Mental health resources



There is help if you or someone you know is struggling.



988 provides emotional and mental health support from trained crisis workers. It's free, confidential, and available 24 hours a day, 7 days a week. Call. Text. Chat.

No judgment, just help.

Find a directory of providers trained in maternal mental health at

maternalmentalhealth.utah.gov or scan the QR code below.

Need substance use recovery support? Call Utah Support Advocates for Recovery Awareness (USARA) at 1-385-210-0320.

Go to a Crisis Receiving Center for immediate access to mental health services free for up to 24 hours uacnet.org/receiving-centers or scan the OR code below.





Need help to come to you? A mobile crisis outreach team will arrive in an unmarked vehicle. Call 988 to get help.

Call 988 if your child is in crisis or struggling. A specially trained youth stabilization team can provide a free safety assessment and care.

Call the Utah Warm Line at 801-587-1055 when you need someone to talk to about your struggles, but may not need any other help right now.



Ready to connect to a therapist?

Call 833-442-2211 to reach the Behavioral Health Navigation Line.