

Crisis Hotlines

911

For life threatening emergencies dial 911 immediately!

<https://www.911.gov/>

Child Protective Services

Child Abuse and Neglect Hotline: 1-855-323-3237

To keep children safe from abuse and neglect and provide domestic violence services by working with communities and strengthening families.

<https://dcfs.utah.gov/>

National Suicide Prevention Lifeline

800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<http://suicidepreventionlifeline.org/>

Safe Harbor Crisis Center

24-Hour Support Line: 801-444-9161

Safe Harbor, a non-profit organization, with on staff Safe Zone certified advocates, provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to our community at absolutely no cost!

<http://safeharborhope.org/>

SafeUT Crisis Text and Tip Line

Statewide service that provides real-time crisis intervention to youth through texting and a confidential tip program – right from your smartphone. We can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide related issues. Safe UT answers crisis calls, texts, and chats – about yourself or someone else – 24/7. These services are anonymous and confidential.

<https://healthcare.utah.edu/uni/clinical-services/safe-ut/>

Trevor Lifeline

24 Hour Crisis Line: 866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth. Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

<https://www.thetrevorproject.org/>

Crisis Hotlines

U of U Neuropsychiatric Institute

Crisis Line: 801-587-3000

Our licensed clinicians provide prompt and compassionate crisis intervention, suicide prevention, information and referrals as well as follow-up services, emotional support, and assistance to individuals experiencing emotional distress or psychiatric crisis. Services are available 24/7.

<http://healthcare.utah.edu/uni/clinical-services/crisis-diversion/>

Utah Poison Control Center

800-222-1222

24-hour resource for poison information and educational resources. We serve the state of Utah with immediate phone support in a poisoning crisis.

<http://poisoncontrol.utah.edu/>

Youth Suicide and Self-Harm Prevention: 2017 Resource Guide

The Children's Safety Network (CSN) has published an outstanding guide on youth suicide and self-harm prevention. It contains a wealth of information including some excellent resources.

<https://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/SuicidePreventionResourceGuide2017.pdf>

Youth Suicide Prevention

<https://schools.utah.gov/sas/scep/prevention>