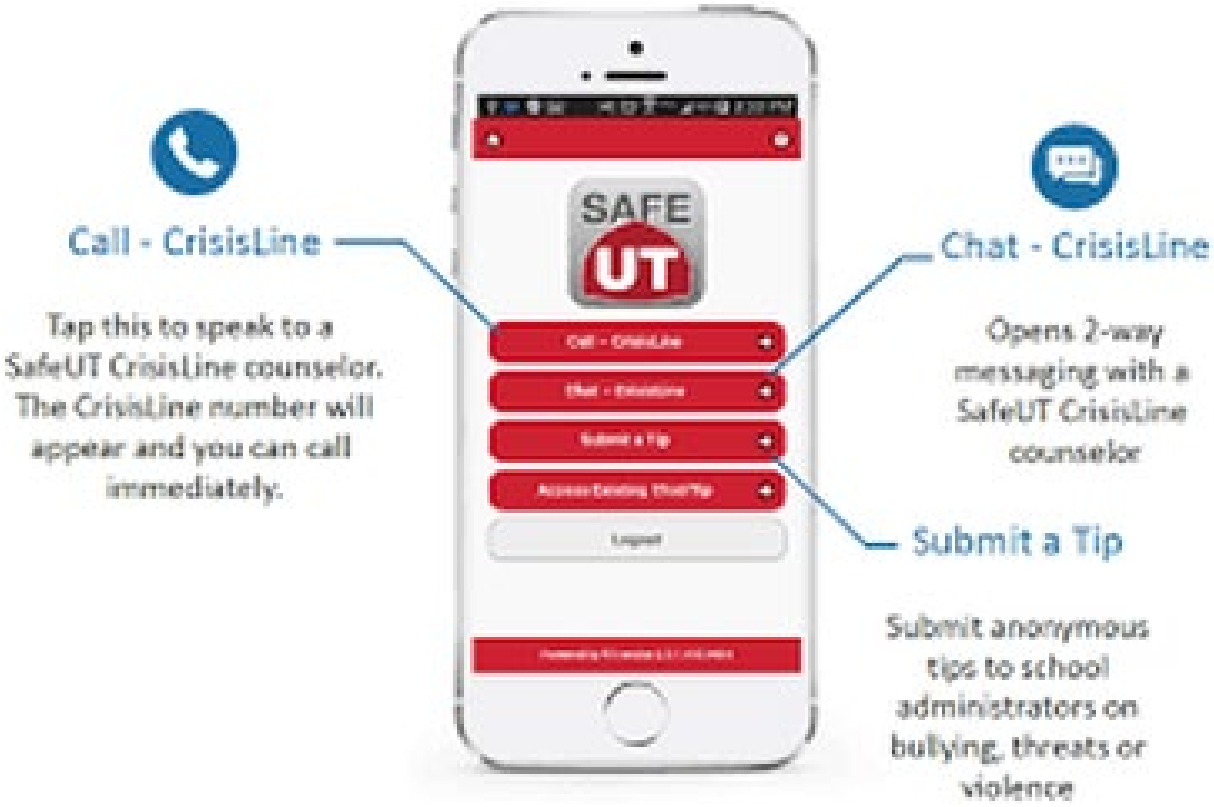


What Is a Crisis and How Do I Know if I'm in Crisis?

A crisis is something that overwhelms you so much that you can't solve the problem. A "crisis" can mean something different to every person. These are examples of things people have contacted crisis support about when they are in a crisis:

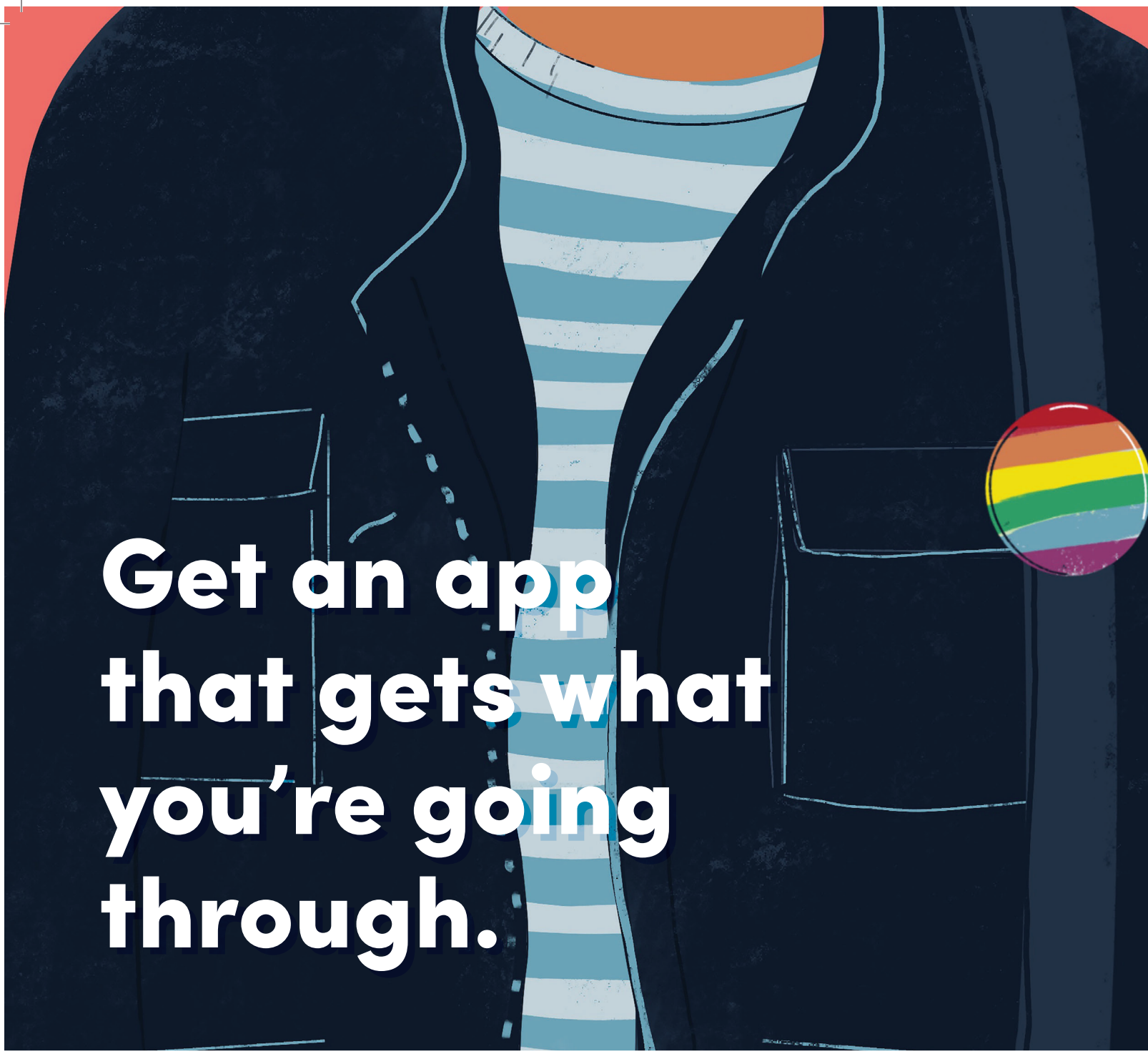
* Stress * Depression * Loss of a loved one * Anxiety * Relationship Struggles * Thoughts of suicide *

Other words used to describe a crisis: Struggle, Feeling stuck, Feeling anxious, Going through a hard time.

If you are having a crisis, please refer to the resources below for immediate support:

SafeUT
National Suicide Prevention Hotline

Utah Crisis Line - 1-800-273-TALK



SAFE UT

SafeUT is here for you.

Whether it's something big, something small, or something you don't even have a name for, don't ignore it. Try talking to a licensed counselor.

AVAILABLE 24/7/365 • CALL OR CHAT • ALWAYS CONFIDENTIAL

Services provided by: UNIVERSITY OF UTAH HEALTH • Program supported by: SAFEUT COMMISSION

CALL 833-3SAFEUT(833.372.3388) • DOWNLOAD THE APP • SAFEUT.ORG

Download a listening ear.

Whether it's something big or something small, don't ignore it. Try talking to a licensed counselor.

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SAFE UT

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Get some support on your side.

Whether it's something big or something small,
don't ignore it. Try talking to a licensed counselor.

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La aplicación de SafeUT proporciona una manera de conectarse con consejeros con licencia que están listos para escuchar sobre una crisis o preocupación de cualquier tamaño. Es tan fácil como alcanzar tu teléfono y mandar ese primer texto.

DISPONIBLE 24/7/365 • LLAMA O MANDA MENSAJE • ES SIEMPRE CONFIDENCIAL

Servicios proporcionados por: UNIVERSITY OF UTAH HEALTH • Programa apoyado por: SAFEUT COMMISSION

SAFE UT

LLAMA AL 833-3SAFEUT (833.372.3388) • DESCARGA LA APLICACIÓN • SAFEUT.ORG

Decir algo

podría salvar a alguien.

Nuestra línea de consejos siempre está disponible.

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Putting help in the palm of your hand.

The SafeUT app provides a way to connect to licensed counselors that are ready to listen for any size crisis or concern. It's as easy as reaching for your phone and sending that first text.

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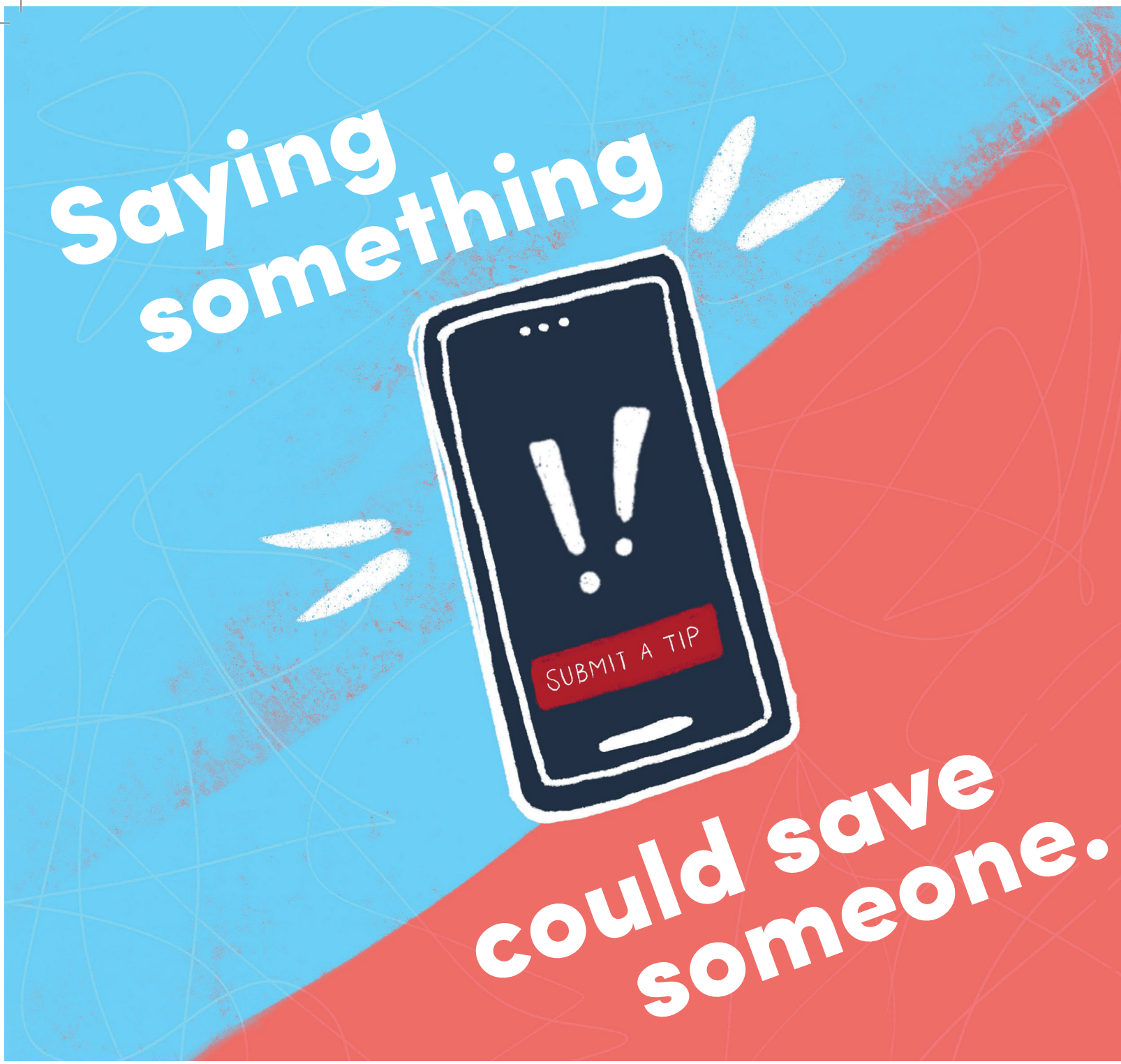

Our tip line is always available.

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