



## **Need a safe place to go?**

**There's a crisis center nearby.**

### **What are crisis centers?**

A crisis or receiving center is a safe place you can go to calm down and get professional help. Crisis centers are a good option when you need immediate help with challenges related to emotional or mental health, or substance use, but don't need to be hospitalized. They're always open and staffed by trained experts like psychiatrists, nurses, therapists, and peer support specialists. Crisis centers are designed to feel like a home where you can talk with people who've had similar experiences. You only stay at a crisis center for a day or less, and the staff will help you find other ongoing care before you leave.

### **Where are crisis centers in Utah?**

- McKay Dee Access Center (Ogden)
- Davis Behavioral Health (Layton)
- Wasatch Behavioral Health (Provo)
- Huntsman Mental Health Institute crisis center (Salt Lake City)
- Southwest Behavioral Health (Hurricane)

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- Four Corners Behavioral Health Crisis Center (Price)
- Cache County (Opening in 2025)

## **Are crisis centers free?**

Most crisis centers throughout the state are free. However, there is a cost for some crisis centers. Make sure to ask if there is a charge before you go. You don't need proof of citizenship, insurance, or a social security number to get help.

## **Do I need to meet with a mobile crisis response team before going to a crisis center?**

No. You can go to a crisis center anytime you need a safe place to go.

## **Can I leave the crisis center whenever I want?**

Yes, depending on the facility. Most are voluntary and designed for short-term care.



**"Just being able to get out of my stressful environment for one night to stay at the receiving center made all the difference in the world!"**

**—Crisis Center Guest**