

YOU ARE  
**NOT**  
ALONE



**Utah Statewide Crisis Line:** 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.

**Mobile Crisis Outreach Teams (MCOT)** are available through the Utah CrisisLine and can be dispatched to 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.

**Utah Warm Line:** 801-587-1055

Open 7-days a week, from 8 a.m. – 11 p.m. 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.

**SafeUT** (Crisis Chat & School Safety Tip app) Available for free download from the [Google Play Store](#) and the [App Store](#). Licensed counselors are available statewide 24/7. This service provides real-time crisis intervention, chat, offer support/counseling, suicide prevention and referral services to youth (public K-12 and higher education) through live chat and a confidential tip program – right from your smartphone.

**SafeUTNG** (Crisis Chat and Safety Tip app for Utah's Army and Air National Guard service members, family members, and personnel) Available for free download from the [Google Play Store](#) and the [App Store](#). Call 1-800-TALK (8255). Users can text, submit a tip, or call to receive support.

Licensed counselors are available statewide 24/7. The SafeUTNG is operated and managed by the University of Utah Neuropsychiatric Institute (UNI) in partnership with the Utah National Guard. Licensed mental health professionals are ready to 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.