



Expanding Access to Evidence-Based Mental Health Care

Flourish Therapy is a Utah-based 501(c)(3) nonprofit clinical care program providing affordable, accessible, evidence-based outpatient mental health services. We are the only Utah program built around the 2022-2026 Utah's Suicide Prevention Program's recommendations for suicide reduction in Utah's LGBTQ+ population.

- **10 years** of consistent treatment and **100,000+** therapy sessions to Utahns.
- Accessible for Utahns – **reaching all Utah counties** with our 80+ clinicians.
- Affordable – **75% of our sessions are subsidized.**
- **Evidence-based!**
- Intensive Outpatient Program provides support for **food, job, and housing insecurity + intensive outpatient care** for free to clients in need.

2025 Impact of \$50,000 from Utah Legislature

Provided **675** evidence-based mental health Sessions

Reduced suicidality by **23%**

Help Utah by strengthening outpatient capacity:

Communities: Reduce emergency visits and expand access to care.

Clients: Remove financial and geographic barriers and support high-risk individuals.

System: Reduce waitlists and prevent costly crises.

2026 Request to Utah Legislature

Expand care by providing an additional 1,300 outpatient and urgent-access mental health care sessions.



ongoing support request

The need is urgent:

Utah's suicide rate = 21 per 100,000 people (well above the national average!)

685 Utahn suicides each year.

1 in 5 high school students report suicidal thoughts.