

Utah Crisis and Suicide Prevention Resources



Utah Crisis Line – 800-273-TALK - The Utah Crisis Line provides compassionate support. We give referrals to anyone in need of mental health or emotional wellbeing services. Whatever age you are, you can call for help 24 hours a day, 7 days a week, 365 days a year. There is no cost. We have interpreters in more than 150 languages to help. This 800 number recognizes the area code of caller ID and transfers Utah area code numbers to the Utah team. If you are calling from a non-Utah area code, but you want a Utah response, call the local number 801-587-3000.

Warm Line – 833-SPEAKUT (833-773-2588) – Talk to someone who’s been there before and understands. Sometimes you may need a supporter as you heal and recover from your own personal struggles. If you need to talk with someone, you can call the Utah Warm Line for that support. The Utah Warm Line is free for all callers. When you call the Utah Warm Line, you will speak with a certified peer support specialist. Our peer support specialists have gone through specialized training. They have also lived through experiences like yours—mental illness and substance misuse that is disrupting your happiness. Call for support today!

SafeUT Apps - Download one of three SafeUT apps. They are available 24/7/365. You can chat with a licensed counselor for support or submit a confidential tip right from your smartphone.

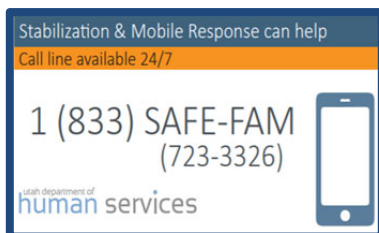


The original **SafeUT** app targets students, parents, educators and others.

SafeUT Frontline is available for First Responders and Frontline Healthcare Workers.



SafeUTNG is available to Utah National Guard members and their families.



Stabilization & Mobile Response (1-833- SAFE-FAM) – For families with children/youth ages 0-20 experiencing challenges. Over the phone support and problem solving, mobile response services, and in-home stabilization services to help your family stabilize and self-manage future challenges. Free, family guided, and youth driven. <https://hs.utah.gov/smr>

Live On! Campaign – <https://liveonutah.org/> - Statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On. Like on Facebook. Follow on Instagram.



Behavioral Health Services Navigation - 833-442-2211 – Sponsored by Intermountain Healthcare, make just one call to find help to access behavioral health resources. It is open and free for anyone who needs mental health support. Call 7AM to 7PM, 7 days a week.



Behavioral Health Services Navigation
833.442.2211

Navigating Behavioral Health doesn't have to be complicated.
Behavioral Health Services Navigation (formerly the Emotional Health Relief Hotline) One-call to help access available behavioral health resources
Available to everyone 833.442.2211
HOURS: 7am to 7pm

What to expect:
When you call 833.442.2211, you can expect to talk to someone who can help assess your needs and connect you with the right resources.

Behavioral Health Services at Intermountain Healthcare offer a variety of resources to keep your body and mind healthy. Just as Intermountain is here for your physical healthcare needs, we are here to provide for your emotional and mental well-being as well. Behavioral Health includes Mental Health + Substance Use Disorders assessment.

Intermountain Healthcare



FREE HELP
for **COVID-19**
related stress
THE UTAH STRONG RECOVERY PROJECT

El proyecto de recuperación fuerte ofrece apoyo de recuperación disponible el 24/7/365. Llámanos o envíanos mensajes 7 días a la semana, 24 horas. Toda la información es confidencial y gratuita de cargo.

Services include:

- emotional support
- crisis counseling
- coping strategies
- mental health education
- referrals if more help is needed

Call/Text: 385-386-2289

Email (first name and phone number only):
UtahStrong@utah.gov

For immediate response after hours:
1-800-273-TALK (8255)

Consulting in Spanish and other languages available.



AYUDA GRATUITA
para el estrés relacionado con
COVID-19
EL PROYECTO DE RECUPERACIÓN UTAH STRONG

El proyecto de recuperación fuerte ofrece apoyo de recuperación disponible el 24/7/365. Llámanos o envíanos mensajes 7 días a la semana, 24 horas. Toda la información es confidencial y gratuita.

Los servicios incluyen:

- apoyo emocional
- asesoramiento de crisis
- estrategias de afrontamiento
- educación sobre salud mental
- referencias si se necesita más ayuda

Llamadas/Mensajes de texto: 385-386-2289

Correo electrónico: UtahStrong@utah.gov
(incluya solo su nombre y número de teléfono)

Para respuesta inmediata fuera del horario de atención:
1-800-273-TALK (8255)

Asesoramiento disponible en español y otros idiomas.

Utah Strong Recovery – 385-386-2289 (call or text), Email utahstrong@utah.gov – If you or someone you know is experiencing stress, anxiety or depression because of COVID19, talk with a crisis counselor 7 days a week, 7AM to 7PM. All information is confidential and free of charge.



myStrength – is a free, online tool to help you live your best life. You'll find help for stress, anxiety, chronic pain and more. It's safe, secure and personalized – just for you. Track your health, enjoy activities, and become inspired. myStrength has recently added resources and supports surrounding COVID-19 and the behavioral health needs that you may have during this time.



<https://appv2.mystrength.com/go/udhs/UtahDHS>

Caring Connections – The University of Utah, College of Nursing offers a variety of grief support groups throughout the year. Each support group is designed to help you cope with a different kind of loss and grief, including suicide. The groups are eight weeks in length and are facilitated by expert clinicians in the fields of social work, nursing, counseling, and psychology. <https://healthcare.utah.edu/caring-connections/>

To learn about other Utah resources for crisis and suicide prevention:

Crisis and Suicide Prevention, Utah <https://healthcare.utah.edu/uni/programs/crisis-diversion.php>

The Utah Division of Substance Abuse and Mental Health <https://dsamh.utah.gov/>

National Alliance on Mental Illness (NAMI) <https://www.namiut.org/>

American Foundation on Suicide Prevention, Utah Chapter <https://afsp.org/chapter/utah>

For additional resources in the human services/social services area, please call 2-1-1 or see <https://211utah.org/>