

Mental Health Resources

SafeUT App – Free for android/IOS

Safe Utah - The SafeUT Crisis Text and Tip Line app provides 24/7 access to crisis counseling or tip reporting for youth in the state of Utah. After installing the app you can connect directly to the UNI CrisisLine or report a confidential tip on bullying, school threats of violence or concern about someone in crisis. CrisisLine staff can assist with a wide variety of problems, including emotional crisis, grief and loss, drug and alcohol problems, mental health issues, self-harm and suicidal behavior.

Primary Pediatrician: Can recommend some great mental health resources and outside therapist or counselors.

Family Support Center: Located in Taylorsville: <http://www.familysupportcenter.org/home>

- FREE 24/7 care for children through our Crisis Nursery for parents who are overwhelmed
- FREE in-home parenting support through our Family Mentoring Program
- Housing and self-sufficiency program for homeless parents and their children through the LifeStart Village
- FREE and low-cost community classes on parenting, family blending, and anger management
- Low-cost individual and family counseling
- And much more! Call about our services if you are feeling overwhelmed or need help with family matters. We're here to help!

National Suicide Prevention Hotline: 1-800-273-8255

Utah Suicide Prevention Coalition: 1-800-273-TALK (8255)

Hope for Utah: <http://hope4utah.com/>

NAMI Utah: <http://www.namiut.org/families-caregivers/suicide-prevention>

For immediate help: Call 911

<http://monarchfamilycounseling.com> – Sarah Stroup. Cost: \$ based on insurance, call (801) 349-9606