

Mental Health Resources

BYU Counseling and Psychological Services

Clinical Services

Students in Crisis

- **Daytime Crisis Walk-in Appointment**
Students who are experiencing a mental health crisis during normal business hours may call in or walk in to CAPS (1500 WSC) during business hours (8 a.m. to 4 p.m.) and ask to be connected to a crisis counselor. Common crises include self-injury, thoughts of or plans for suicide, the recent death of a loved one, or psychosis (loss of touch with reality).
- **24-hour On-Call Therapist**
For students experiencing a mental health crisis after 4 p.m. or before 8 a.m., CAPS has a psychologist on call 24 hours a day. Students or concerned friends, family, or ecclesiastical leaders should contact University Police at (801) 422-2222 and ask to speak to the psychologist on duty. University Police will take contact information and call the counselor on duty. The counselor on duty will then contact the student, typically within 10 minutes or less.
- **Emergency Room**
Students who are in crisis but who prefer not to talk to a CAPS psychologist – especially those who feel they are in imminent danger - should check in to the nearest emergency room. The closest emergency room to BYU is located at Utah Valley Hospital (1034 N. 500 W., Provo, UT 84604; 801-357-2130)

Community and National Crisis Resources

- **Utah County Crisis Line – 801-691-LIFE (5433)**
 - Will access United Way 211 database to help with resources
- **Utah State Crisis Line – 801-587-3000**
 - Coordinates crisis response and has access to:
 - Recovery Outreach Center – Crisis counselors on duty
 - Mobile Crisis Outreach Team (MCOT) – Can send crisis team to other locations
- **SafeUT App – A smartphone app with crisis resources and immediate access to either chat or connect with a crisis counselor over the phone.**
 - search “SafeUT” on the App Store or Google Play.
 - Has both chat (text) and crisis phone line features.
- **Crisis Text Line – A national text line where students can text with a trained crisis counselor**
 - Text HOME to 741741
- **National Suicide Prevention Lifeline: 1-800-273-TALK**
 - Free, confidential service with over 150 crisis centers networked nationwide.
 - Can link to a Veterans Crisis Line through this number.
- **The Trevor Project: (866) 488-7386**
 - Free, nationwide crisis and suicide prevention hotline for LGBTQ youth. The website also has a chat feature.

- To access a crisis counselor via text, text START to 678678
- To chat online, click <https://www.thetrevorproject.org/get-help-now/> and navigate to the TrevorChat tab

Students with Urgent Needs

- QuickCare Appointment
 - Students who have urgent or time-sensitive needs who are not in crisis are eligible for a QuickCare appointment. QuickCare appointments can be **scheduled within the week**, and allow students to meet with a clinician for a single appointment to consult about their concerns.
 - QuickCare appointments can be used for, but are not limited to, the following:
 - Signing up for group therapy
 - Consulting about treatment options at BYU and the community
 - Requesting letters or supporting petitions
 - Discussing approaches to working with difficult symptoms or situations
 - To make a QuickCare appointment, [click here](#).

Students Who Need Brief Ongoing Therapy

Counseling and Psychological Services can provide a brief course of weekly individual psychotherapy for full-time students. If needed, a student may receive a brief course of individual therapy each academic year. If further services are needed after a course of individual therapy, students may be connected to group therapy or to an individual therapist in the community that can continue to meet their needs. All therapy sessions are free and confidential. Services are provided by more than 30 PhD-level psychologists, as well as doctoral students in training.

Students who would like to be put in the queue for individual therapy must complete the paperwork [here](#) and then call 801-422-3035. They will then be contacted by text when an appointment becomes available.

Brief Ongoing Couples Therapy

BYU CAPS provides couples counseling for seriously dating or married couples. At least one member of the couple must be a full-time BYU student in order to use these services. To sign-up for couples counseling, follow the procedure for making an appointment [here](#).

CAPS also provides a premarital workshop for engaged and newlywed couples. The workshop covers topics such as healthy communication, sexuality, and increasing unity. The five-week workshop is offered both Fall and Winter semesters. Click [here](#) for more information.

Ongoing Group Therapy

BYU CAPS provides more than 20 different psychotherapy groups that allow students to receive between one to two hours of therapy each week over the course of each semester. Full-time, day-time students (enrolled for 9 or more semester hours) are eligible to join a group, and there are no session limits for group therapy.

Students who would like to join a group and who **have not** attended a session at CAPS in the last 6 months should click [here](#) to fill out intake paperwork. They should then call 801-422-3035 and request either a QuickCare appointment or to meet with our case manager.

Students who would like to join a group and who **have** attended a session at CAPS in the last 6 months should contact their individual therapist by phone (801-422-3035) or email to request to be placed in a group.

Groups vary from semester to semester, but common groups include general mental health groups, compassion focused therapy groups, anxiety-specific groups, reconciling faith and sexuality groups (for those who identify as LGBTQ+ or same-sex attracted), body image groups, obsessive-compulsive disorder groups, and trauma groups.

Students Who Need Longer Term Care

Students who need long-term individual care can connect with a therapist in the community. BYU CAPS has a case manager who is networked with local providers and can help students utilize their health insurance to find a long-term therapist.

Students who would like help getting connected with long-term care should **call 801-422-3035** and **ask to set an appointment with our case manager.**

Online Assisted Self-Help

Sanvello

Sanvello is a mental health app aimed at helping to reduce stress, anxiety, and depression. This app uses scientifically validated techniques to help students learn to manage mental health. Sanvello includes mood tracking functions, meditation and relaxation training, and a forum for peer connection. Sanvello is free for all BYU faculty, staff, and students who create a Sanvello account using their BYU netID or BYU email address (it must include “@byu.edu.” On the Play Store or App Store, search “Sanvello” and download the app to start.

SilverCloud

SilverCloud is a research-supported online system designed to help students learn about and reduce symptoms of anxiety, depression, and stress, and to help improve body image. Each program consists of articles, video clips, interactive activities, and short quizzes to help students learn about and more effectively manage their mental health. The program involves working through weekly activities with the support of a trained clinician who reviews progress and provides feedback and encouragement. Because the system is online, it can be accessed at any convenient location with internet access.

****Students must be enrolled full-time at BYU to utilize this resource.****

To enroll or ask questions about SilverCloud, email your name, which program you are interested in (Anxiety, Body Image, Depression, or Stress), and whether or not you are a full time BYU student to: silvercloud@byu.edu

Online Informational Self-Help

Daylio

Simple mood tracking, no writing required, generates charts to help see mood fluctuations but also activities and correlations. Not sophisticated, but that is also its selling point.

[Website](#)

Calm Harm

For dealing with the urge to self-harm. You're given the option to choose a 5-minute or 15-minute activity to help you surf the urge, and then activity types (eg Comfort, Distract, Express), each of which has tons of options within it. After you rate how it worked, try another one if needed, then input some basic mood/episode tracking. Hotlines included. Based on ideas from DBT. Also logs and tracks each time and what worked.

Price: Free

[Website](#)

My3

Suicide prevention. Basic: Pick emergency contacts, individually tailor a safety plan. Also includes some resources, national suicide prevention lifeline. Seems to have addressed crashing issues from the initial release. Visually appealing, simple, well organized.

Price: Free

[Website](#)

Insight Timer

Mindfulness meditation app. Popular, three million+ registered users. Most useful for its basic functions: set reminders, use timers, track meditation sessions and keep stats. Some social connectivity as well if you like that sort of thing. Tons of guided meditations as well.

Price: Free

[Website](#)

What's Up? Mental Health App

CBT, ACT stuff for Depression, anxiety, etc. Includes tracking, a grounding game, negative thinking patterns, diary

Price: Free/Purchase

You Are a Survivor

For Utah, by UCASA (Utah Coalition Against Sexual Assault), designed to help sexual assault survivors. Includes ways to find help, as well as thorough helpful information

Price: Free

[Website](#)

Relaxation Resources: <https://caps.byu.edu/relaxation-recordings>

This section of the BYU CAPS website includes recordings aimed at teaching relaxation skills in a number of areas. These recordings provide instruction involving how to:

- relax mentally through meditation
- use breathing to relax
- relax our bodies
- maintain relaxation in performance situations.

Handouts for Maintaining Mental Health: <https://caps.byu.edu/handouts>

This section of the BYU CAPS website has a number of brief handouts that provide tips for maintaining mental health. These handouts cover areas such as:

[Anxiety](#)

[Breathing](#)

[Healthy Thinking](#)

[Concentration](#)

[Coping with Stress](#)

[Sleep](#)

[Optimism](#)

[Muscle Tension](#)

[Panic Attacks](#)

[Perfectionism](#)

[Test Anxiety](#)

[Time Management](#)

[Stress in College](#)

[Worry](#)

Resources for Self-Study: <https://caps.byu.edu/readings-and-books>

Below are resources for more in-depth self-study for many common concerns experienced by students at BYU.

[Anger](#)

[Anxiety](#)

[Assertiveness](#)

[Childhood Abuse](#)

[Coping Strategies](#)

[Depression](#)

[Eating Disorders](#)

[Exposure Guidelines \(for anxiety\)](#)

[Managing Stress](#)

[Marital Problems](#)

[Perfectionism](#)

[The Value of Psychotherapy](#)

[Stress Management and Biofeedback Services](#)

The word Biofeedback means "feedback from the body." Biofeedback utilizes instruments and computer programs to see how our bodies respond to stress or danger. This type of feedback from our body is usually ignored unless it becomes quite intense like a panic attack or a painful headache. Biofeedback training can help us learn to respond to the body's stress signals before they become too intense and to take action to relieve stress throughout the day before it impacts our ability to complete our tasks or handle our emotions. Biofeedback sensors measure stress in our bodies and display them in real time, allowing us to practice managing this stress more effectively.

An Individual Session may include:

- Assessment of mind and body stress factors
- Measurement of body tension to reveal physical and emotional stress levels
- Training to help anxiety, depression, eating issues, addictions, and other stress management concerns
- Support for severe muscle tension, medical and sleep issues
- Determining Optimal Breaths-per-Minute
- Making individualized recordings: Self-Hypnosis, Performance Rehearsal

To make a one-on-one appointment students may call 801-422-3035 or come by the Counseling and Psychological Services reception desk in [1500 WSC between 8am and 5pm weekdays](#).

How to Use Your Insurance for Counseling

1. Contact your insurance company. Your insurance card should have a member services number written on the card. Sometimes there is a separate number for Mental Health or Behavior Health.
2. You will be asked if you are a member or a provider. In all circumstances, you will follow the prompts as a "member". You might be asked for your member ID number. This is located on your insurance card. You might also have to provide your date of birth or the date of birth of your guardian if you are a dependent of someone else's insurance. (ex: Father's Date of Birth if he is the individual who owns the policy).
3. Once you follow the prompts and get connected with a customer service representative, let them know that you are seeking mental health services and would like some information regarding your benefits. Ask the following questions:
 - a. Am I covered for Mental Health Services?
 - b. Do I have a copay?
 - c. Do I have to meet a deductible? (a deductible is the amount of money which you must pay before the insurance company's coverage plan begins)
 - d. Do I have a session limit?
 - e. Do I need to be preauthorized? (prior approval is required by some insurance companies before benefit payments are granted)
4. Ask for a list of 4-6 providers that are located close to where you live. Ask for a direct line to obtain more providers, should you need additional names ..
5. Once you get the names, call one provider at a time. Most times, you will have to leave a message. When setting up an appointment, double check with the provider and make sure that they take your particular insurance.

Recommended Therapists

Aaron Jackson, PhD 14 N. Main St., Springville (801) 636-3745

Insurance: Most

Website: None

Alliance Behavioral Psychology 363 E. 1200 S., Orem (801)224-2313

Insurance: DMBA, BC/BS, EMI, Aetna, Select Health, PEHP

Website: alliancebehavioral.com

Canyon Counseling Center 3319 North University Avenue, Suite #100, Provo (801) 356-0014

Insurance: DMBA, BC/BS, EMI

Website: canyoncounselingctr.com

Complete Evaluations 14 N. Main Street, Springville, (801)850-2753

Insurance: BC/BS, Cigna, DMBA, EMI, Select Health, Tri-West

Website: completeevaluations.com

Connections Counseling Services 1330 S. 740 E., Orem (short UVX ride) (801) 272-3420

Insurance: DMBA, BC/BS, EMI

Website: connectionscs.com

CHATS (Child & Adolescent Treatment Specialists) 796 E. Pacific Dr. Ste. B, AF (801) 756-1626

Insurance: Most

Website: chats-ut.com

Compassionate Connections Counseling 481 E. 1000 S. Suite D, Pleasant Grove (801) 899-2559

Insurance: DMBA, EMI

Website: compassionateconnectionsounseling.com

Counseling and Treatment Center of Utah 1220 N Main St. Building #4, Springville (801)804-1028

Insurance: Most

Website: ctcofutah.com

Covenant Sex Therapy (LDS sexuality concerns) 3355 N. University Ave #250, Provo (385) 312-9844

Insurance: DMBA, EMI

Website: covenantsextherapy.com

Giles & Associates 233 S. Pleasant Grove Blvd #203, Pleasant Grove (801) 785-4622

330 E. 400 S. #3, Springville (801) 491-6394

Insurance: Most

Website: gilesfp.com

Healing Haven Counseling Marilyn Soto 1220 N. Main Street #11, Springville (801) 923-6076

Insurance: DMBA, BC/BS, EMI, Aetna, PEHP

Website: healinghavencounseling.com

Jennifer Cannon, PhD 1160 Briar Ave., Provo (801)796-2896/801-735-5223 (Near campus)

Insurance: DMBA, Select Health
Website: No

Mac Granley, PhD 248 N. Orem Blvd., Orem (801)361-7104
Insurance: Most
Website: No

Michele McConkie Erekson, LCMHC 2545 North Canyon Road #112, Provo (571)295-5148
Insurance: Aetna, BC/BS
Website: ereksoncm.com/counseling

Mindset Family Therapy (OCD/Anxiety) 3507 N. University Ave. Suite #150, Provo (801)427-1054
Insurance: DMBA, EMI
Website: mindsetfamilytherapy.com

Provo Center for Couples and Families 3507 N. University Ave #350, Provo (801)477-0041
Insurance: DMBA, EMI, PEHP, Select Health
Website: provofamilies.com

Preferred Family Clinic 1355 N University Ave. #200, Provo (801) 221-0223
Insurance: Most
Website: preferredfamilyclinic.net

Progressive Paths Therapy 1175 South 800 East 2nd Floor, Orem (801)704-5066
Insurance: Most
Website: progressivepathsttherapy.com

R. Lynn Richards, PhD 1432 E. 850 S., Provo (801) 371-8784
Insurance: DMBA, BC/BS, Cigna, United Health Insurance
Website: No

Riverwoods Behavioral Health 202 E. 800 S. Suite #104, Orem (801)787-9855
Insurance: Most (Except Cigna)
Website: riverwoodsbehavioralhealth.com

Suncrest Counseling 1062 Bamberger Dr., AF (801) 642-2193
Insurance: DMBA
Website: suncrestcounseling.com

The Whole Person Counseling of Utah 519 W. State Rd #102, Pleasant Grove (801)218-2939
Insurance: DMBA, BC/BS, EMI
Website: thewholepersoncounselingofutah.com

Tru Living Psychology 359 E. 1200 S. Orem, (801) 921-1200
Insurance: Most
Website: No

Utah County Counselors 814 E. Bamberger Dr. Suite A, American Fork (801)772-0202 Insurance:
DMBA, EMI, PEHP, Select Health

Website: utahcountycounselors.com

Utah Family Institute 1471 N. 1200 W., Orem (801) 802-9464

Insurance: Most

Website: utahfamilyinstitute.com

Utah Psychological Associates 3549 N. University Ave. Suite #200, Provo (801) 377-2014

Insurance: Most

Website: utahpsychologicalassociates.com

Utah Valley Psychology 568 E. 1400 S., Orem (801) 854-7942

Insurance: DMBA, BC/BS, EMI, Aetna, Select Health, Cigna

Website: utahvalleypsychology.com

Psychiatrists

Alliance Behavioral Psychiatry 361 E. 1200 S. Suite #201, Orem (801)224-3014

Bristol Health 935 S. Orem Blvd, Orem (801)903-5903 (No insurance, \$165 first visit, \$85 follow-up)

Noetic Psychiatry 672 W. 400 S. Suite #201, Springville (801)369-8989

Utah Valley Psychiatry and Counseling 1157 N. 300 W., Provo (801) 357-7525

Eating Disorders

Balance Health and Healing 1810 W. 700 N. Suite #150, Lindon (801) 361-8589

Insurance: none

Website: balancehealthandhealing.com

Battle Creek Behavioral Health 275 W. 200 N. Suite #203, Lindon (801)610-6851

Insurance: Aetna, BC/BS, DMBA, EMI, UHC, PEHP, Select Health

Website: battlecreekbehavioralhealth.com

Center for Change 1790 N. State St., Orem (888) 224-8250

Insurance: Most

Website: centerforchange.com

Inside Wellness 3325 N. University Avenue Suite #275, Provo & 4505 Wasatch Blvd Suite #380, SLC (801) 699-6161

Insurance: None

Website: insidewellness.com

Interconnection Therapy 275 W. 200 N. Suite #203, Lindon (385)269-0802

Insurance: Aetna, BC/BS, DMBA, EMI, PEHP, Triwest, University of Utah

Website: interconnectiontherapy.com

Mindful Counseling 36 S. 400 W Suite #102, Orem (801)607-5004

Insurance: None

Website: mindfulcounselingutah.com

Utah Eating Disorder 349 E. 900 S., SLC (801) 532-3614

Insurance: Aetna, BC/BS, DMBA, EMI, Humana, PEHP, University of Utah

Website: utaheatingdisorder.com

Willowshore Counseling 76 W. Main St. Suite #3, American Fork, (385)519-4585

Insurance: BC/BS, DMBA, EMI, UHC, PEHP, Select Health

Website: willowshorecounseling.com

Distressed Student Response Protocol

Does the student need immediate help?

YES

The student's behavior is dangerous, threatening, or represents a threat to self or the campus community

Call 911

After speaking with police call
Counseling and Psychological Services.

801-422-3035

I'm not sure

The student's behavior makes myself or others uncomfortable or worried, but it is unclear how much distress the student is in.

Call **Counseling and Psychological Services** and consult with a counselor about what to do.

801-422-3035

On evenings, weekends, or holidays:
Call University Police and ask to speak to the after-hours counselor.

801-422-2222

No

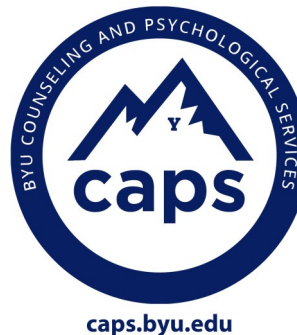
No threat to safety exists, but the student is having academic or personal problems

Refer the student to the appropriate campus resource

Campus Resources

University Accessibility Center:	801-422-2767
Women's Services and Resources:	801-422-4877
Multicultural Student Services:	801-422-3065
International Student Services:	801-422-2695
Student Health Center:	801-422-2771
Academic Support Office:	801-422-2723
University Police:	911
University Advising Center	801-422-3826
Financial Aid Office	801-422-4104
Career and Academic Success Center	801-422-2689
Dean of Students Office	801-422-4771
Victim Advocate, Lisa Leavitt	801-422-9071

Many times faculty and staff are hesitant to ask questions related to well-being out of worry about stepping over professional boundaries. We invite faculty to be active in asking questions in order to identify students that might be struggling. Don't ignore strange, inappropriate, or unusual behavior. Talk privately to the student in question, in a direct and matter-of-fact manner, indicating your observations and concerns. Be sure to focus on the behaviors you've noticed and express your concern about how these behaviors are impacting the student. Early feedback, intervention and referral can prevent more serious problems from developing.



How to Help

Students who are struggling often show **signs** that they need help. Here are some common signs to be aware of:

Thoughts

- Thoughts about self-harm/suicide
- Poor concentration/memory
- Confusion/impaired decision making
- Negative self-talk
- All or nothing thinking
- Obsessive thinking
- Thoughts of hopelessness

Behaviors

- Disruption of daily activities
- Social withdrawal
- Impulsive behavior (risk-taking, dangerous behavior)
- Legal problems
- Decreasing school performance/attendance
- Heavy substance use
- Bizarre behavior

Emotions

- Feeling out of control
- Mood swings
- Sadness/depression
- Irritability or agitation
- Extreme worry, fear, or anxiety
- Low self-esteem
- Low motivation

Physical Health

- Sleep problems
- Change in appetite or weight
- Fatigue
- Headaches
- Stomach problems

How to talk to students in distress

Approach

- Talk to the person in private when possible
- Be open and direct about what you've observed
- Express your concern clearly
- Try to share only what you've observed—avoid making assumptions or judgments.

Collaborate

- Try to remain calm, even if you feel anxious, irritated, or frustrated
- Stay focused on the student's feelings, and help them refocus when necessary
- Be willing to listen to their feelings and thoughts. This can build trust with the student
- Use reflective statements: "What I hear you saying is Am I getting it right?"
- Show empathy. "That must be really tough for you" or "It sounds like you feel really overwhelmed"

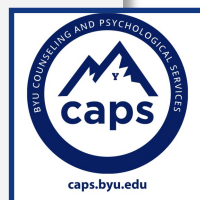
Refer

- Help the student develop a plan for the next action. Focus on the most pressing concern.
- Do not promise confidentiality, but help the student understand that you will use discretion in talking with others who need to know what's going on.
- Provide appropriate resources and referrals to the student. Oftentimes students are unaware of university resources that could help.
- Follow up with the student. This helps them know that you really care.

Using direct language with students

The overwhelming majority of students who are struggling want help, but many have a difficult time asking for it. Your willingness to approach students and be direct about your concerns opens the door for students to share the problems they're facing. Here are some examples of ways you can directly address students you may be worried about:

- "I've been noticing _____. Help me understand what's been going on."
- "How have you been feeling?"
- "Have you ever felt this way before?"
- "Who else knows what's going on?"
- "What have you tried in order to feel better?"



What if the student is reluctant to accept help?

Unless a student is at risk for harm to self or others, counseling remains a voluntary option for students. Despite every effort on your part to facilitate a referral, the student may choose not to follow through on your suggestion that they seek counseling. If you find yourself in this situation, continue to express your belief that the student could benefit from counseling, and keep your offer of help available to the student. Reassure the student that the CAPS services are **effective**, **confidential**, and **free of charge**. Encourage the student to "try it and see how it goes". Acknowledge, validate, and discuss the student's fears and concerns about seeking help.

What To Do in a Crisis

For students who are in psychological crisis

If a student is at serious risk for harm to self or others, faculty can refer that student to Counseling and Psychological Services (CAPS). Counselors are available 24-hours a day to assist students in crisis situations. If a student is experiencing a severe personal crisis and may benefit from speaking with a counselor they should be directed to come to CAPS.

If you feel the situation is an emergency, call CAPS, identify yourself, and inform the secretary of the student's need to be seen by a "Counselor on Duty" as soon as possible. Walk the student over to our center; or, if you feel it is necessary, contact the BYU University Police to help escort the student.

If there is a life-threatening emergency during non-business hours (4:30pm-8am weekdays or on weekends), contact the BYU Police and you will be connected with a counselor. The BYU police dispatch will relay relevant information to the counselor prior to your speaking with him/her.

What about disruptive students?

Disruptive students interfere with the safety and well-being of the shared campus community. They may demonstrate behaviors such as:

- Verbal or physical aggression
- Intentionally damaging property
- Acting or speaking in a paranoid or bizarre manner
- Threatening others (both directly as well as through written or electronic means.
- Taking out or brandishing a weapon
- Attempting to intimidate or coerce others
- Stalking behavior
- Hate speech (targeted, hateful speech toward a specific group or class)

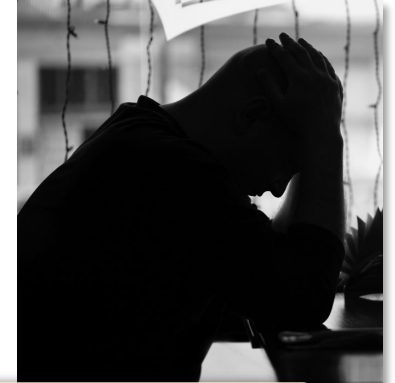
If the student is an imminent risk to self or others, call the University Police at 801-422-2222 or 911.

If the student demonstrates any of these behaviors *and is not an imminent threat*, please call the Dean of Students office to file a Campus Incident Report at 801-422-4771.

If you're unsure about what to do, call CAPS at 801-422-3035. We'll help you know what the best strategy to pursue would be.

Signs of crisis:

- Emotional extremes (uncontrollable crying, extreme anger, etc)
- Severe panic or anxiety
- Frequent suicidal thinking with plan
- Self-harm
- Recent traumatic loss (death of a loved one, etc.)
- Recent sexual assault



How to respond if a student has been sexually assaulted:

Start by believing. Remember that an assault is *never* the fault of the victim. Let the student know that you believe him/her and that they have your support.

Safety/ medical needs. If you suspect they may not be physically safe, contact the university police. If medical attention is needed, the Student Health Center and local emergency rooms are equipped to help.

Listen. If someone discloses an assault to you, it means he/she trusts you. Listen with compassion and avoid showing anger or other strong feelings you may feel on their behalf; they need you to remain calm. Respond in a caring manner such as "I'm so sorry this happened."

Be careful with questions. Do not ask for details of the assault. Let the student tell you whatever they feel comfortable sharing, at their own pace.

Provide options. Remember, you are not a trained professional, but you can help direct students to the appropriate resources. This should be your primary focus.

Refer the student to the Victim Advocate on campus, Dr. Lisa Leavitt. The victim advocate provides support and guidance, working one-on-one to connect students with resources. In addition, she helps student's navigate the university system, the medical process, the law enforcement system and the Title IX process should they choose to report. All services provided by Dr. Leavitt are *free and confidential*. Students are not required to report to Title IX or the Honor Code Office when working

with Dr. Leavitt.

Let the student know you may not have confidentiality. Do not make promises regarding confidentiality that you cannot keep. Understand the mandatory reporting role you play as part of the university.

Important resources:

- **Victim Advocate:** Dr. Lisa Leavitt: , 801-422-9071, advocate@byu.edu
- **Counseling and Psychological Services:** 801-422-3035
- **Women's Services and Resources:** 801-422-4877
- **BYU police:** 801-422-2222
- **Student Health Center:** 801-422-2771
- **Title IX Office:** 801-422-8692