
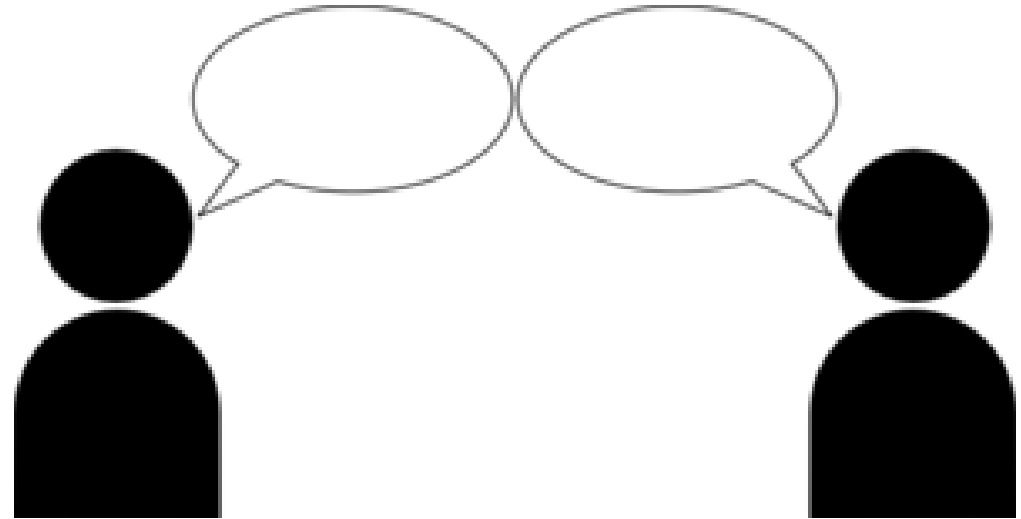


**SAFE UT
RESOURCE** 

ARE YOU HAVING A DIFFICULT TIME OR KNOW SOMEONE WHO IS STRUGGLING??

Please talk to someone:

- Friend
- Hope Squad member
- Teacher
- Parent
- Church leader
- Counselor
- Crisis tip line (Safe UT)



WE WANT YOU SAFE

- If you are having suicidal thoughts or self harming (cutting) please talk to an adult you trust.
- If you know a friend is in trouble, please tell an adult.



SAFE UT

CRISIS TEXT AND TIP LINE

- Safe UT answers crisis calls, texts, and chats – about yourself or someone else – 24 hours per day 7 days a week.
- These services are anonymous and confidential.
- Call the tip line **1-800-273-8255 (TALK)**
- Download the app



COUNSELING TOPICS INCLUDE

- Suicide
- Self-harm
- Emotional crisis
- Grief and loss
- Drug and alcohol problems
- Mental health
- Abuse
- Impact of domestic violence

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



Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



Submit a Tip

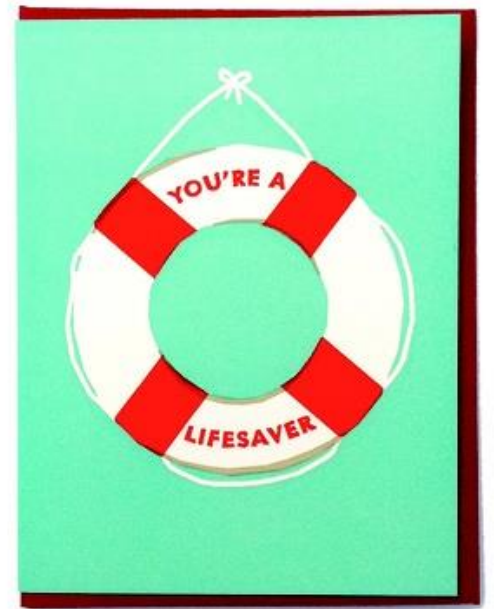
Submit confidential tips to school administrators on bullying, threats, or violence.



BE A LIFESAVER

- **ASK**—Are you thinking about suicide?
- **SHOW** you care by listening and not being judgmental.
- **TELL** an adult right away.
- Call the tip line

1-800-273-8255 (TALK)



BE PREPARED

- You never know when you'll have an emergency. Especially if it is after school hours.
- Please use the crisis tip line or call 911 if it is an emergency.
- Please talk to Ms. Cox or Mrs. Smith if you have questions or need help.

