

# Mental and Emotional Health Resources

## Crisis Lines



### Tips for Staying Emotionally Healthy

- **Take care of yourself.** Get some exercise; take a walk; practice deep breathing; eat healthy foods.
- **Connect with people you love.** Do not self-isolate. Call, text, or talk with those you trust about your feelings and emotions.
- **Limit your news and social media intake to once a day.**
- **Get enough sleep.** Stick to a regular sleep schedule. Wind down at night by stretching, reading, or meditating.

### Crisis Lines – Suicide Prevention

**Crisis Text Line:** Text HOME to 741741 and connect with a Crisis Counselor, 24/7, who will help you move from a hot moment to a cool moment.

**National Suicide Prevention Lifeline:** 1-800-273-8255(TALK). Trained crisis workers offer free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

**Students in Crisis: Download the SafeUT app.** Students can call the crisis line, chat with a clinician, 24/7. **In a crisis, text or call 833-372-3388.** (Many Utah schools endorse SafeUT download app for their students.)

**Utah Crisis Line and Mobile Outreach Team:** 1-801-587-3000. (<https://healthcare.utah.edu>) Provides 24-hour phone service staffed by mental health professionals for crisis intervention, suicide prevention, information and referral, emotional support.

**Before a crisis level, get help by calling the "Warm Line" for encouragement and support: 801 587-1055.**

### Crisis Lines and Resources for Abuse or Domestic Violence

**National Child Abuse Hotline:** 1-800-422-4453. Crisis intervention, referrals, 24/7 support.

(<https://www.childhelpline.org>)

**National Sexual Assault Hotline:** (English and Spanish) 1-800-656-4673 (<https://www.rainn.org>)

**Utah Domestic Violence:** 1-800-897-5465(LINK) - Utah Domestic Violence Coalition

(<https://www.udvc.org>) 24/7 Help and support for victims and survivors.

**Younique Foundation** – Free hope and healing retreats and support groups for women survivors of childhood sexual abuse. ([www.youniquefoundation.org](http://www.youniquefoundation.org))

### Mental Health Support

**NAMI Utah** (<https://namiut.org>) offers free support groups and education for anyone impacted by mental health conditions in Utah – including those with mental health conditions and their family members or loved ones. Programs in English and Spanish, help participants realize they are not alone; recovery is possible and treatment works. Call 801-323-9900 or (877) 230-6264.