

Utah crisis and suicide prevention resources

Call 911 if you or someone else are in danger or in an emergency. Call 988 if you need any help with mental health or substance use—it doesn't have to be an emergency.



988 Suicide and Crisis Lifeline <https://988lifeline.org>

Call, text, or chat 988 if you are having a hard time. The 988 Suicide and Crisis Lifeline is a free, confidential hotline available 24 hours a day, 7 days a week, 365 days a year. Crisis workers are available to help if you're in distress, thinking of suicide, or need emotional support. Interpreters who speak more than 150 languages are available.

What happens when I call 988?

Crisis workers answer your call or text as quickly as possible. However, it may take a few minutes to get you to the best person to help. Don't hang up!

988 recognizes your phone's area code. Your call will be answered by local, Utah crisis workers if your phone number has a Utah area code. Your call or text will be answered by crisis workers who may not be in Utah if your phone number has an area code from another state. There are 3 options to choose from when you call on the phone.

- Press 1 for veterans.
- Press 2 if you want to speak to someone in Spanish.
- Press 3 for LGBTQ support services.
- It will send you to the first available crisis worker if you don't choose any of the options listed above.

Mobile crisis outreach teams

Mobile crisis outreach teams (also called MCOTs) provide free face-to-face help for Utahns who are having a mental health challenge. Trained crisis workers will meet you wherever you are – at home, work, school, or anywhere in your community. Mobile crisis outreach teams are available 24 hours a day, 7 days a week, 365 days a year. They will be in an unmarked vehicle to protect your privacy. Call 988 to get help from a mobile crisis outreach team.

Receiving centers

These centers provide a safe space to be when you're having a mental health challenge but don't need to be hospitalized. The centers feel like a home environment. People who have had similar experiences are there to listen and help (called peer respite). You only stay at a receiving center for one day (24 hours or less). Call 988 to access a receiving center near you.

Stabilization and mobile response (SMR)

Provides intensive, in-home intervention services to children, youth, and families. Services are typically provided 2-3 times a week for 6-8 weeks. Services are for youth who are struggling with anxiety, depression, suicidal ideation, high family conflict, self-harm, or substance use. Helps families create plans to help prevent and manage future crises and connects them with helpful and ongoing resources. Call 988 Call or (833) SAFE-FAM (723-3326) to access these services.

SafeUT apps <https://safeut.org/>

Download the SafeUT apps to chat with a licensed counselor for support or submit a confidential tip right from your phone. The apps are free and available for iPhone and Android devices. SafeUT is available 24 hours a day, 7 days a week, 365 days a year. There are different apps for different groups of people.

- SafeUT app is for students, parents, and educators.
- SafeUT Frontline is for first responders and frontline healthcare workers.
- SafeUTNG is for members of the Utah National Guard and their families.



Warm Line 833-773-2588

Sometimes you just need someone to talk to about your struggles with mental health or substance use. They have certified peer support specialists to help you solve problems. It's free and open from 8 a.m. to 11 p.m. every day.

**Behavioral Health
Navigation:**

Adults: 833.442.2211
HOURS: 7am to 7pm
Children: 801.313.7711
Assessment, Referral, and
Consultation Service (ARCS)

Intermountain
Healthcare



Behavioral Health Services Navigation 833-442-2211 for adults or 801-313-7711 for kids and teens <https://tinyurl.com/2p8b7afy>

This hotline can help you find and access behavioral health resources. It's sponsored by Intermountain Health and free for anyone who needs mental health support. Open 7 a.m. to 7 p.m., 7 days a week.

Caring Connections 801-585-9522 <https://nursing.utah.edu/caring-connections>

The University of Utah College of Nursing offers grief support groups to help you cope with a different kind of loss and grief, including suicide. The groups are 8 weeks in length and led by social workers, nurses, counselors, and psychologists.

The Sharing Place 801-466-6730 <https://www.thesharingplace.org>

The Sharing Place provides grief support services to youth, teens, and their families who have suffered the loss of a loved one. Develop coping skills through activities like art, play, and physical activity.

Other helpful resources:

- 211 Utah <https://211utah.org>
- American Foundation on Suicide Prevention, Utah Chapter <https://afsp.org/chapter/utah>
- Community crisis intervention and support services <https://tinyurl.com/3sat854p>
- Healthy Minds <https://healthyminds.utah.gov/>
- Live On Utah <https://liveonutah.org>
- National Alliance on Mental Illness, Utah (NAMI Utah) <https://www.namiut.org/>
- Utah Domestic Violence Coalition 1-800-897-5465 <https://udvc.org>
- Utah Office of Substance Abuse and Mental Health <https://sumh.utah.gov>
- Utah Suicide Prevention Committee and Coalition <https://utahsuicideprevention.org/>

