



# 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:

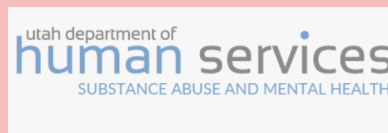


Spanish 1-888-628-9454  
Text HOLA to 741741



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:



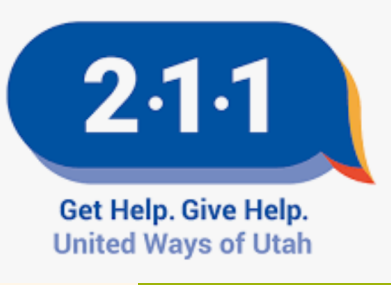
Warm Line – 833-SPEAKUT

- 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.

