

GET THE APP get some help

Licensed mental health counselors are waiting—
only a phone call or text away.

- » Depression, Anxiety or Other Mental Health Issue
- » Suicide Prevention
- » Loss/Grief
- » Drug/Alcohol Problems
- » Self-Harm
- » Relationship Difficulties
- » Any Life Challenge



DOWNLOAD the
FREE SafeUT App

- Start a chat with a crisis counselor
- Submit an anonymous tip to your school
- Start a call with a crisis counselor
- View existing chats & tips



Services provided by:
UNIVERSITY OF UTAH HEALTH

Programs supported by:
SAFEUT COMMISSION



AVAILABLE 24/7 • CALL OR CHAT • ALWAYS CONFIDENTIAL

Call - 833-372-3388 (833-3SAFEUT) • SafeUT.org