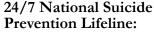
Mental Health Resources







(800) 273-TALK suicidepreventionlifeline.org

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



833,442,2211

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





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





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

myStrength - behavioral health app; free with code UDHSguest33



SafeUT App and youth crisis text and tip line

