

FREE HELP for COVID-19 related stress

THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional
support



crisis
counseling



copng
strategies



mental health
education



referrals if
more help is
needed

Call/Text: 385-386-2289

**Email (first name and phone number only):
UtahStrong@utah.gov**

**For immediate response after hours:
1-800-273-TALK (8255)**

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



FEMA

utah department of
human services
SUBSTANCE ABUSE AND MENTAL HEALTH

SAMHSA
Substance Abuse and Mental Health
Services Administration