



RESOURCE GUIDE

www.vineyardcares.org



Vineyard Cares is a community coalition providing education, support, and resources to help prevent substance use, underage drinking, and suicide while promoting mental health for youth and families.

FREE PROGRAMS AND EVENTS OFFERED:

Guiding Good Choices - Family Program

A nationally recognized program that strengthens family communication and helps prevent risky behaviors.

QPR Suicide Prevention Training

Learn how to recognize and respond to someone in crisis.

Additional Programs & Events Include:

- Parenting workshops
- Family connection events
- Teen prevention nights
- Resiliency skills classes

PARENTING & FAMILY SUPPORT

- **EveryDay Strong** — everydaystrong.org
- **Help Me Grow Utah** — helpmegrowutah.org
- **Parent Guidance** — parentguidance.org
- **Utah Parent Center** — utahparentcenter.org
- **Utah Valley Family Support (Family Haven)** — utahvalleyfamilysupport.org

MENTAL HEALTH & SUICIDE PREVENTION

- **988 Suicide & Crisis Lifeline** — Call or Text 988 | 988lifeline.org
- **Encircle** — encircletogether.org
- **Huntsman Mental Health Institute** — healthcare.utah.edu/hmhi
- **Live On Utah** — liveonutah.org
- **NAMI Utah** — namiut.org
- **SafeUT** — safeut.org
- **Teen Line** — teenline.org
- **Utah Crisis Line** — 801-587-3000
- **Wasatch Behavioral Health** — wasatch.org

SUBSTANCE USE & PREVENTION

- **Poison Control** — 800-222-1222 | poisonhelp.org
- **SAMHSA Treatment Locator** — findtreatment.gov
- **USARA** — myusara.com
- **Utah County Health Department** — health.utahcounty.gov
- **Utah Valley Drug Prevention Coalition** — utahvalleydpc.org

UTAH PREVENTION CAMPAIGNS

- **Gray Matters** — utahcannabiseducation.org
- **Know Your Script** — knowyourscript.utah.gov
- **Parents Empowered** — parentsempowered.org
- **See Through the Vape** — stopthevape.utah.gov

BULLYING, ABUSE & SAFETY

- **Love is Respect** — loveisrespect.org
- **NetSmartz** — netsmartz.org
- **Prevent Child Abuse Utah** — pcautah.org
- **Saprea** — saprea.org
- **StopBullying.gov** — stopbullying.gov
- **The Refuge Utah** — therefugeutah.org
- **Utah Children's Justice Centers** — utahcjc.org
- **Utah Domestic Violence Coalition** — udvc.org

COMMUNITY & BASIC NEEDS

- **211 Utah** — 211utah.org
- **Community Action Services & Food Bank** — communityactionprovo.org
- **UVU Community Clinic** — uvu.edu/community-clinic

SPECIAL NEEDS & DISABILITY SUPPORT

- **Autism Council of Utah** — autismcouncilofutah.org
- **Kids on the Move** — kotm.org
- **Utah Parent Center (Disability Support)** — utahparentcenter.org

GRIEF & LOSS

- **Dougy Center** — dougy.org
- **National Alliance for Children's Grief** — nacg.org
- **The Sharing Place** — thesharingplace.org