

Community Mental Health Resources



Central Utah Counseling Center - accepts Medicaid
51 North Center Street Delta, UT 84624
435-864-3073

Cornerstone Clinical Services, LLC
Gary Anderson, CMHC and Stacy T. Anderson, LCSW
520 Topaz Blvd, #208 Delta, UT 84624
435-864-7072

Ascend Counseling and Wellness
Delaine Bliss CMHC, Skyler Porter CSW, Taylor Peterson IMFT
111 E Main Delta, UT 84624
435-688-1111

LDS Family Services - Contact local Bishop or Stake
President or call Richfield office: 435-896-6446



Life-Threatening Emergency - 911

Local Crisis Line - (877) 469-2822

Utah Statewide Crisis Line - (800) 587-3000

National Suicide Prevention Lifeline
Dial 988 or 1-800-273-TALK (8255)
Available 24 hours a day, 7 days a week, 365 days a year
Text line for the deaf & hard of hearing - 800.799.4889

The Warm Line - 801-587-1055
Staffed by peer support specialists 3pm-11pm

Stabilization and Mobile Response - Utah Department of Human Services - 1-833 SAFE-FAM (723-3326)
Free Services available 7am-11pm
Provides family support either over the phone, on-line, or in the home to address immediate challenges parents or children are facing. Equips families with ongoing resources and support for any issue (i.e.: self-harm, abuse, substance use, school problems, depression, anxiety, bullying etc.)
For more info: hs.utah.gov/smr



Delta Community Hospital - emergency room suicide evals
126 White Sage Ave Delta, UT 84624
(435) 864-5591
Mental Health Resources (Millard Behavioral Health Community Network - services available for underinsured) -
(435) 864-1512

Delta Family Medicine
140 White Sage Ave Delta, UT 84624
435-864-3333

White Sage Family Practice
130 White Sage Ave Delta, UT 84624
(435) 864-2708

Hometown Health and Wellness
Kierstin Petersen, NP
655 E Days Ave Delta, Utah 84624
435-864-7210



SafeUT – safeut.org or download the Safeut app
Provides 24/7 access to free crisis counseling for emotional crises such as grief and loss, drug and alcohol problems, mental health issues, self-harm, and suicidal behavior. Students or parents may also report a confidential tip on bullying, school threats of violence or concern about someone in crisis.

Virtual Hope Box App
As an accessory to treatment, this smartphone app contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.

MY3 App
This app helps you stay connected if having suicidal thoughts. It helps you identify a support network and helps you make a plan to stay safe. It connects you with resources.

Mood Tools App
This app features tools such as a thought diary, activities, videos, info, and more, to help you pull out of depression, sadness, anxiousness, negativity, etc.