



**Silently  
struggling?**

**Download a  
listening ear.**

Whether it's something big or something small,  
don't ignore it. Try talking to a licensed counselor.

AVAILABLE 24/7/365 • CALL OR CHAT • ALWAYS CONFIDENTIAL

Services provided by: UNIVERSITY OF UTAH HEALTH • Program supported by: SAFEUT COMMISSION



**CALL 833-3SAFEUT(833.372.3388) • DOWNLOAD THE APP • SAFEUT.ORG**