

Dear Colleagues, Pastors, and Priests,

Salt Lake County offers the following resources (some apply only to the county, others are statewide):

As the pandemic continues, stress and anxiety are on the rise. Staying home may protect some from becoming infected with COVID-19 but for others it puts them at an increased risk for violence and abuse. This [article](#) from the American Psychological Journal provide additional information.

Below (and attached) are a variety of phone numbers where people can find support if they are having a difficult time; as well as receive crisis help such as suicide prevention, domestic violence assistance, rape and sexual assault help. There is also information for an app that is specific for youth who need support.

Please share these phone numbers and information. These hotlines offer multi-lingual staff members and translation.

HELPLINE

Warmline 801-587-1055

- This line is for Salt Lake County residents who are not in crisis, but seeking:
 - Support
 - engagement, or
 - encouragement.
- 7 days a week, 8am-11pm.
- Certified peer specialist offer support and empower callers to resolve problems by fostering a sense of hope, dignity, and self-respect.

CRISISLINES

Utah Crisis Line 1-800-273-TALK (*social media image attached*)

- Free community crisis response program
- provides free crisis response and hospital diversion programs that aim to keep all our family members, friends, and neighbors safe. The community crisis service programs are designed to provide community members with a full range of options to help solve the crisis in the best setting possible.
- Team of professionals are highly trained in mental health crisis management and suicide prevention.

CrisisLine 801-587-3000 (Utah)

- 7 days a week, 24-hours a day.
- Licensed clinicians provide:

- prompt and compassionate crisis intervention,
- suicide prevention, information and referrals,
- follow-up services,
- emotional support, and
- assistance to individuals experiencing emotional distress or psychiatric crisis.

National Suicide Prevention Lifeline 1-800-273-8255

SafeUT Crisis Chat and Tip Line-Youth Specific

- A statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program – right from your smartphone. Download app [HERE](#).
- Licensed clinicians in our 24/7 CrisisLine call center respond to all incoming chats and calls by providing:
 - supportive or crisis counseling,
 - suicide prevention, and
 - referral services.
- Help for anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues. For immediate mental health crisis help, please use the **chat feature** in the phone app or call **833-372-3388 (833-3SAFEUT)**.

National Crisis Line. Call **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.

- 7 days a week, 24-hours a day.
- Toll-free, multilingual, and confidential crisis support service.
- Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

RAPE AND SEXUAL ASSAULT HOTLINES

- If you or someone you love is in a violent relationship, call these FREE and confidential hotlines open 24 hours a day/7 days a week.
- **Utah Domestic Violence Link Line 1-800-897-LINK (5465)**
- *If LINK Line advocates are experiencing an increased call volume, calls will be forwarded to the National Domestic Violence Hotline.*
- **National Domestic Violence Hotline 1-800-799-SAFE (7233)**

- **Utah Rape and Sexual Assault Crisis Line 1-888-421-1100**
- **Rape Recovery Center** (*social media image attached*) 24 hour crisis line **801-467-7273**
- To report child abuse and neglect, call the **Division of Child and Family Services 1-855-323-DCFS (3237)**



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