

# STUDENT RESOURCES

Utah Student Health & Risk Prevention (SHARP)

# 2021

## The Trevor Project For LGBTQ Youth

National organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

**TrevorLifeline:** 1.866.488.7386  
Available 24/7/365

**TrevorText:** TXT START to 678678  
Available M-F Noon-7pm PT

## Trying to Quit Vaping Or Smoking?

My Life, My Quit is a free and confidential program to help quit vaping or other tobacco use. 1:1 help from coaches is available through text messaging and online chat.

**Text:** *Start My Quit* to 1.855.891.9989  
**Visit:** [mylifemyquit.com](http://mylifemyquit.com)

## Live On Mental Health Assistance

Promoting education, providing resources, and changing our culture around suicide and mental health.

**Call:** 1.800.273.TALK  
**Visit:** [liveonutah.org](http://liveonutah.org)



**1-800-273-TALK**

## SafeUT CrisisLine

Available 24/7

1.800.273.8255

OR

Download the APP



## For emergencies - Call 911

If you or someone you love is in a violent relationship, call these hotlines 24/7:

**Utah Domestic Violence:** 1.800.897.5465

**Rape and Sexual Assault:** 1.888.421.1100

## National Alliance on Mental Illness - UTAH

NAMI Utah advocates for and supports Utah individuals and families impacted by mental illness.

**Call:** 1.800.323.9900

Mentors available M-F 9am - 4:15pm

