Crisis Support

Below are resources you can use right now and after-hours to help you take care of yourself.

Safe UT 24/7 Chat and Crisis Line
- Safe UT provides 24/7 crisis intervention and emotional support
- Call 1-800-273-8255 to receive support from someone over the phone
- Download the Safe UT app in Google Play or App Store to receive support via texting

WarmLine: 801-587-1055
- This line is for Salt Lake County residents who are not in crisis but seeking support, engagement, or encouragement.
- Certified Peer Specialists offer support and empower callers to resolve problems by fostering a sense of hope, dignity, and self-respect.
- Callers may speak with peer specialists daily 9 AM to 10 PM

Receiving Center & 24/7 Crisis Line: 801-587-3000
- A short-term (up to 23 hours) secure center providing therapeutic crisis management, an assessment based on strengths and psychiatric needs, medication intervention, and wellness recovery/discharge planning
- Staffed by psychiatrists, advance practice nurses, social workers, certified peer specialists, and psychiatric technicians

Counseling Center and Mindfulness Center Website: www.sa.utah.edu/counsel
- Check out guided meditations on the Mindfulness Center website (see “SERVICES” tab).
- Find apps and exercises that can help you right now under the “Self Help” tab.

If your concerns become urgent and you are unable to keep yourself or others safe:

Please go to the nearest emergency room or dial 9-1-1. If you believe talking to someone would help please call:

24/7 UNI Crisis Line at 801-587-3000
OR
The Suicide Prevention Hotline at 1-800-273-8255