

YSA Resources for Mental Health, Sexual Abuse, Addiction Recovery, LGBTQ, Suicide Prevention, and More

March 2022

The YSA Resource Fair is held twice yearly, typically in February and October. These are links provided following the February 2022 resource fair. The organizers encourage us to share them with leaders in YSA Wards and Stakes.

Suicide Prevention Resources

- Utah County Crisis Line: 801-226-4433
- Salt Lake County/UNI Crisis Line: 801-587-3000; TTY 801-587-8511
- Wasatch Mental Health Crisis Line: 801-373-7393
- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK); TTY 1-800-799-4889 (Hearing Impaired)
- Trevor Project Hotline for LGBTQ Teens: 1-866-488-7386
- Veterans Crisis Line: 1-800-273-8255 Press 1; Text to 838255
- Life Help – Suicide page

Ministering to Victims of Sexual Abuse

- [Church website>Living Life> Life Help>Abuse](#)
- <https://therefugeutah.org> (list of support groups/classes)
- [Church website>Self-Reliance Services>Manuals and Videos>Emotional Resilience](#)
- [“Agency, Accountability, and the Atonement of Jesus Christ.”](#) BYU Devotional given by Benjamin W. Ogles, January 30, 2018.
- [“Healing From Sexual Abuse.”](#) Embracing Hope Discourse given by Chieko Okazaki at BYU, October 23, 2002.
- UT County Rape Crisis Team Hotline (24/7) 801-356-2511 or 1-888-421-1100
- National Sexual Assault Hotline 1-800-656-HOPE
- Family Services Offices (Provo) 801-422-7620; (Orem) 801-623-6772
- Church’s legal and welfare hotline for bishops and stake presidents

Mental Health Ministering Resources

- Counseling Resources for Leaders (geared towards helping leaders know how to help members with various challenges)
<https://www.churchofjesuschrist.org/study/manual/counseling-resources?lang=eng>
- Mental Health Information (general mental health information for individuals affected by mental health challenges and leaders and families who support them)
<https://www.churchofjesuschrist.org/get-help/mental-health?lang=eng>

- Life Help Site (focused on serving those affected by certain challenges)
<https://www.churchofjesuschrist.org/topics/families-and-individuals/life-challenges/hope-and-help?lang=eng>
- Self Reliance Services (including the new Emotional Resilience Course)
<https://www.churchofjesuschrist.org/study/life-help/self-reliance?lang=eng>
- Tips for Emotional Preparedness (for members who need a short document highlighting several mental health resources and helps)
<https://www.churchofjesuschrist.org/life/tips-for-becoming-emotionally-resilient?lang=eng>
- Facing Challenges (a mental health self-help guide)
https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011069_FacingChallenges_FINAL.pdf?lang=eng
- How Can I Minister to Others During a Crisis? (geared towards learning how to help others in crisis)
https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011068_MinisteringGuideForSomeoneInCrisis_FINAL.pdf
- Member's Level of Functioning Worksheet (to help how to best help individual members and what they might need)
<https://drive.google.com/file/d/1FyHC32rNN9dMCFPjQngMghp-1iBn-EtH/view>

Addiction Recovery Resources

- Addiction Recovery Website (find meetings nearby)
<https://addictionrecovery.churchofjesuschrist.org/>

LGBTQ Resources

- Same sex attraction church web page -
<https://www.churchofjesuschrist.org/topics/gay?lang=eng>
- Video – Purpose of this website -
<https://www.churchofjesuschrist.org/topics/gay/videos/purpose-of-this-website?lang=eng>
- Video – is there a place for me -
<https://www.churchofjesuschrist.org/topics/gay/videos/is-there-a-place-for-me?lang=eng>
- Video – Love and Law - <https://www.churchofjesuschrist.org/topics/gay/videos/love-and-law?lang=eng>
- Transgender church web page - <https://www.churchofjesuschrist.org/study/life-help/transgender?lang=eng>
- Member Stories- <https://www.churchofjesuschrist.org/topics/gay/member-stories?lang=eng>

Websites for those who were invited to have Booths and information shared at booths is listed below:

- **BYU Counseling and Psychological Services** (for BYU Students Only)
<https://caps.byu.edu/>
- **BYU Comprehensive Clinic** (for anyone in the community)
<https://comprehensiveclinic.byu.edu/>
- **BYU Continuing Education-** <https://ce.byu.edu/>
- **BYU Pathway-** <https://www.byupathway.org/> (Scholarship/Applications due March 29th for Summer term.)
- **Development Counseling Services**
<https://providentliving.churchofjesuschrist.org/development-counseling-services?lang=eng>
- **Employment Resource Centers**
<https://www.latterdaysaintjobs.org/ers/ct/articles/employment-centers?lang=eng>
- **Ensign College** <https://www.ensign.edu/>
- **Family Services** <https://providentliving.churchofjesuschrist.org/lds-family-services?lang=eng>
- **JustServe** <https://www.justserve.org/about>
- **Self-Reliance Services** <https://www.churchofjesuschrist.org/callings/welfare-self-reliance/resources?lang=eng>
- **United Way 211-** <https://211utah.org/>
- **Utah County Emergency Alerts-** alerts.utahcounty.gov (where to go to register for alerts)
- **Utah Valley Institute-** <https://sites.google.com/view/utahvalleyinstitute/home>