

YOUTH RESOURCES

in Cache Valley, Utah



Crisis/Emergency

CACHE VALLEY HOSPITAL

2380 N 400 E Logan, Utah
(435) 713-9700

Provides Sexual Assault Forensic Exam after a sexual assault

CAPSA HOTLINE

(435) 753-2500

Available 24/7 for support and resources to survivors of domestic violence and/or sexual assault and their support network.

CHILDREN'S JUSTICE CENTER

339 E 800 N Logan, Utah
(435) 753-7017

Forensic interviews, medical examinations, aftercare, and support services for sexual assault survivors

*Must have a referral from Law Enforcement or Child Protective Services

THE TREVOR PROJECT

thetrevorproject.org
1-866-488-7386

24/7 crisis support for LGBTQ+ youth via phone, text, and chat

DCFS HOTLINE

(855) 323-3237

24/7 statewide reports for child abuse and neglect

NATIONAL DATING ABUSE HELPLINE

1-866-331-9474

A 24-hour national web-based and telephone helpline created to help teens (ages 13-18) experiencing dating abuse

SAFE-UT

1 (833) 372-3388

An app and/or number used to connect with licensed counselors with any sized problem, any time

9-1-1

Dial for emergency or immediate assistance from the police, fire department or ambulance

9-8-8

988lifeline.org

24-hour crisis and suicide prevention hotline

CRISIS TEXT LINE

crisistextline.org

Text "HOME" to 741741 to chat with a trained volunteer Crisis Counselor



Therapy

BEAR RIVER MENTAL HEALTH

(435) 752-7433

90 East 200 North Logan, UT 84321

Services are primarily evidenced-based and may include individual/group therapy, case management, emotional support, skill building, eating disorders, crisis counseling or medication management

CAPSA

capsa.org
(435) 753-2500

Has clinical therapists who are trauma informed experts in treating anxiety, depression and or other disorders associated with abuse

THE FAMILY PLACE

1525 N 200 W, Logan, UT 84341

(435) 752-8880

Has specialized, licensed therapists that can help you heal as a survivor of abuse and trauma



DEPARTMENT OF
**WORKFORCE
SERVICES**

capsa
ABUSE ENDS HERE.

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Learn More Online

BREAK THE CYCLE

www.breakthecycle.org

Young adult and parent relationship information

CAPSA

capsa.org

Offers FREE and confidential services for individuals impacted by domestic violence, sexual assault, and rape

LOVE IS RESPECT

www.loveisrespect.org

24/7 support and advocacy for relationship safety information for teens and parents

NATIONAL EATING DISORDER ASSOCIATION

www.nationaleatingdisorders.org

Supports individuals and families affected by eating disorders

SAMHSA TREATMENT LOCATOR

findtreatment.gov

Nationwide mental health and substance use locator

NIDA FOR TEENS

teens.drugabuse.gov

Information on teen drug use prevention.

STOPBULLYING.GOV

stopbullying.gov

Bullying prevention and response resources

ACLU UTAH

aclu.org/know-your-rights

Utah affiliate defending civil liberties and justice

ONE LOVE

www.joinonelove.org

Goal: ending relationship abuse, specifically with young people



Additional Support

BEAR RIVER HEALTH DEPARTMENT

655 East 1300 N Logan, UT
(435) 792-6500

Aims to prevent disease, promote healthy lifestyles, and protect the community and environment. They offer clinical services, WIC, classes, and community resources

CACHE PRIDE CENTER

596 E 900 N Logan, UT
(714) 504-2912

A safe and welcoming space for LGBTQ+ teens and pre-teens to be themselves

CENTER FOR PREGNANCY CHOICES

90 N 100 E #140, Logan, Utah
(435) 752-1222

Pregnancy tests, life education courses, medical referrals, post abortion support, parenting and postpartum support

DIVISION OF WORKFORCE SERVICES

180 N 100 W Logan, UT
(866) 435-7414

Scholarships and financial assistance for youth

OPTIONS FOR INDEPENDENCE

106 East 1120 North Logan, UT
(435) 753-5353

Non-residential Center for Independent Living that aims to enable and empower people with all types of disabilities of all ages to live independently in their families and communities

211 UTAH

211utah.org

Connects Utahns in need with local health and human services. This vital service is free and confidential, supported by the United Ways of Utah



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