

Crisis and Support Resources

<p>Utah Statewide Crisis Line</p> 	<p>The Utah Statewide Crisis Line, in association with the National Suicide Prevention Lifeline, is here to provide a compassionate support during difficult times and refer anyone in need of mental health services.</p> <p>Call the local crisis line at 801-587-3000 or the national suicide prevention line 1-800-273-8255.</p> <p>This service is available 24 hours a day, 7 days a week, 365 days a year. Multi-lingual services are available!</p>
<p>Crisis Text Line</p> 	<p style="text-align: center;">Text NAMI to 741-741</p> <p>Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.</p>
<p>SAFEUT SMARTPHONE APP</p> 	<p>SAFEUT is a Crisis Chat Line and a School Safety Tip Line developed for all students in Utah, including higher education students. It is a statewide service that provides real-time crisis intervention to youth through texting right from your smartphone!</p> <p>Licensed clinicians respond to all incoming chats, texts, and calls 24/7.</p>
<p>Utah WarmLine</p> 	<p style="text-align: center;">801-587-1055</p> <p>Utah WarmLine is here to help you through tough times. Their role is to provide general emotional support and create a non-judgmental space where people can call in and touch base with somebody who has had a similar experience to what they are going through. This resource is available 365 days a year from 8:00 am – 11:00 pm.</p>