

# **Crisis and Mental Health Resources**

## **Utah Crisis Line**

988 | 801-587-3000 (available 24/7)

## **Utah Warm Line**

801-587-1055 (available daily, 8 a.m.–11 p.m.)

## **Suicide Prevention Lifeline**

988 | 988lifeline.org (available 24/7)

## **Trevor Lifeline, Suicide Prevention for LGBTQIA+ Young People**

866-488-7386 (available 24/7)

## **Equality Utah**

801-355-3479 (available Monday–Friday, 9 a.m.–5 p.m.)

## **Utah Domestic Violence Coalition**

800-897-LINK (5465) (available 24/7)

## **The Refuge (Center for Women and Children in Crisis)**

801-377-5500 (available 24/7)

## **Utah’s Sexual Violence Crisis Line**

801-736-4356 (available 24/7)

## **The Rape Recovery Center**

801-467-7282 (available Monday–Friday, 9 a.m.–5 p.m.)

## **National Sexual Assault Hotline**

800-656-HOPE (4673) (available 24/7)

## **National Alliance on Mental Illness Helpline (NAMI Utah)**

801-323-9900 (available Monday–Friday, 9:00 a.m.–4:15 p.m.)

## **National Rehab Hotline**

866-210-1303 (available 24/7)

## **211 Utah**

211 | 888-826-9790 (available daily, 8 a.m.–6 p.m.)