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**Counseling can…**

…help students cope with difficult

and/or unchangeable life events.

…help students recognize and make use

of their potential.

…give students the opportunity to share

their feelings and concerns.

…help develop problem-solving ability.

…build self-esteem and confidence.

Important Numbers and Resources





**COUNSELING RESOURCES AND INFORMATION**

**911 Emergency**

Wasatch County Sheriff, Heber City Police, Ambulance, Fire Department

**Wasatch Mental Health**

435-654-3003

Crisis Line: 801-318-4016

**Wasatch County Family Resource Facilitator**

Sharon Carlson

435-657-3230

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**NAMI- National Alliance for Mental Illness**

(801)323-9900 or Toll-free (877)230-6264

[www.namiut.org](http://www.namiut.org)

**LearnPsychology.org**

http://www.learnpsychology.org/suicide-depression-student-guidebook/

\**Resource information is updated annually.*

**Common reasons to see a counselor:**

***Violence/bullying***

***Substance abuse/ addiction***

***Anxiety***

***School phobia***

***Dropout/ At-risk***

***Peer problems***

***Family crisis***

***Death of a loved one/ loss***

***Depression/ suicide thoughts***

***Peer social skills***

***Eating disorders***

***Self-harm***

***Delinquent acts***

***Test anxiety***

District At-Risk Counseling Staff:

Jodi Nichter, LCSW

[Jodi.nichter@wasatch.edu](mailto:Jodi.nichter@wasatch.edu)

Jenny Pinter, LCMHC

[Jennifer.pinter@wasatch.edu](mailto:Jennifer.pinter@wasatch.edu)

435-654-0640 EXT. 3746

**Students should do more than survive. They should thrive!**

**\*\*Wasatch County Family Clinic**

* 435-654-3003
* Counseling for families, individuals, and children

**Corinna Porter, Ph.D**

* 435-671-0367
* Specializes in care for 2-10 yr olds.

**Power & Associates Counseling Services—Alicia Power, LMFT, & Brenna Schaffer, LCSW**

* 435-709-8849 or 435-671-3682
* Powerandassociatescounselingservices.com

**Solstice Counseling & Wellness—Shawn Miller Ed.M., Ph.D. & Christian Monson, Psy.D, Mathea Anderson, LCSW**

* 435-654-4037
* Child, adult, and family counseling

**Expansive Horizons Counseling—Liza Sanderson ED, NCC, NCSP, LCMHT**

* 801-360-6955
* Individuals, couples, families, and children

**\*\*Center for Women and Children in Crisis**

* 435-657-9930
* Treatment for Victims

**KB Therapy—Korinne Bouwhuis, LMFT**

* 435-512-5100
* Kbtherapyutah.com

**Synergism Counseling—Michele Greene, LCSW**

* 435-562-9080
* Synergismcounseling.com

**Nancy Sutton, LMFT**

* 435-654-4406
* Children 5+ and family

**\*\*Summit Community Counseling**

* 801-266-2485
* Summitcommunitycounseling.com

**Peak Performance & Counseling—Cassidy DuHadway, LCSW**

* 435-709-3060

**Calli Probst Semeatu, LCSW**

* 801-830-3727

**Roger Peay Therapy, Ph.D, LMFT**

* 801-893-9687

**Mindy Vincent, LCSW**

* 801-806-4820

**\*\*Spanish speaking resource**

***The resources on this list are for information purposes only and not necessarily endorsed by Wasatch County School District.***

**COUNSELING RESOURCES IN WASATCH COUNTY**

# Additional Support

School Guidance Counselors and At Risk Counselors do not have the capacity to provide “traditional” therapy or long term counseling that may be needed to address psychological disorders necessitating an increased level of care.

Community mental health clinicians are able to provide services year-round, beyond the academic school year and during breaks. They are also able to provide a greater variety of services and more intensive therapy including after hours crisis and psychiatric services.

Included is a list of local providers if you are in need of additional mental health services.