

WHO YA GONNA CALL

WHERE YOU CAN GO TO FOR HELP AND SUPPORT

FAMILY MEMBERS OR OTHER TRUSTED ADULTS

RELIGIOUS LEADERS

TEACHERS, COUNSELOR, OR OTHER SCHOOL STAFF

Principal
School Counselors
School Nurse

LOCAL MENTAL HEALTH EXPERTS & COMMUNITY RESOURCES

Family Doctor
Private Counselor or Therapist
Hospital)
Crisis Day/Night
Psychotherapist
Health Department
Teen Line 1-800-479-8336 (Mon-Fri 6:00 P.M. - 10 P.M.)

STATE/NATIONAL MENTAL HEALTH RESOURCES

Primary Children's Medical Center Crisis Referral 1-801-265-3049
LDS Mental Health- www.ldsmentalhealth.org
NAMI Utah- 801-323.9900 or 877.230.6264 (www.namiut.org)
National Hopeline Network- 1-800-442-4673 (HOPE)
National Suicide Prevention Hotline- 1-800-784-2433(SUICIDE)
National TalkLine 1-800-999-9999

There is hope. There is help available.