Tips for good mental health

Be active!

Eat healthy

Enjoy walks with your family and friends

Get 8 hours of sleep every day

Look for professional help if you need it

Talk about your feelings with someone you trust

MENTAL HEALTH RESOURCES

FOR EMERGENCIES, PLEASE CALL 9-1-1

MOAB REGIONAL HOSPITAL:
- ADDICTION MEDICINE: OUTPATIENT SERVICES FOR DRUG AND ALCOHOL DETOX, RECOVERY RESOURCE ENGAGEMENT, AND TREATMENT OF SUBSTANCE USE DISORDER, 435-719-5585
- GENERAL INQUIRIES AND SUPPORT: PAM MARSHING, LCSW, 435-719-5531
- MENTAL HEALTH THERAPY, TELE-HEALTH AND PHONE APPOINTMENTS AVAILABLE: ANTIJE RATH, CMHC, 435-719-5500, OPTION 2

MOAB FREE HEALTH CLINIC, TELE-HEALTH AND PHONE APPOINTMENTS AVAILABLE: 435-259-1113

FOUR CORNERS COMMUNITY BEHAVIORAL HEALTH: MENTAL/BEHAVIORAL HEALTH RESOURCES, SUBSTANCE USE TREATMENT, CRISIS SERVICES, 435-259-6131, AVAILABLE 24/7

SCHOOL BASED THERAPISTS, FOR STUDENTS AND THEIR FAMILIES:
- KELLY VAGTS (HM), 435-719-4824
- CHRISTIE VANKANGAN (HM), 435-719-4759
- STEFANIE BIRON (GCMS), 435-261-2066
- KYLE DERN (GCCHS), 435-625-1824

PRIVATE THERAPISTS: FOR A COMPREHENSIVE LIST, PLEASE CONTACT ANTIJE RATH, 435-719-5500, OPTION 2

SEEKHAVEN: FAMILY CRISIS AND RESOURCE CENTER, 435-259-2229, WWW.SEEKHAVEN.ORG

MULTICULTURAL CENTER: 435-259-5444, WWW.MOABMC.ORG

SAFEUTAH CRISIS LINE: 833-372-3388, WWW.SAFEUT.MED.UTAH.EDU, AVAILABLE 24/7

SUICIDE HOTLINE: 1-800-273-8255, WWW.SUICIDEPREVENTIONLIFELINE.ORG, AVAILABLE 24/7

MOAB REGIONAL HOSPITAL