




DEDICATED TO ASSISTING LGBTQIA+ INDIVIDUALS  
AND ALLIES IN MEETING THEIR EMOTIONAL,  
PSYCHOLOGICAL, AND MENTAL HEALTH NEEDS.

The Utah Pride Center is a non-profit organization that provides many low or no-cost\* mental health and wellness services to the community.

We currently accept SLCo Medicaid, Medicare, Blue Cross/Blue Shield, EMI, and Tricare in addition to out-of-network reimbursement and sliding scale payment options. We also serve court-mandated clients.

\*Find the schedule of free support groups, yoga, and dance classes by visiting [www.utahpridecenter.org](http://www.utahpridecenter.org)

Utah Pride's Community Counseling Center offers a non-judgmental place for LGBTQIA+ individuals and allies to receive support for many concerns including struggles related to **coming out**, **gender identity**, **generalized anxiety**, **social phobia**, **eating disorders**, **work related issues**, homelessness, depression, **domestic violence** and **substance abuse**.



To schedule an appointment e-mail  
[therapy@utahpridecenter.org](mailto:therapy@utahpridecenter.org)

Being LGBTQIA+ is not considered a form of mental illness, but it doesn't mean that people who are LGBT don't have mental health concerns.

Stigma and discrimination experienced by the LGBTQIA+ community may contribute to higher rates of substance abuse, suicide attempts, and other difficulties. Just as for anyone else, higher levels of stress increases the risk for developing mental health problems.



**HOURS**      **INDIVIDUAL, COUPLE, GROUPS, AND**  
**MONDAY-FRIDAY**      **AND FAMILY**  
**10 AM-8 PM**      **COUNSELING.**

**SERVING HUNDREDS OF  
PEOPLE EACH WEEK IN  
PSYCHOTHERAPY, SUPPORT  
GROUPS, AND  
INDIVIDUAL, COUPLE,  
AND FAMILY  
COUNSELING.**