

Mental health resources

There is help if you or someone you know is struggling.



**SUICIDE & CRISIS
LIFELINE**

988.utah.gov

988 provides emotional and mental health support from trained crisis workers. It's free, confidential, and available 24 hours a day, 7 days a week. Call. Text. Chat.

No judgment, just help.

Find a directory of providers trained in **maternal mental health** at maternalmentalhealth.utah.gov or scan the QR code below.



Need substance use recovery support?

Call Utah Support Advocates for Recovery Awareness (USARA) at 1-385-210-0320.

Go to a Crisis Receiving Center for **immediate access to mental health services** free for up to 24 hours uacnet.org/receiving-centers or scan the QR code below.



Need help to come to you? A mobile crisis outreach team will arrive in an unmarked vehicle. Call 988 to get help.

Call 988 if your **child is in crisis or struggling**. A specially trained youth stabilization team can provide a free safety assessment and care.

Call the Utah Warm Line at 801-587-1055 when you **need someone to talk to** about your struggles, but may not need any other help right now.



Ready to connect to a therapist?

Call 833-442-2211 to reach the Behavioral Health Navigation Line.