

Mental Health Resources



24/7 National Suicide Prevention Lifeline:
(800) 273-TALK
suicidepreventionlifeline.org



24/7 Disaster Distress Helpline: (800) 985-5990 -
TEXT "TalkWithUs" to 66746



Emotional Health Relief Hotline: (833) 442-2211 -
counseling in 19 languages



SafeUT App and youth crisis text and tip line



2-1-1 or 211utah.org - connect to mental health, substance use, emergency child care services



Utah Parent Center
Special needs, extraordinary potential

Utah Parent Center - resources for caregivers of individuals with special needs



myStrength - behavioral health app; free with code UDHSguest33