



Crisis & Urgent Support

A quick guide for knowing who to contact when safety, crisis, or urgent emotional support is needed.

If someone may be in immediate danger, call 911.

Examples: life-threatening emergency, weapon, overdose concern, serious injury, or immediate risk of harm to self or someone else.

CRISIS SUPPORT

Call or text 988

Use 988 when you or someone else needs mental health support and you are not sure where to start.

- Available 24/7 by call, text, or chat.
- Call for yourself or someone else.

UTAH SUPPORT

Utah 988

For clients located in Utah, 988 can connect you with local mental health crisis support.

- Call or text 988 anytime.
- No insurance is needed to ask for help.

TEEN SUPPORT

SafeUT

SafeUT gives Utah students a way to chat with licensed counselors and submit school safety concerns.

- Available 24/7, 365 days a year.
- Useful for emotional or safety worries.

BASIC NEEDS

Call 211

Use 211 for non-emergency help finding community resources.

- Food, housing, utilities, and local support.
- If safety is urgent, use 911 or 988.

What to say when you reach out

- Where you are.
- Whether anyone is in immediate danger.
- What is happening right now.
- Whether weapons, substances, self-harm, or threats are involved.

While you wait for help

- Move away from means of harm if you can.
- Stay near another safe person.
- Keep your phone charged and nearby.
- Ground: feet on floor, slow exhale, name what you see.

Important: Elevate Counseling Services, email, and website forms are not crisis services and may not be monitored immediately. This resource is educational and is not a substitute for emergency care.