

## Resources:

- [Utah Statewide Crisis Line](#), in association with the National Suicide Prevention Lifeline: 1-800-273-8255
  - Call 24/7 to speak to a licensed crisis counselor if you or a loved one are having thoughts of suicide, are experiencing an emotional or mental health crisis, or are feeling overwhelmed and need support.
- [Utah Warm Line](#): 801-587-1055
  - Open 7-days a week, from 8 a.m. – 11 p.m. Call to speak with a certified peer support specialist.
  - This service is for people who are not in crisis but seeking emotional support, engagement, or encouragement. Certified peer specialists offer support and empower callers to resolve problems by fostering a sense of hope, dignity, and self-respect.
  - This is a great resource for people who are feeling stressed, overwhelmed, isolated, or like they just need someone to talk to.
- Mobile Crisis Outreach Teams (MCOT)
  - Triageed and dispatched through the Utah Statewide CrisisLine by calling 1-800-273-8255, teams are available for dispatch in Salt Lake, Davis, Weber, and Utah counties, and the southwest region of Utah, including St. George and surrounding cities.
  - Due to COVID-19, crisis counselors on the CrisisLine will ask health screening questions to determine if an in-person or telehealth response is most beneficial. MCOT staff may wear the CDC's recommended universal precautions to include goggles, masks, gloves, and gowns to ensure the safety and wellbeing of our community and health care workforce.
- [SafeUT](#) (Crisis Chat and School Safety Tip app)

- The SafeUT Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth (public K-12 and higher education) through live chat and a confidential tip program – right from your smartphone.
- Licensed crisis counselors are available 24/7 to respond to all incoming chats, tips, and calls by providing supportive or crisis counseling, suicide prevention, and referral services. Support is also available to parents and educators of students in public K-12 and higher education.
- Free and available for download from the [Google Play Store](#) and the [App Store](#).
- SafeUTNG (Crisis Chat and Safety Tip app for Utah’s Army and Air National Guard service members, family members, and personnel)
  - As an extension of SafeUT, the SafeUTNG app provides a safe and confidential platform to communicate with a licensed crisis counselor 24/7. Users can text, submit a tip, or call to receive support.
  - The app is operated and managed by the University of Utah Neuropsychiatric Institute (UNI) in partnership with the Utah National Guard.
  - Licensed mental health professionals can assist with a variety of issues including: emotional crisis, grief and loss, drug and alcohol issues, mental health issues, self-harm, suicide prevention, and safety concerns.
  - Free and available for download from the [Google Play Store](#) and the [App Store](#).
- [Utah Coronavirus Information Line](#): 1-800-456-7707
  - This Utah Coronavirus Information hotline is a central resource for the public’s questions about COVID-19 in Utah. Visit [coronavirus.utah.gov](https://coronavirus.utah.gov) for more information.
- [Disaster Distress Helpline](#), operated by Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-985-5990

- A 24/7 national hotline dedicated to providing immediate crisis counseling for people seeking emotional help in the aftermath of a disaster (to include public health emergencies).
- People can also access services by texting TalkWithUs to 66746