

WHERE TO GO FOR HELP WITH FUTURE MENTAL ILLNESS EPISODES OR PROBLEMS
If you need immediate assistance, contact 911 or 1-800-273-TALK/8255.

St. George Police Dept. Dispatch (If you are in danger of harming yourself or others or have ended up in a legal situation.)

(435) 627-4300. Ask for CIT Officers (Crisis Intervention Team Trained)

NAMI (National Alliance on Mental Illness), (435) 688-9458, P.O. Box 2265, St. George, UT 84771

This organization offers a support group for family members, significant others and friends of those with mental illness, called **FAMILY TO FAMILY**, and is taught by trained **Certified Family Members** who have suffered from a loved one with a mental illness. There is also an educational class called **B.R.I.D.G.E.S.**, taught by consumers (those who suffer from mental illness), teaching about mental illness and how to live with the symptoms and problems. **PARENTS AND TEACHERS AS ALLIES** is a 2 hour in-service program for educators and parents. **HOPE FOR TOMORROW** is taught 3 times a year and teaches students about the symptoms and dangers of mental illness. All classes are free. <http://www.namiswutah.org/> <http://www.namiut.org/>

SOUTHWEST BEHAVIORAL HEALTH CENTER, (435) 634-5600, 474 West 200 North, Suite 300, St. George, UT 84770

To be treated by Southwest a person must have, or be eligible for, Medicaid or have other health insurance coverage. Southwest focuses mainly on people with serious mental illnesses such as Schizophrenia, Bi-Polar Disorder, or Schizo-Affective Disorder. HOWEVER, Southwest will do a free screening for anyone and will help them match their needs with available resources at other locations. <http://www.swbehavioralhealth.com/>

DOCTORS VOLUNTEER CLINIC, (435) 656-0022, 1036 East Riverside Drive, St. George, UT 84790. This clinic treats people living 150% below the poverty level, NOT eligible for Medicaid, Uninsured. Appointments and walk-ins available. They do have mental health care. They also have a "MEDICALLY SUPERVISED OUTPATIENT DETOX". www.doctorsvolunteerclinic.org/

FAMILY HEALTHCARE (formerly Southwest Community Health Center), (435)986-2565, 25 N 100 E, Suite 102, St. George, UT 84770, Or Millcreek High School, 2410 E. Riverside Dr., St. George, UT 84790. Also (435) 865-1387, 74 W Harding Ave., Cedar City, UT 84720. This clinic treats anybody, Medicare, Medicaid, Private Insurance, fees on a sliding scale. Same day access. Pre-Natal care. They will screen for mental health problems, \$20 deposit for an appointment for screen. They will prescribe psychotropic medications if necessary and participate in the **OUCH program**, **Smith's pharmacy, for lower cost meds.** <http://www.familyhc.com/>

VETERANS ADMINISTRATION, ST.GEORGE CLINIC, (435)634-7608, X 6000, 1067 East Tabernacle, Suite 7, St. George, UT 84770. This is a small Community Based Outpatient Clinic. Most services are in Salt Lake City. Call for information on available services. http://www.saltlakecity.va.gov/st_george_cboc.asp

Veterans Affairs, Dept. of -Washington Co. Vet Center (435)673-4494, 1664 S Dixie Dr. Ste. 102, St. George, UT 84770. Free counseling or trauma therapy for Combat Veterans and their families. <http://www2.va.gov/directory/guide/facility.asp?ID=6153>
<http://www.mentalhealth.va.gov/>

DIXIE REGIONAL MEDICAL CENTER, (435-688-4343), 1380 E Medical Center Dr. , St. George, UT 84790. This is a 9-bed adult inpatient psychiatric unit at the 400 East Campus for people in crisis, with links to outpatient care. This is for patients with Medicaid, Medicare or other forms of health insurance. Financial aid may also be available Although it is an adult unit it will take 14-17 year olds for stabilization. The average length of stay is 4.5 days. This is NOT a chemical dependency unit. <http://intermountainhealthcare.org/hospitals/dixie/Pages/home.aspx>

WASHINGTON COUNTY YOUTH CRISIS CENTER, (435) 656-6100, 251 E 200 N., St. George, UT 84770. This center offers 24-hour crisis counseling for youth and their families. <http://www.utah.gov/residents/healthandss.html>

DOVE CENTER

24-HOUR HOTLINE: (435) 628-0458 Free services for women and men who have been victims of domestic violence or sexual assault. Committed to provide safe, caring, and confidential **shelter for women and children**, advocacy, support for victims of domestic violence and sexual assault and to reduce the incidents of abuse through prevention education. <http://dovecenter.org/>

LDS FAMILY SERVICES, (435) 673-6446, 2480 East Red Cliffs Drive, St. George, UT 84790.

Family Services offers ecclesiastical and counseling services and will refer to other agencies. There is also an Addiction Recover Program facilitated by part-time Service Missionaries. Some Service Missionaries are also trained by the Alzheimer's Association to work with families. <http://www.providentliving.org/channel/0,11677,2872-1,00.html>

OCATIONAL REHABILITATION, SO UTAH DIST. (435)-673-5091. 965 E 700 S, St. George, UT 84790. If you are a person with a disability who needs assistance getting back to work, you may be eligible to receive funding for medications, education, training and equipment. <http://www.usor.utah.gov/apply-for-services>.