

# CRISIS REFERRAL RESOURCES

## PHONE/TEXT LINES

- **Utah Crisis Line** 801-273-TALK (8255) (available 24 hours a day, 7 days a week)
- **Suicide Prevention Text Line** Text TALK to 74141 (available 24 hours a day, 7 days a week)
- **Latino Behavioral Health Emotional Support Line** (801) 935-4447 & (385) 415-2988 (English and Spanish; available 24 hours a day, 7 days a week)
- **Utah Peer Support Warm Line** 801-587-1055 (daily 8am to 11pm, 7 days a week)
- **SafeUT App** (available 24 hours a day, 7 days a week)
- **SafeUTNG App** (National Guard Members-active duty, their partners/family members, and civilian personnel; available 24 hours a day, 7 days a week)
- **Trans Lifeline** 877-565-8860 (for trans people, staffed by trans people; 8am-2am)
- **Trevor Project Lifeline** 1-866-488-7386 (LGBTQ+ youth; available 24 hours a day, 7 days a week)
- **Trevor Project Text Line** 1-202-304-1200 (LGBTQ+ youth; 7 days a week between 1pm and 8pm)
- **Utah Rape and Sexual Assault Crisis Line** 1-888-421-1100 (available 24 hours a day, 7 days a week)
- **National Domestic Violence Hotline** 1-800-799-SAFE (7233) (available 24 hours a day, 7 days a week)
- **Veterans Crisis Line** 1-800-273-8255 (Press 1) or Text to 838255 (available 24 hours a day, 7 days a week)

## ONLINE RESOURCES FOR TREATMENT AND SUPPORT

- **American Foundation for Suicide Prevention** <https://afsp.org/> & <https://afsp.org/chapter/utah>
- **Local Mental Health Authority** <https://dsamh.utah.gov/mental-health/>
- **NAMI Utah** <https://www.namiut.org/> & <https://www.namiut.org/find-resources-by-county>
- **“Live On” Utah** <https://liveonutah.org/>

## BEHAVIORAL HEALTH ACCESS/RECEIVING CENTERS

Short-term (up to 23 hours) secure center providing therapeutic crisis management, an assessment based on strengths and psychiatric needs, medication intervention, and wellness/recovery/discharge planning.

- **McKay Dee** - 801-387-5543 (24 hours a day)
- **LDS Hospital** - 801-408-8330 (8am-6pm)
- **Dixie Regional Medical Center** - 435-688-4343 (24 hours a day)
- **UNI** - 801-583-2500 (24 hours a day)

## MOBILE CRISIS OUTREACH TEAM (MCOT) 801-273- 8255

Triaged through the Crisis Line. Youth and adult services teams are available 24/7 and offer consultation and support to individuals, families, schools, treatment providers and first responders.