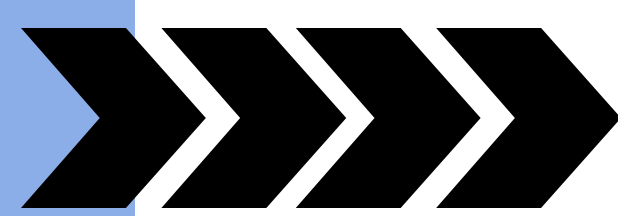


Crisis Intervention & Support Services

What is a mental health crisis?



Experiencing crisis can look different for everyone. Some examples include:

- Mental health emergency
- Feeling overwhelmed
- Anxiety
- Depression
- Loss of a loved one
- Relationship issues
- Intensive stress
- Thoughts of suicide

Crisis Lines

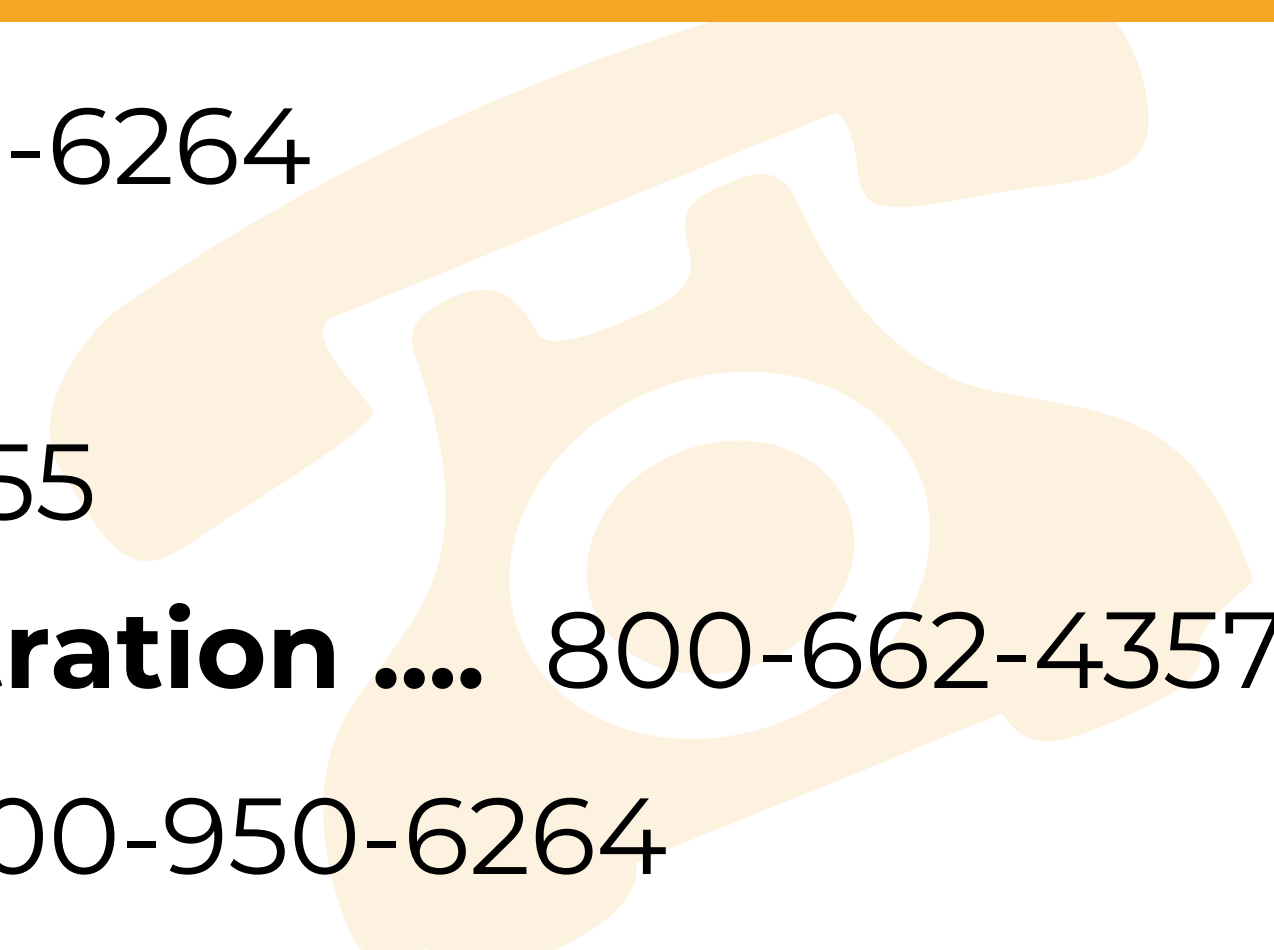
National Alliance on Mental Illness Helpline ... 800-950-6264

Utah Crisis Line ... 800-273-TALK

Utah Warm Line ... 833-SPEAKUT (toll free) or 801-587-1055

Substance Abuse and Mental Health Services Administration ... 800-662-4357

University Neuropsychiatric Institute's Warm Line ... 800-950-6264



SafeUT Chat & Tip Line

833-372-3388

For **school-aged youth**

- Free, 24/7 access
- Licensed mental health counselors
- Can submit confidential tips



SafeUT National Guard

833-3SAFENG

For active duty **National Guard Members, their family members, and civilian personnel.**

- Free, 24/7 access
- Licensed mental health counselors
- Can submit confidential tips

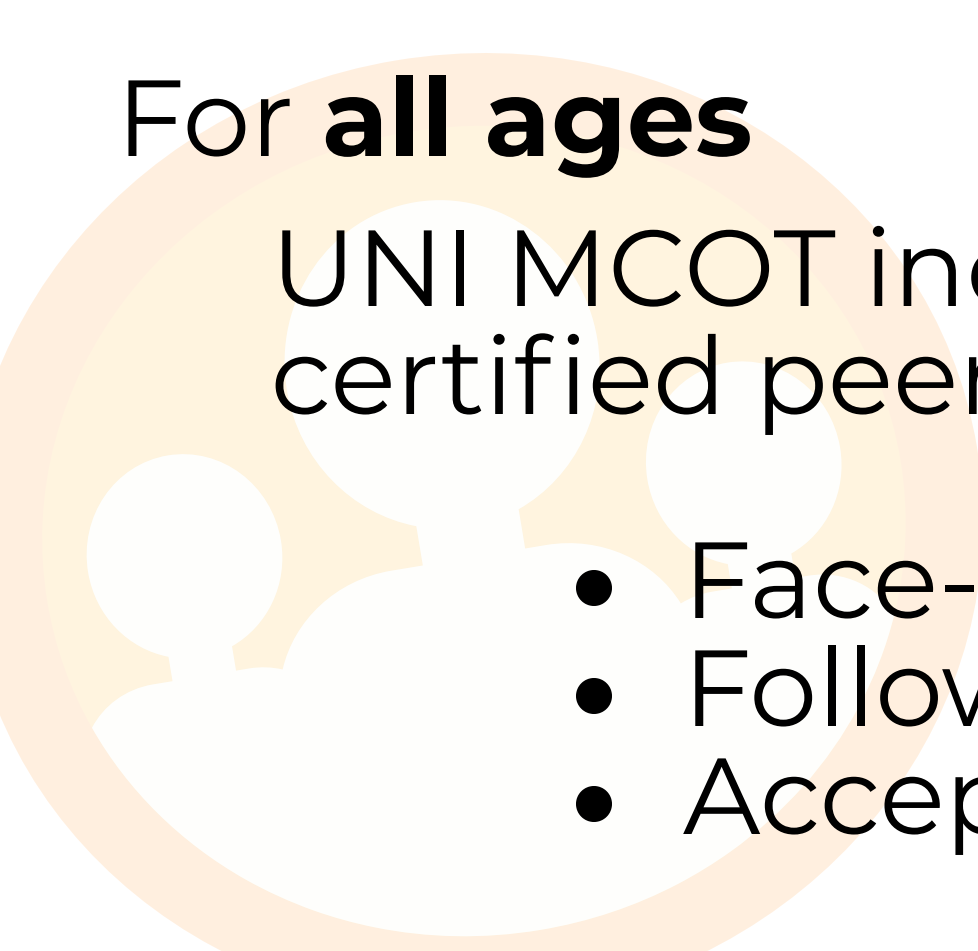
University Neuropsychiatric Institute's Mobile Crisis Outreach Team

800-273-8255

For **all ages**

UNI MCOT includes licensed counselors and certified peer support specialists. They provide:

- Face-to-face & virtual crisis resolution
- Follow-up services and treatment referral
- Accepts most major health insurance providers



Helpful option for mental health crises or emergencies

Need more information about crises?

- www.nami.org
- health.utah.edu/uni/programs/crisis-diversion.php