

# FAMILY SUPPORT

## Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

## Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



## Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

Licensed clinicians in the 24/7 Crisis Line call center respond to all incoming chats, texts, and calls by providing:

- supportive or crisis counseling,
- suicide prevention,
- and referral services.



*Get Connected. Get Answers.*

Every hour of every day, hundreds of people need essential human services - they are looking for training, employment, food pantries, help for an aging parent, addiction prevention programs for their teenage children, affordable housing options, support groups, and ways of becoming part of their community.

**United Way 2-1-1** Information and Referral is a statewide service of United Way of Salt Lake. 2-1-1 is an easy-to-remember information and referral telephone number that people dial to get connected and get answers. 2-1-1 connects people to important health, human, and community service programs including: emergency food pantries, rental assistance, public health clinics, child care resources, support groups, legal aid, and a variety of nonprofit and government agencies. Individuals, families, and corporate and religious groups can also dial 2-1-1 to get connected to meaningful volunteer opportunities.

The 2-1-1 phone number is easily accessed by any phone and calls are free and confidential. Trained Information Specialists assess situations, make appropriate referrals, and monitor the needs of our communities. Interpreters are available in 170 languages.

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The **Utah Parent Center** is an award-winning training and information center founded in 1983 by parents of children and youth with all disabilities to help other parents facing similar challenges throughout Utah. The caring and competent staff of the UPC utilizes a proven, effective parent-to-parent model to help many thousands of parents annually. We also represent families in many systems level activities. UPC staff has built collaborative networks with education, health and human service professionals, agencies and organizations. The Center promotes change within community through various projects and activities. Located in Salt Lake City, the Center serves families across

Utah. The UPC is founded on the philosophy that parents are full partners in the decision-making processes that direct their child's care and programs and, as such, can provide significant support to other parents in similar circumstances.

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## Helpful Articles

[Understanding Suicide Risk Factors](#)

[How to Talk to Your Teen About Suicide](#)

[Are You Suffering from Anxiety or Depression?](#)