

Mental Health and Suicide Prevention

Emergency Crisis Care

- **Call 911** for life-threatening physical emergencies requiring police, fire, or EMS immediate assistance.
- **Call 988** for 24/7 mental health crises, suicide prevention, and emotional distress. 988 offers trained counselors rather than immediate police dispatch. 988 is designed for lower-restriction care and de-escalation. Callers to 988 have the option to select the Veterans Crisis Line or the Spanish Language Crisis Line.

[Crisis Intervention & Support Service FAQs](https://healthcare.utah.edu/hmhi/programs/crisis-diversion/faqs#overview)

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- **Visit a receiving center.** Mental health receiving centers for adults* offer 24/7 no-cost, walk-in stabilization for mental health crises, offering assessment, support, and short-term care (less than 24 hours) to avoid hospitalization.

Salt Lake County:

Huntsman Mental Health Institute (HMHI)

Mental Health Crisis Care Center

955 West 3300 South

South Salt Lake, UT 84119

Davis County:

Davis Behavioral Health Receiving Center

2250 North 1700 West Building B

Layton, UT 84041

* **The Youth Crisis Care Program** at Huntsman Mental Health Institute is a 24/7 walk-in location for children and teens who need immediate mental health support—whether it feels like a crisis, or you’re simply not sure where to start— no question is too small. Offers immediate, short-term mental health support for children and teens ages 5-17 (18 if still in high school).

501 Chipeta Way

Salt Lake City, UT 84108

Help for ongoing mental health conditions

- **NAMI Utah** The Utah chapter of the National Alliance on Mental Illness provides information about mental health conditions and resources in the community. The HelpLine is available Monday through Friday from 9 am to 4:15 pm. NAMI Utah also provides free peer-led educational classes and support groups for those with

mental health conditions and separate classes and support groups for family members and other caregivers. NAMI Utah - Mental Health Resources in Utah.

- **Jacky's Recovery Support Services for Latinos** (801-935-4447) provides support that is more culturally and linguistically responsive. Hours are Monday through Friday from 10 am to 6 pm.
- **Utah Warm Line** at 801-587-1055 or toll free 833-SPEAKUT. Often individuals may need a listening ear as they heal and recover from their own personal struggles. Utah residents who need connection from others who have walked similar paths may call the Utah Warm Line for that support. The Warm Line is staffed 8am-11pm, 7 days a week, 365 days a year at no cost.
- **Counseling services**
 - **Family Services** accessible through local ward bishops
 - **County Mental Health Authorities** through Medicaid. There are many counselors available free of charge for those on Medicaid.
 - **Private providers for other health insurance carriers.** Most health insurance companies have lists of counselors for whom costs will be partially covered.
 - **For those without insurance:**
 - **Behavioral Health Navigation Line** 833-442-2211 – 7 days a week 8:00 am – 8:00 pm. This is also for children and teens. An actual person will help and help you understand available resources.
 - **Utah Health Policy Project Health Navigators** helps sign people up for insurance, through federal exchange.
<http://www.healthpolicyproject.org>
 - **AUCH.org** Medical and mental health will help find federally funded community health clinics that don't turn anyone away for medical and mental health <https://auch.org>
 - **Multicultural Counseling Center**
For Latinos - <https://www.mccounseling.com>

Information about mental health conditions:

Good information regarding mental health conditions can be found at <https://www.nami.org/types-of-conditions>