

# Mental Health Resources



## 24/7 National Suicide Prevention Lifeline:

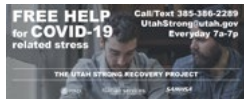
(800) 273-TALK  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



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



**myStrength** - behavioral health app; free with code UDHSguest33



**The Utah Strong Recovery Program** - FREE help for COVID-19 related stress, Call/Text 385-386-2289, [UtahStrong@utah.gov](mailto:UtahStrong@utah.gov), Everyday 7a-7p



**2-1-1 or [211utah.org](http://211utah.org)** - connect to mental health, substance use, emergency child care services



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



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



**SafeUT** App and youth crisis text and tip line