



RESOURCES FOR RESPONDING DURING A CRISIS

A mental health crisis is any situation in which a person's actions, feelings, and behaviors can lead to them hurting themselves or others, and/or put them at risk of being unable to care for themselves or function in the community in a healthy manner.



Risk factors:

- Thoughts of suicide
- Relationship struggles
- Anxiety
- Depression
- Stress
- Loss of a loved one

Sources: <https://www.acmh-mi.org>

IMMEDIATE DANGER

If there is **immediate** danger to an individual or others call **911**.

Responders can help with welfare checks, transport to hospital, etc.



CONCERN

If there is **concern** of harm to an individual or others contact:

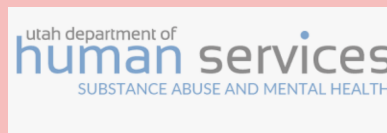
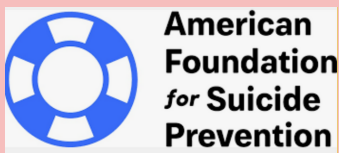


Spanish 1-888-628-9454
Text HOLA to 741741



Available 24/7/365. Chat with a licensed counselor for support or submit a confidential tip. on the app.

OTHER UTAH SUICIDE PREVENTION RESOURCES



ADDITIONAL SUPPORT

If there is a need for **mental, emotional, or physical** support contact:



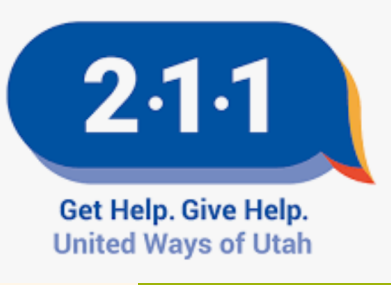
Warm Line – 833-SPEAKUT

- A listening ear for callers as they heal and recover from personal struggles
- Provides connections to others who have been in similar situations
- Free, available 8 a.m.-11 p.m., 7 days a week



DomesticShelters.org provides services and resources that victims and survivors of domestic violence need. Searchable database of programs and shelters in the U.S.

GENERAL RESOURCES & SUPPORT



United Way's 2-1-1 service is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.

Behavioral Health Services Navigation

(1-833-442-2211) is sponsored by Intermountain Healthcare. Call to find help to access behavioral health resources. It is open and free for anyone who needs mental health support. Call 7AM to 7PM, M-F.



ParentGuidance.org offers education and therapeutic support to empower and give parents hope as they support their child's mental health.

Saprea is a non profit organization that is leading the charge against child sexual abuse using proven, practical methods for confronting and overcoming child sexual abuse.



The **Sharing Place** provides a safe and caring environment for grieving children, teens, and their families to share their feelings while healing themselves. This is achieved through a support group model that emphasizes acknowledging any and all feelings related to grief, connection with others experiencing grief, and channeling feelings through art, play, and discussion.

ADDITIONAL COMMUNITY RESOURCES



Scan or click on this QR code for a broader list of community resources.

