

**Resources for Adolescents and Young Adults**

* **SAFEUT Crisis and Tip Line App:** The SAFEUT Crisis Chat and Tip Line is a Utah statewide service that provides real-time, emotional support and crisis prevention to youth through live chat and a confidential tip program. You can chat with a licensed counselor for support, or submit a confidential tip right from your smartphone, or call **833-372-3388** to talk about whatever is on your mind.



* **NAMI Utah Progression:** 6-week course for teens 13-18 years old with mental health conditions. <https://namiut.org/our-programs/for-individuals/nami-utah-s-progression>
* **NAMI**: <https://nami.org/Your-Journey/Teens-Young-Adults>
* **Mental Health Resources for Adolescents and Young Adults** <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>
* **Primary Children’s Hospital: Emotional Well Being; Talk to Tweens** [www.talktotweens.com](http://www.talktotweens.com)
* **Mentalhealth.gov**: <https://www.mentalhealth.gov/talk/community-conversation/services>
* **TrevorLifeline:** LGBTQ youth 1-866-488-7386
* **Crisis Text Line: Text NAMI to 741741**. Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
* **Reach**: Teen Skills Classes and Activities. <https://www.thereachprogram.com/> (Programing has been on hold because of COVID but is scheduled to restart in May.)
* **Utah Suicide Prevention Coalition**: [www.liveonutah.org](http://www.liveonutah.org)
* **American Foundation for Suicide Prevention**: [www.afsp.org](http://www.afsp.org)