 support.

Mental Health America

(703) 684-7722

Mhanational.org

NAMI (National Alliance on Mental Illness)

1-800-950-NAMI (6264)

Text **NAMI** to **741741**

Nami.org

Local / Ogden / Weber-Morgan County Resources

Trevor Project

1-866-488-7386

Text **START** to **678678**

Crisis support for LGBTQ+ youth.

Weber Human Services (WHS)

237 26th Street, Ogden, UT 84401

(801) 625-3700

Weberhs.net

Provides mental health treatment; sliding fee scale.

Clinical Consultants (Mental Health & Treatment Services)

2661 Washington Blvd., Suite 102, Ogden, UT

(801) 621-8670

Ogdencity.gov

Family Counseling Service of Northern Utah

3518 Washington Blvd., Ogden, UT

(801) 399-1600

Offers general, adolescent, youth counseling & evaluation.

Midtown Community Health Center

269 West 33rd Street, Ogden, UT

801-393-2742

James Madison Elementary Health Center: 781 25th Street, Ogden, UT

Community & Social Support

United Way 211

Dial **211**

Referral for housing, food, healthcare, mental health.

YMCA

Ymca.org

Youth development, family programs, wellness.

Boys & Girls Clubs of America

Bgca.org

After-school support and mentorship.

Local Spiritual Centers

Contact local churches, mosques, temples, interfaith groups.

Many provide free or low-cost counseling, food, and support.

Veteran Service Organizations

Vfw.org / legion.org

Support, community, wellness for veterans.

Community Action Partnership

Communityactionpartnership.com

Local branches provide housing, food, and wellness programs.

Recovery & Peer Support

Alcoholics Anonymous (AA)

aa.org

Narcotics Anonymous (NA)

Na.org

Al-Anon & Alateen

Al-anon.org

SMART Recovery

Smartrecovery.org

Celebrate Recovery

Celebraterecovery.com

Refuge Recovery

Refugerecovery.org

Faces & Voices of Recovery

Facesandvoicesofrecovery.org

Utah Peer Support Coalition

Utahpeers.org

Digital & App-Based Resources

Headspace

Headspace.com

Meditation, mindfulness, sleep.

Calm

Calm.com

Meditation, relaxation, sleep.

Insight Timer

Insighttimer.com

Free meditations, sound healing, live classes.

BetterHelp

Betterhelp.com

Online licensed therapy.

Talkspace

Talkspace.com

Online therapy.

Aura

Aurahealth.io

Guided meditations, CBT, wellness.

Breathwrk

Breathwrk.com

Guided breathwork.

PTSD Coach (VA App)

[Ptds.va.gov/appvid/mobile/ptsdcoach_app.asp](https://ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

Mindfulness Coach (VA App)

[Mindfulness.va.gov](https://mindfulness.va.gov)

How to Get Involved with Million Vibes Movement

Volunteer opportunities

Join the Tribe

Social media + website QR code

Info on the “First 2000 Tribe Shirts” pre-order support

Contact & Socials

Website: **AMillionVibesMovement.com**

Instagram: Posi_VibesTribe

Email: Posivibesfrequencywellness@gmail.com

Phone: 801-997-1667

Just Resources no Direct Affiliations