

# A STARTER LIST OF RESOURCES

Supports if needed during summer, or anytime.

For your convenience

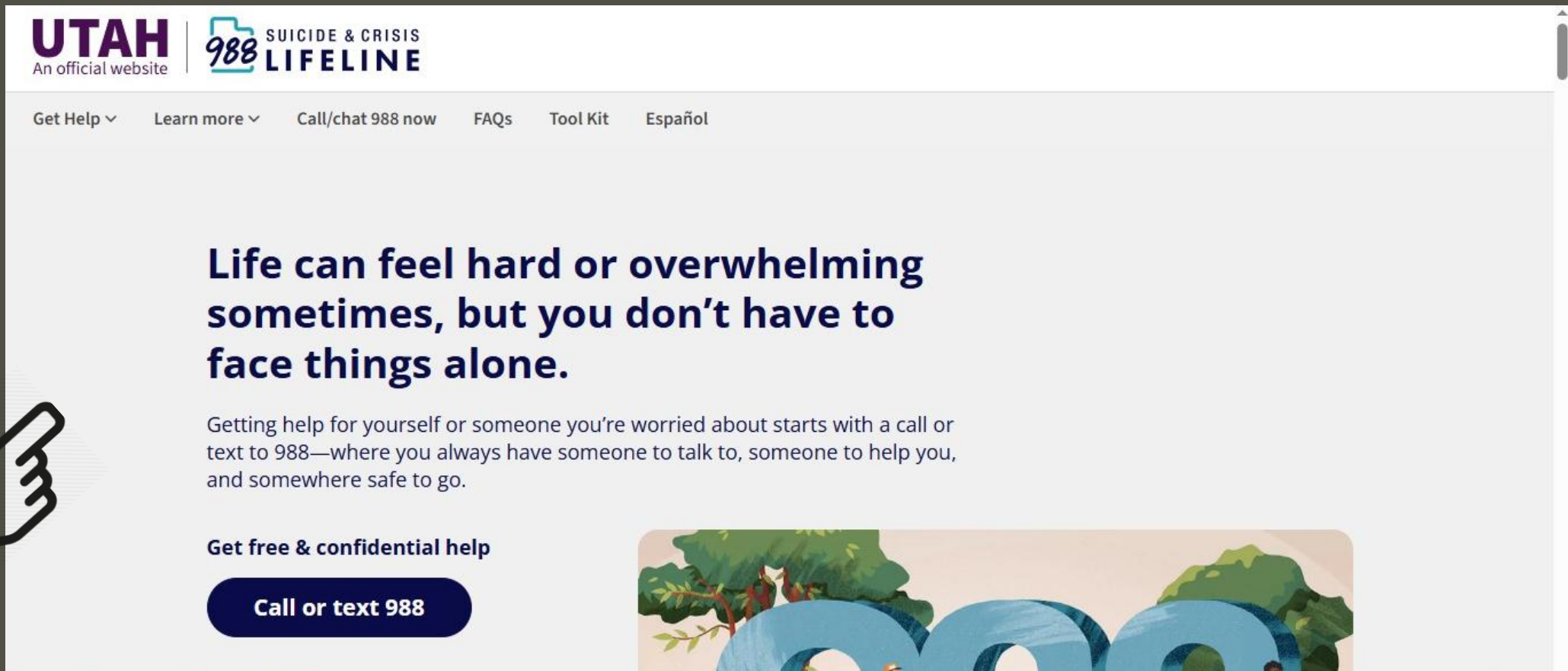
**CLICK ON EACH SLIDE'S PICTURE**

to go to that resource's  
website



# 988

## FREE CRISIS HELP & RESPONSIVE MENTAL HEALTH RESOURCES 24/7, 365



**UTAH** | **988 SUICIDE & CRISIS LIFELINE**  
An official website

[Get Help](#) [Learn more](#) [Call/chat 988 now](#) [FAQs](#) [Tool Kit](#) [Español](#)

**Life can feel hard or overwhelming sometimes, but you don't have to face things alone.**

Getting help for yourself or someone you're worried about starts with a call or text to 988—where you always have someone to talk to, someone to help you, and somewhere safe to go.

**Get free & confidential help**

**Call or text 988**





Get Connected. Get Help.™

English | [Español](#)

[Get Help](#)

[Partner with Us](#)

[About Us](#)

[Donate](#)

[Call 211](#)

# Help starts here

211 connects you to expert, caring help.  
Every call is completely confidential.



**Call 211 for help**

Can't call us? [Find a local 211](#)

## I need help...

- [paying my bills](#)
- [caregiver resources](#)
- [contacting a local 211](#)

## Crisis & Emergency

[Disaster Recovery](#)

## Housing

- [Housing Expenses](#)
- [Utilities Expenses](#)

## Food

[Food Programs & Benefits](#)

## Health

- [Healthcare Expenses](#)
- [Mental Health](#)
- [Substance Use](#)

**FREE ASSISTANCE:**

**DIAL 211 TO BE ASSISTED**

**FINDING NON-PROFIT HELPING RESOURCES NEAR YOU**

**OR CLICK ON THE PICTURE TO GO TO 211'S SITE.**



# STARTER LIST OF CRISIS & MENTAL HEALTH RESOURCES



## Youth Mental Health Resource List

Resources are not listed in any preferential order, nor to be identified as preferred providers or covered by insurance. Please note this is not a complete list of resources available to you but may serve as a starting point.

### CRISIS ASSISTANCE:

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# SAFEUT

## FREE CRISIS OR CONCERN SUPPORTS FOR PARENTS OR KIDS

SAFE UT STUDENTS PARENTS EDUCATORS & SCHOOLS FRONTLINE WORKERS NATIONAL GUARD MORE MENU

### PARENT RESOURCES

Call **833-372-3388** or

CHAT NOW >

SUPPORT FOR YOU AND YOUR FAMILY IS ALWAYS AVAILABLE AT NO COST THROUGH SAFEUT

SAFE UT University of Utah Hospitals and Clinics

Reach out for help

Chat

If this is an emergency or a crime in progress, please call 911.

Tue, Jun 7, 1:43 PM

I think my son's friends might be getting him into trouble. He won't listen to me. What do I do?

Tue, Jun 7, 1:43 PM

Delivered

Thank you for reaching out through

SAFE UT STUDENTS PARENTS EDUCATORS & SCHOOLS FRONTLINE WORKERS NATIONAL GUARD MORE MENU

### SAFEUT HELP FOR STUDENTS

Call **833-372-3388** or

CHAT NOW >

EMOTIONAL SUPPORT FROM THE COMFORT OF YOUR PHONE

SAFE UT University of Utah Hospitals and Clinics

Reach out for help

Chat

If this is an emergency or a crime in progress, please call 911.

Tue, Jun 7, 1:46 PM

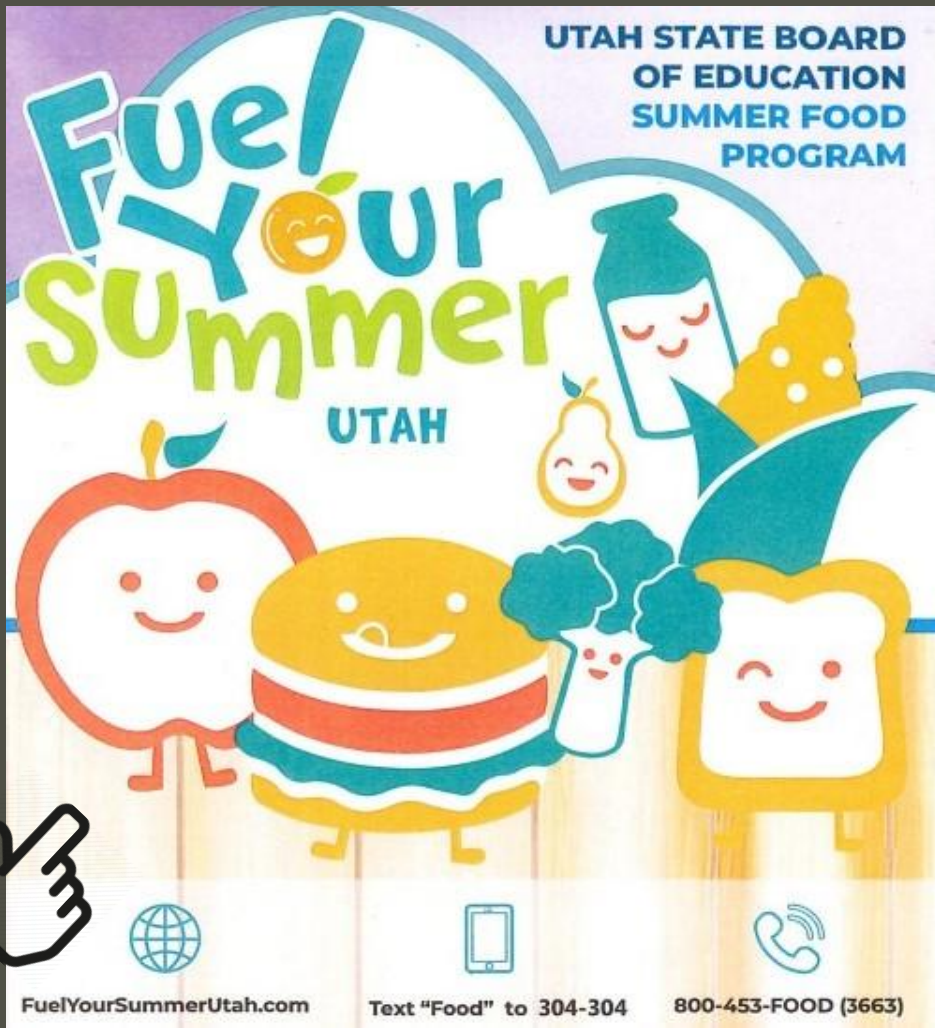
I don't know what to do. Every day I get bullied at school and my parents don't care. Can you help?

Tue, Jun 7, 1:46 PM

Delivered

Thank you for reaching out through

# FRESH AND FREE MEALS FOR KIDS



**UTAH STATE BOARD OF EDUCATION  
SUMMER FOOD PROGRAM**

# Fuel Your Summer UTAH

FuelYourSummerUtah.com    Text "Food" to 304-304    800-453-FOOD (3663)



Utah State Board of Education

Students and Families+    Community and Partners+    Schools and Educators+

## CHILD NUTRITION PROGRAMS (CNP)

### Welcome to Child Nutrition Programs

#### Overview

Child Nutrition Programs help to ensure the children of Utah have adequate access to safe and nutritious foods. Meeting this basic need is essential to their establishment of a healthy eating pattern and development of a strong foundation for academic achievement.

Child Nutrition Programs administers 14 federal food programs and sub programs, which are appropriated under United States Department of Agriculture (USDA) and administered by Food and Nutrition Service (FNS). The federal food programs are primarily designed to ensure sponsors have the necessary knowledge and resources to enable them to provide children and chronically disabled adults access to safe and healthy foods.

The Utah State Board of Education is an equal opportunity provider.

#### Program Menu


##### School Nutrition Programs

- Afterschool Snack Program (ASP)
- Farm to Fork (F2F)
- Food Distribution Programs (FDP)
- Fresh Fruit and Vegetable Program (FFVP)
- National School Breakfast Program (NSBP)
- National School Lunch Program (NSLP)
- Seamless Summer Option (SSO)
- Special Milk Program (SMP)
- The Emergency Food Assistance Program (TEFAP)

##### Community Programs

- Adult Day Care (ADC) Centers
- At-Risk Afterschool Meal Programs (ASMP)
- Child and Adult Care Food Program (CACFP)
- Child Care Centers, Head Starts and Emergency Shelters

# ADDITIONAL RESOURCES FOR FOOD ASSISTANCE: COMMUNITY ACTION AND UTAH FOOD BANK




English ▼ ♥ DOT

GET HELP GET INVOLVED ▼ CAREERS PROGRAMS ▼ ABOUT US ▼

Bloom Gala Info Coming Soon!

## Services & Benefits

Our Nutrition program provides meal and food assistance for households struggling with food insecurity.



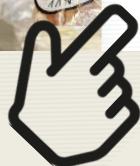
### Central Kitchen

### Summer Dinners

During the Summer Months, UCA provides fresh and nutritious dinners for children under 18 at no cost.

**2025 Schedule**  
June 3rd – August 9th  
Monday – Friday  
4:00 – 6:00 PM

**South Salt Lake**  
2825 S 200 E, Salt Lake City



bank.org/how-we-help/

UTAH FOOD BANK

GIVE FOOD GIVE TIME GIVE MONEY


GET HELP ABOUT HOW WE HELP EVENTS NEWS

DOMATE NOW

## HOW WE HELP

Since 1904, Utah Food Bank has stayed true to our objective of serving our neighbors facing hunger throughout the state. We work tirelessly with community partners and volunteers to continue making an impact and fulfilling our mission of *Fighting Hunger Statewide*.


GIVE HELP



### Emergency Food Assistance


Emergency Food Assistance is the central means by which we distribute food to children, seniors, and families facing hunger throughout the state. Food is collected in our four warehouses, then distributed through our statewide network of 309 partner agencies and via direct service programs.

FIND A LOCAL FOOD PANTRY



### Mobile Pantries

The Mobile Pantry program is a drive-through food distribution resource for families in need of assistance.



# FREE PARENTING SUPPORTS:



get help now: dial 2-1-1

WHO WE ARE OUR WORK GIVE GET INVOLVED CORPORATE PARTNERSHIPS



**Safe**

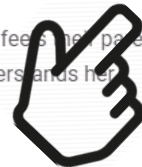
It is easy to believe that most children are safe.



**Connected**

Connection is more than just being in the same space as your child. Connection is doing activities that the child enjoys, even if you don't always enjoy that activity.

Connection is when a child feels that a parent, teacher or friend really understands her.



**Confident**

African child begins to feel confident.

Scan these QR codes!

child for the accomplishments she can see not just the ones that look impressive outside.



## Resources



EVERYDAY STRONG  
YOUTUBE CHANNEL



EVERYDAY STRONG  
PODCAST



EMPATHY VIDEO  
(ONE OF THE  
BETTER ONES)

Child Psychiatrist Dr. Matt Swenson explains the three things that create a resilient teenager



# INSURANCE ASSISTANCE: MEDICAID OR CHIP

**Children's Health Insurance Program (CHIP)** 

**Are your kids covered?**  
CHIP is a state health insurance plan for children.

CHIP covers Utah children with:

-  Well-child exams
-  Immunizations
-  Doctor visits
-  Hospital and emergency care
-  Prescriptions
-  Hearing and eye exams
-  Mental health services
-  Dental care





**Utah families who do not have other health insurance and meet income guidelines may qualify.**



 Call for an application or apply online  
**1-877-KIDS-NOW**  
**chip.utah.gov**



Covering Utah's Children

**Programa de Seguro de Salud para Niños (CHIP)** 

**¿Tienen sus hijos seguro de salud?**  
CHIP es un plan estatal de seguro de salud para niños.

CHIP le otorga a los niños de Utah cobertura en:

-  Exámenes de rutina para niños
-  Vacunas
-  Visitas al médico
-  Atención hospitalaria y de emergencia
-  Medicamentos
-  Exámenes de la vista y los oídos
-  Servicios de salud mental
-  Atención dental





**Las familias de Utah que no tienen otro seguro de salud y cumplan con los requisitos necesarios, pueden calificar.**



 Llame para recibir una solicitud o presente su aplicación en Internet  
**1-877-543-7669**  
**chip.utah.gov**



Asegurando a los niños de Utah

**FREE**

# STABILIZATION AND MOBILE RESPONSE SUPPORT:



## Stabilization and Mobile Response (SMR)

Call **1-833-723-3326** or **988** to get help from an SMR team for your youth. It's free.

Utah Crisis Line: <https://988.utah.gov>

**Call 833-SAFE-FAM (723-3326)**

### It can be hard to know

if your child's thoughts and behaviors are normal for their age or a sign of

Translate »

something more serious. Sometimes you may not know where to turn for help—

# FREE VIA STRENGTHS SURVEY

## CONNECT BY SEEING THE STRENGTHS YOU USE AND THE ONES YOUR CHILD(REN) USE.



### 24 Character Strengths

 <p><b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b></p> <ul style="list-style-type: none"> <li>• Feels awe and wonder in nature</li> <li>• Admires skills of others</li> <li>• Inspired by the goodness of others</li> </ul>	 <p><b>BRAVERY</b></p> <ul style="list-style-type: none"> <li>• Shows valor</li> <li>• Accepts challenges</li> <li>• Faces difficulties</li> <li>• Speaks up for what's right</li> </ul>	 <p><b>CREATIVITY</b></p> <ul style="list-style-type: none"> <li>• Clever</li> <li>• A Problem-solver</li> </ul>	 <p><b>CURIOSITY</b></p> <ul style="list-style-type: none"> <li>• Interested</li> <li>• Open to new ideas</li> </ul>	 <p><b>FAIRNESS</b></p> <ul style="list-style-type: none"> <li>• Cares about what's right</li> <li>• Treats others fairly</li> <li>• Tries not to be biased against certain groups</li> </ul>	 <p><b>FORGIVENESS</b></p> <ul style="list-style-type: none"> <li>• Gives others a second chance</li> <li>• Accepts others' faults</li> <li>• Doesn't hold grudges</li> </ul>
 <p><b>GRATITUDE</b></p> <ul style="list-style-type: none"> <li>• Thankful</li> <li>• Shows appreciation</li> <li>• Feels blessed</li> </ul>	 <p><b>HONESTY</b></p> <ul style="list-style-type: none"> <li>• Tells the truth</li> <li>• Keeps promises</li> <li>• Trustworthy</li> </ul>	 <p><b>HOPE</b></p> <ul style="list-style-type: none"> <li>• Optimistic</li> <li>• Expects the best</li> <li>• Excited about the future</li> </ul>	 <p><b>HUMILITY</b></p> <ul style="list-style-type: none"> <li>• Modest</li> <li>• Puts attention on others</li> <li>• Doesn't brag about accomplishments</li> </ul>	 <p><b>HUMOR</b></p> <ul style="list-style-type: none"> <li>• Playful</li> <li>• Enjoys bringing smiles/laughter to others</li> <li>• Sees the funny side of things</li> </ul>	 <p><b>JUDGMENT</b></p> <ul style="list-style-type: none"> <li>• A critical thinker</li> <li>• Fact-based and logical</li> <li>• Open-minded</li> </ul>
 <p><b>KINDNESS</b></p> <ul style="list-style-type: none"> <li>• Caring</li> <li>• Generous</li> <li>• Compassionate</li> <li>• Nice</li> </ul>	 <p><b>LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>• Encourages others</li> <li>• Organizes groups</li> <li>• Sets a good example</li> </ul>	 <p><b>LOVE</b></p> <ul style="list-style-type: none"> <li>• Warm and genuine</li> <li>• Prioritizes relationships</li> <li>• A good listener</li> </ul>	 <p><b>LOVE OF LEARNING</b></p> <ul style="list-style-type: none"> <li>• Excited to learn new things</li> <li>• Masters new skills</li> </ul>	 <p><b>PRESERVANCE</b></p> <ul style="list-style-type: none"> <li>• Hardworking</li> <li>• Overcomes obstacles</li> <li>• Finishes what is started</li> </ul>	 <p><b>PERSPECTIVE</b></p> <ul style="list-style-type: none"> <li>• Wise</li> <li>• Gives good advice</li> <li>• Sees the big picture</li> </ul>
 <p><b>PRUDENCE</b></p> <ul style="list-style-type: none"> <li>• Careful</li> <li>• Plans ahead</li> <li>• Thinks consequences through</li> </ul>	 <p><b>SELF-REGULATION</b></p> <ul style="list-style-type: none"> <li>• Self-controlled</li> <li>• Disciplined</li> <li>• Manages feelings and actions</li> </ul>	 <p><b>SENSE OF MEANING</b></p> <ul style="list-style-type: none"> <li>• Searches for meaning</li> <li>• Feels a sense of purpose</li> <li>• Feels interconnected with life</li> </ul>	 <p><b>SOCIAL INTELLIGENCE</b></p> <ul style="list-style-type: none"> <li>• Understands others</li> <li>• Aware of own feelings and thoughts</li> <li>• Shows empathy</li> </ul>	 <p><b>TEAMWORK</b></p> <ul style="list-style-type: none"> <li>• Loyal</li> <li>• A team player</li> <li>• Shows responsibility to groups</li> </ul>	 <p><b>ZEST</b></p> <ul style="list-style-type: none"> <li>• Active</li> <li>• Energetic</li> <li>• Enthusiastic</li> </ul>

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