

Mental Health Resource Directory Available | CPD

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A free mental health resource guide is available from the Bear River Health Department and the CPD

Mental health is a sensitive discussion topic that is frequently avoided, but a new resource may help.

A 32-page mental health resource directory is now available from the Bear River Health Department. The directory lists mental health services, crisis services, residential treatment options, support groups, hotlines and other services available in Box Elder, Cache and Rich counties, including Utah State University.

According to Jeanie Peck, the directory was the end result of an Interagency Outreach Training Initiative (IOTI) suicide-prevention grant. Peck is the grant project's coordinator at USU's Center for Persons with Disabilities.

"It (the grant) evolved into more than it was originally going to be," Peck said. A suicide prevention coalition was started in January 2015, with help from Up to 3's Layne Coyle, Emily Pugsley from BRHD and Amanda Davis from Box Elder county.

For more information, or to receive a free copy of the resource guide, contact Peck at (435) 797-2619.