MENTAL HEALTH RESOURCES
FOR CATHOLICS

Diocese of Salt Lake City, Utah



10/1/2026

Catholic Therapists, Recovery Programs, and More

DIOSLC.ORG



The Diocese of Salt Lake City affirms the inherent dignity and worth of every person, and the importance of caring for the whole human person—body, mind, and spirit. Mental health struggles can affect anyone—individuals, families, clergy, and communities. We recognize that seeking help is not a sign of weakness but an act of courage.

If you or someone you love is experiencing emotional distress, anxiety, depression, or other mental health concerns, please know that you are not alone. The following guide is provided to especially connect Catholics to available resources.

“Come to me, all you who labor and are burdened, and I will give you rest.” (Matthew 11:28)

MENTAL HEALTH

Why it Matters

"Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted."

The Diocese of Salt Lake City, recognizing the growing impact of mental health concerns, stands in solidarity with members of our community who often suffer in a most invisible way. Our family, friends, and communities include those who desire help, but are too afraid to ask and continue to feel the pain of mental or psychological crisis. Ideally, all should be welcome to ask for help before they reach a crisis point without stigma.

To those who experience ongoing mental health concerns, their struggle can be debilitating, distracting, and a barrier to them flourishing as their authentic self. With a desire to help those in need, we understand that seeking and contemplating God may be challenging when the physical needs of the body and mind are not met. **As such, the mental health epidemic in our nation is a critical challenge to fostering true peace and social justice in our society.**

In response, the following pages are to make members of our community aware that close, loving support is nearby. **The first pages include local resources** that wish to serve those in need. Since mental health issues may often appear in conjunction with other acute needs like job loss, addiction, or other anxieties, we hope this booklet will serve as a starting point so those in need can have a concrete step to start healing. Lastly, **licensed Catholic counselors in the area are listed for those wishing to more easily integrate their faith comfortably with their healing.**

CATHOLIC PRAYERS WHEN ANXIOUS

ST. TERESA OF AVILA

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.

PSALM 23

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.

CRISIS AND IMMEDIATE SUPPORT

The following resources are meant for those suffering from mental health conditions that would count as serious. If you are considering suicide or self-harm, please reach out to professional help right away.

If you are experiencing an immediate emergency, please call 911.

National Suicide Prevention Lifeline: 988 or 1-800-273-8255

University of Utah Health Crisis Line: (801) 587-3000

Huntsman Mental Health Institute Crisis Care Center
24/7 Walk-Ins: 955 West 3300 South, South Salt Lake, UT 84119

Utah Department of Health and Human Services
https://sumh.utah.gov/contact/location-map/

CORE COMMUNITY-BASED COUNSELING

Community-based programs offer help to the core of our friends and family, providing care for families, victims of crime, couples, and more. The challenges of these demographics are often hidden, yet they are crucial parts of our community.

Peer support, couples therapy, and group classes all serve to strengthen our community and offers important life skills that help those in need become more resilient.

HOLY CROSS MINISTRIES

EN ESPAÑOL

Counseling Program

Overview: HCM's Counseling Program focuses on the psychological well-being of victims of crime from underserved communities. Our services are provided in English and Spanish by bilingual, bicultural therapists.
Services: Individual therapy, Family therapy, Psychoeducation Group therapy, Domestic violence support group
More Information: https://www.hcmutah.org/counseling-program/

JACKY'S RECOVERY SUPPORT SERVICES

(Latino Behavioral Health Services) EN ESPAÑOL

Overview: Jacky's Recovery Support Servies ***(formerly Latino Behavioral Health Services)*** is a culturally responsive program focused on recovery support for Latino communities.
Services: Peer support, case management, recovery coaching, and mental health services.
More Information: https://jackysrecovery.org/locations/salt-lake-city/

GRANDFAMILIES

Children's Service Society of Utah

Overview: GRANDfamilies is a support, advocacy, educational and crisis intervention program designed to provide information and support to kinship families so that the needs of safety and permanency for children can be met.
Services: Case management, Psycho-educational classes for caregivers, adolescents, and children, and more.
More Information: https://cssutah.org/our-programs/grandfamilies

---

SUNCREST COUNSELING

"The Dawning of a New Day"

Overview: A counseling practice that provides IOPs with group therapy options, art therapy, and more in the Salt Lake Valley.
Services: Addiction and Marriage Counseling, Mental Health for First Responders, Massage Therapy, teen and court-ordered counseling, and more.
More Information: https://www.suncrestcounseling.com

UNIVERSITY AND LOW-COST CLINICS

There are a variety of free and low-cost clinics for those needing care, often offered in conjunction by a university of collegiate program. University clinics allows important training and development of informed and effective practices for those studying to be a part of the mental healthcare career path under expert supervision.

With the partnership with major universities, care methods can be contmporary, leading edge, and overseen by qualified experts.

UVU COMMUNITY MENTAL HEALTH

UVU Orem Clinic

EN ESPAÑOL

Overview: This clinic offers free therapy services, and sessions are video recorded for training and supervision purposes, ensuring quality care while maintaining confidentiality. The clinic focuses solely on therapeutic support. Located at 800 W University Parkway, Orem, UT
Services: Mental health counseling in English and in Spanish
More Information: https://www.uvu.edu/community-clinic/

HMHI BEHAVIORAL HEALTH CLINIC

University of Utah Park City Clinic

Overview: Huntsman Mental Health Institute is part of the University of Utah Health system, the state's only academic medical center, and is dedicated to providing high-quality, evidence-based mental health care.
Services: Comprehensive psychiatric care, therapy, crisis services, and specialized treatments for individuals of all ages.
More Information: https://healthcare.utah.edu/locations/park-city-behavioral-clinic

BYU COMPREHENSIVE CLINIC

Brigham Young University

Overview: BYU Comprehensive Clinic provides affordable counseling services for individuals, couples, and families in the Utah County community. As a training and research facility, therapy is delivered by graduate student interns under the close supervision of licensed, experienced faculty.
Services: Counseling, psychological assessments
More Information: https://comprehensiveclinic.byu.edu/



BUENA VIDA THERAPY

Living Well

EN ESPAÑOL

Overview: Telehealth appointments using HIPPA secure video therapy platform, offering individual therapy sesssions in English and in Spanish. Self-pay and sliding scale fees available.
Services: Trauma-focused (EMDR, TF-CBT), domestic violence and sexual abuse survivors
More Information: www.buenavidatherapy.com

UHEALTH ASYLUM CLINIC

Spencer Fox Eccles School of Medicine

Overview: Provides comprehensive forensic medical and psychiatric evaluations, advocacy, and education to support asylum seekers navigating legal and healthcare systems, student-run.
Services: Forensic, Medical, Asylum Evaluations, Research
More Information: https://medicine.utah.edu/global-health-education/asylum-clinics

MULTISERVICE AND SPECIALIZED PROGRAMS

Often, highly-specialized types of programs are necessary for specific cases. These situations may be things such as court-ordered counseling or DUI evaluations by a qualified professonal, or psychological assessments for immigration and asylum cases.

Additionally, special programs may serve unique groups such as very young children, toddlers, or non-English speaking communities.

Often, help with managing cases, medication, and more, is available.

MULTICULTURAL COUNSELING CENTER

MCC EN ESPAÑOL

Overview: Offering high-quality short-term services in English and Spanish in a supportive environment, actively involving family members in the therapeutic process. Located in West Jordan.
Services: Therapy, immigration evaluations, DUI evaluations, case management, peer support, bilingual services
More Information: https://www.mccounseling.com/

BHIDC CLINICAL SERVICES

Behavioral Health Innovation and Dissemination Center

Overview: BHIDC provides a comprehensive range of evidence-based clinical services for adults, children, and couples,
Services: Adult therapy, child and family services, couples therapy, group therapy, psychological assessments, and medication management.
More Information: https://bhidc.utah.edu/services.php

VALLEY BEHAVIORAL HEALTH

Get Help Today

Overview: Valley Behavioral Health is a community-based, nonprofit agency that provides comprehensive mental health, substance use, and behavioral health services across Utah and serve over 14,000 individuals each year.
Services: Therapy, case management, medical support, and life skills services
More Information: https://valleycares.com/

THE CHILDREN'S CENTER UTAH

Where Hope and Healing Happen EN ESPAÑOL

Overview: The Children's Center Utah is a trauma-informed organization dedicated to supporting the emotional well-being of infants, toddlers, preschool-aged children, and their families through comprehensive mental health care. Spanish-speaking clinicians available,
Services: Ages 0–6, trauma therapy, family therapy, medication
More Information: https://childrenscenterutah.org/

ASIAN ASSOCIATION OF UTAH

AAU

Overview: The primary human trafficking victim services provider in Utah. AAU provides full wraparound services to help victims go from Survive to Thrive.
Services: Behavioral Health, Human Trafficking Victim Support
More Information: https://aau-slc.org/



ANNA KATE MARSH

CATHOLIC

Counselor, MA, CMHC

EMAIL: UPPERROOMSLC@GMAIL.COM

357 SOUTH 200 EAST, SUITE 202, SALT LAKE CITY, UT 84111
(901) 482-5131

As a client centered therapist, my goal is to meet every person where they are uniquely. I work primarily with people who struggle with sexual trauma and addiction. Both of which can affect someone for a lifetime, but my goal is to provide the support necessary to help you get unstuck and move forward. That work can start at any age, 4 or 54. Trauma work takes time, but my ultimate goal is to put myself out of a job. I believe healing happens in the context of relationships with people who STAY. Healing can start in the therapy office, then transition into your every day relationships. I'd feel honored to be a small part of your journey!

As a natural extravert, I love meeting new people! Whether engaging a child in play therapy for the first time, building rapport with an angsty teen, or making space for meaningful conversation as an adult, I welcome the opportunity to hear about whatever life circumstances bring you to therapy. If I'm not a good fit, I'll point you in the right direction!

My focus areas include: crisis intervention, child therapy, and sexual trauma or addiction. With an undergraduate degree in child development, I also specialize in supporting families through complex life circumstances. I've worked extensively with children for the past ten years, including background training in infant/toddler mental health, child abuse prevention, medically complex children, grief/loss of a child, suicidal ideations and self harm. I am certified in Narrative Trauma Therapy, which I supplement with a variety of other therapeutic modalities: Attachment, Regulation, and Competency (ARC), Play Therapy, Internal Family Systems, Somatic Therapy, Psychodynamic Therapy, and Experiential Therapy.

SPECIALTIES

- Trauma and PTSD
- Suicidal Ideation
- Sexual Addiction

EXPERTISE

- Anxiety
- Child
- Depression
- Family Conflict
- Impulse Control
- Mood Disorders
- Parenting
- Self-Harming
- Sexual Abuse
- Spirituality



AMY DAVIS

CATHOLIC

Counselor, CMHC

EMAIL: AJDAVIS0822@GMAIL.COM

275 E. SOUTH TEMPLE, SUITE 100, SALT LAKE CITY, UT 84102
(801) 831-8705

Do you wish you had deeper, more peaceful relationships? Are there issues from the past that still linger in the present? Are you feeling isolated and alone or just wish daily life wasn't such a struggle? The problems that you face are not insurmountable. There are skillful ways to build bridges and create harmony with others as well as resolve the past and feel hopeful about the future. There is a way to find joy in everyday life.

As a licensed mental health counselor, I am privileged to accompany and support my clients as they journey towards greater peace and deeper awareness. My years of high level training and professional experience are at the service of each one of my clients who are assured of a safe, strictly confidential and emotionally supportive therapeutic experience. I invite you to take the time out of your busy schedule and call today. You will be richly rewarded by the powerful benefits of therapy.

I offer in-person sessions and also tele therapy through a secure, encrypted web application.

I am a graduate of a highly regarded, CACREP accredited private Catholic university. I received my education fully in-person on campus.

SPECIALTIES

- Anxiety
- Depression
- Coping Skills

EXPERTISE

- ADHD
- Anger Management
- Codependency
- Grief
- Life Transitions
- Marital & Premarital
- Mood Disorders
- OCD
- Relationship Issues
- Self Esteem
- Spirituality
- Stress
- Thinking Disorders
- Trauma and PTSD



JASON DAUSSES

CATHOLIC

Counselor, MS, ACMHC, CCT

EMAIL: ME@JOURNEYWITHJASON.ORG

9130 SOUTH STATE STREET, SUITE 210, SANDY, UT 84070
(435) 962-9396

Do you constantly feel like you're not enough? Is your anxiety turning into panic? Are you doubting that therapy will even work for you? If you experience intense anxiety, constantly feel like you're "too much," or act out with unwanted, shameful behaviors, I'm the guy for you. Perhaps you've lost sense of who you really are, and have no idea how to discover your True Self and live a life of peace, fulfillment, and happiness. Or perhaps you've lost all sense of direction, purpose, & identity. If you are ready to experience a true sense of healing and do therapy that actually WORKS, let's get started together.

I specialize in treating panic and anxiety attacks, religious OCD, post-traumatic stress, unwanted sexual behavior, and male loneliness. I use experiential therapy, Internal Family Systems, mindfulness, EMDR, & ART (Accelerated Resolution Therapy) in treatment. My interventions yield fast, efficient, and thorough results. I will not waste your time! You must learn to sit with your pain until it has taught you the lesson it wants you to learn. Transformation happens when you are able to turn towards your pain with curiosity, compassion, and creativity.

Jason graduated from Divine Mercy University in 2024, and is privileged and grateful to have received a Catholic education in mental health counseling. Jason is a firm believer that our mental health journey mirrors Jesus's path in the Gospel, as Jesus models moving through trauma, suffering, pain, and wounding all the way through to healing, resurrection, and transformation. In his spare time, you can find Jason overlanding and camping with his wife, skiing too fast, wrenching on his cars, oil painting, playing guitar, meditating, and reading about Christian mysticism, contemplative prayer, and monastic life.

SPECIALTIES

- Trauma and PTSD
- Unwanted sexual behavior
- Panic & anxiety attacks

EXPERTISE

- Anxiety
- Codependency
- Coping Skills
- Men's Issues
- OCD
- Relationship Issues
- Sexual Addiction
- Spirituality
- Stress



MICHELLE INAUEN

CATHOLIC

Clinical Mental Health Counselor (CMHC)

EMAIL: VA@COLLABORATIVECOUNSELINGUTAH.COM

2023 WEST RANCH ROAD, FARMINGTON, UT 84025
(385) 526-2587 X100

Hello, I am Michelle Inauen. I am a Utah transplant and I am originally from Texas. I am really enjoying the four seasons here in Utah. It is nice to have snow in the winter. I do however miss the longer swimsuit season. As a person, I am big believer in family no matter the type of family you have. I do enjoy traveling, dancing, movies, socializing, and summer activities. I also do enjoy spending my free time with my husband and son.

The reason I became a counselor is that I believe humans are our greatest resource. I believe relationships and emotions are our driving force. Learning to manage our emotions, and getting along with others is vital to our existence. This is why I devoted my career to helping others heal through counseling. Seeing people heal, and grow has been such a privilege. I am honored to be in this profession.

My specialties are Anxiety, Depression, Anger-Management, Men's Issues, Couples Counseling, and Couples Workshops. My approach to therapy is to see how you handle stress. How a person handles stress is their defining moment. When things are good and easy, things go well. I also feel it is important not only to teach you how to do things differently but to practice with you as well. People can tell you need to change all day long but without guidelines, or a roadmap, you are just left going in circles. I can help you navigate the road to change. Therapy is not always easy but there is hope.

I offer Workshops in the Corporate of Individual or Group Settings.

SPECIALTIES

- Marital and Premarital
- Anxiety
- Depression
- Spiritual Trauma
- Men's Issues
- Couple's Intensives
- Corporate Workshops

EXPERTISE

- ADHD
- Anger Management
- Codependency
- Coping Skills
- Couples Workshops
- ESA Letters
- Mood Disorders
- Peer Relationships
- Relationship Issues
- Self Esteem
- Stress
- Suicidal Ideation
- Women's Issues
- Sex Therapy
- Annulments for Catholics
- Immigration Letters
- Court Related Issues



MARY GARRETT

CATHOLIC

Clinical Mental Health Counselor (CMHC)

EMAIL: MARY@FOURSEASONSCOUNSELINGUTAH.COM

3450 N. TRIUMPH BLVD. STE 102, LEHI, UTAH 84043-6114
801-435-1298

Perimenopause, menopause, ADHD, and major life transitions can leave you feeling overwhelmed, disconnected, or unlike yourself. Whether you're navigating perimenopause, menopause, body changes, or shifting roles and identities, you don't have to do it alone. I specialize in supporting women through menopause and women's health-related challenges, helping you build resilience, reconnect with your sense of self, and move through this stage of life with clarity and confidence. My approach is trauma-informed, compassionate, and grounded in evidence-based care.

My areas of focus include menopause and perimenopause support, weight and body image concerns, life transitions, relationship stress, anxiety, depression, and ADHD. I use a process-based approach, integrating mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Intuitive Eating principles.

Whether you prefer in-person sessions or the convenience of telehealth, we'll work together at a pace that feels supportive and empowering. This season of life can be one of growth, renewal, and deeper self-understanding—and I'd be honored to walk alongside you in that process.

I accept most major insurance companies and Medicare. I also accept self-pay. Please reach out with any questions.

SPECIALTIES

- Women's Issues
- ADHD
- Eating Disorders

EXPERTISE

- Anxiety
- Body Image
- Cancer
- Chronic Illness
- Chronic Pain
- Coping Skills
- Depression
- Divorce
- Emotional Regulation
- Family Conflict
- Grief
- Life Transitions
- Marital and Premarital
- Neurodivergence
- Obesity
- Parenting
- Relationship Issues
- Self Esteem
- Sleep or Insomnia
- Spirituality
- Stress
- Weight Loss

Additional Resources and Organizations

MENTAL HEALTH

Catholizare.com
Liveon.org
Newport Academy
Odyssey House
Cornerstone Counseling Center
Volunteers of America Detox Center
Psychologytoday.com
Betterhelp.com
Family Counseling Center VOA
Lifeline For Youth (https://www.lifelineutah.com)
South Valley Services
National Alliance on Mental Health
VA Spiritual Care for Veterans

FOOD BANKS AND HUNGER RELIEF

Saint Mary's Food Bank (Park City)
Utah Food Bank – Southern Utah Distribution Center
Switchpoint Community Resource Center (St. George)
Cache Community Food Pantry (Logan)
Tooele Community Resource Center
Christian Center of Park City (CCPC) Food Pantry

SENIOR SERVICES

Salt Lake County Aging & Adult Services
South Jordan Senior Programs
Murray City Senior Recreation Center

PRO-LIFE AND SINGLE MOTHERS

St. Martha's Baby Project (Ogden)
Lamb of God Maternity Home (Bountiful)
Family Support Center – LifeStart Village
Live Your Dream Foundation
The Gabriel Project (St. Mary's Park City)
Crisis Nursery (The Family Support Center)

HOMELESS RESOURCES

DWS Doorway Workforce Services
The Road Home
Youth Futures
Rescue Mission of Salt Lake

Additional Resources by Region

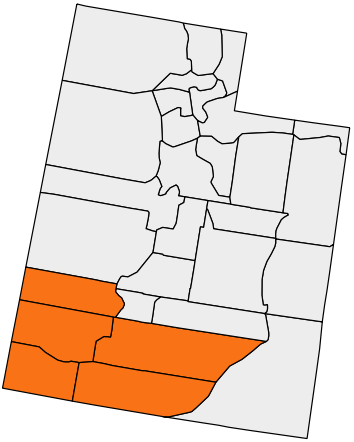
The following pages list hospitals and mental health centers by region. Locations may be part of the same network.

For additional digital resources and phone numbers accessible to all, please consider the options below:

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI) | UTAH
https://namiut.org/
Crisis Line M-F, 9 AM - 4:15 PM MT: (801) 323-9900

BETTERHELP
betterhelp.com
contact@betterhelp.com

RESOURCES BY REGION: SOUTHWEST UTAH



INTERMOUNTAIN HEALTH 24/7 Behavioral Health Crisis Clinic:

St. George Hospital
1380 E Medical Center Dr, St. George, UT 84790

SOUTHWEST BEHAVIORAL HEALTH SERVICES

Iron County Mental Health Center
245 E. 680 S. Cedar City, UT 84720

Beaver County Health Center
75 W. 1175 N., P.O. Box 1485, Beaver, UT 84713

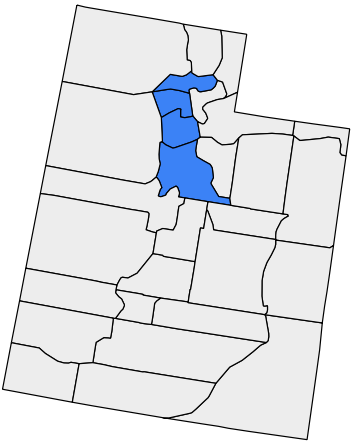
Kane County Mental Health Center
445 N. Main Street, Kanab, UT 84741

Garfield County Health Center
601 E. Center Street, P.O. Box 579 Panguitch, UT 84759

Washington County & Offices
474 W. 200 N., Suite 300, St. George, UT 84770

Crisis Stabilization Center
176 S. Regional Park Road Hurricane, UT 84737

RESOURCES BY REGION: SALT LAKE METROPLEX



INTERMOUNTAIN HEALTH
24/7 Behavioral Health Crisis Clinics:

McKay Dee Clinic
4401 Harrison Blvd, Ogden, UT 84403

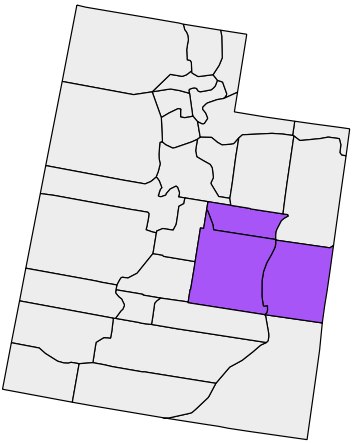
LDS Hospital
8th Ave, C St E, Salt Lake City, UT 84143

Alta View Hospital
9660 S 1300 E, Sandy, UT 84094

HUNTSMAN MENTAL HEALTH INSTITUTE

Crisis Care Center
955 West 3300 South, South Salt Lake, UT 84119

RESOURCES BY REGION: EASTERN UTAH



FOUR CORNERS BEHAVIORAL HEALTH

Carbon County Location
28 S 100 E, Price, UT 84501

Carbon Crisis Receiving Center
575 E 100 S, Price, UT 84501

Emery County Location
45 E 100 S, Castle Dale, UT 84513

Grand County Location
46 Nob Hill St, Moab, UT 84532

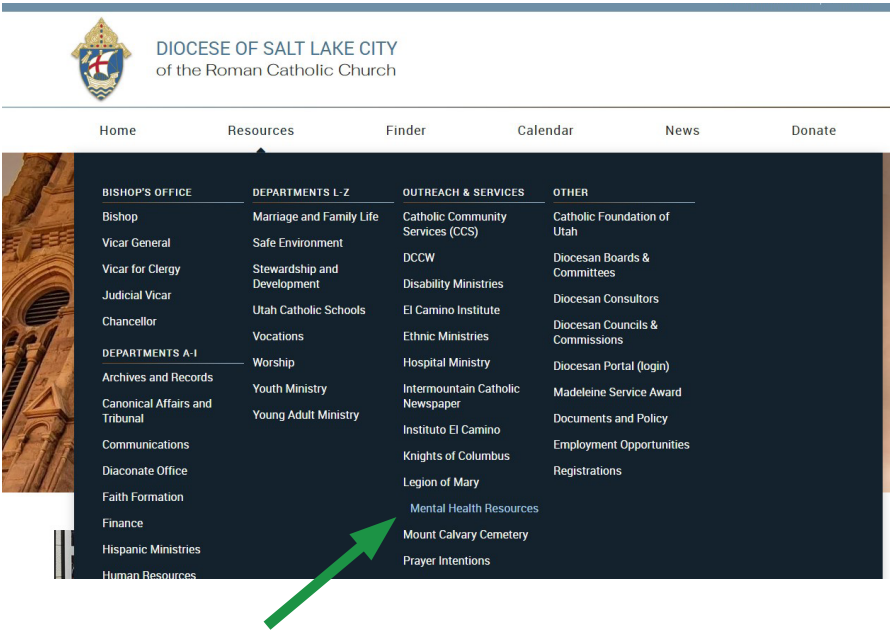
GET THIS BOOKLET ONLINE

Please share or access an electronic version of this guide for someone who may need it.

The most recent version of this is available as a PDF on the diocesan website at dioslc.org.

Scan to access most recent version

DIOSLC.ORG/MENTAL-HEALTH-RESOURCES



Or:

1. Visit DioSLC.org
2. Go to Resources
3. Find Under Outreach & Services>Mental Health Resources

Are You a Mental Health Expert?

If you are a Catholic licensed Mental Health Clinician, Counselor, or Psychologist in Utah, please request to be included in this guide by:

1. Obtaining a letter of recomendation from your (Catholic) pastor.
2. Scheduling a meeting with Fr. Christopher Gray

Schedule a meeting by scanning the QR code.

Reach Out. Don't Wait.

Do not be afraid to reach out for healing. Mental health treatment may be covered by insurance. **If you are undergoing a mental health crisis that is an emergency, please call 911.**



27 C Street, Salt Lake City, Utah 84103
(801) 328-8641

DIOSLC.ORG

This booklet is for informational purposes only and should not be construed as an endorsement or recommendation on the part of the Diocese of Salt Lake City.