

# Social/Emotional Resources

## Suicide Prevention/Information:

- **SafeUT APP**– *DOWNLOAD THE MOBILE APP TODAY on Apple and Google Play Stores.* The SafeUT Mobile App provides students confidential and anonymous two-way communication with SafeUT crisis counselors or school staff via one-touch options to “Call Crisisline,” “Chat Crisisline,” or “Submit a Tip.” Students using the mobile app will connect directly to a UNI crisis counselor at the UNI CrisisLine and those calling will be routed to the same. For those who do not have access to a smart phone, the Lifeline number 1-800-273-8255 is also supported by UNI.
- **National Suicide Hotline:** 1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org>
- **Crisis Text line:** Text HELLO to 741-741. A free, 24/7 text line for people in crisis.
- **Weber School District Resource:** <http://wsd.net/departments/education/student-services/parent-resources>
- **QPR (Question, Persuade, Refer):** A free and evidence-based suicide prevention training. Schedule a group training or get more information from Kristy Jones MPH, 801-387-7753 or [kristy.jones@imail.org](mailto:kristy.jones@imail.org). Trainings are an hour long and can be delivered at your site or at the health department. Great for worksites, religious groups, community organizations, youth groups, etc. <http://www.qprinstitute.com/index.html>
- **U of U Crisis Line:** 801-587-3000 – Free 24-hour crisis support.
- **American Foundation for Suicide Prevention:** <https://afsp.org/>
- **Legacy Suicide Survivors Support Network:** Non-profit, peer, grief support network for anyone who has lost someone to suicide. Legacy is a part of Northern Utah HOPE (Hold On, Persuade, Empower). Meetings are held the second Wednesday of every month from 6:30 – 8:30 PM for adults at A Center for Grieving Children building (1724 East 5600 South, South Ogden UT). Join them on Facebook at Legacy Suicide Survivors Group.
- **Weber High School Hope Squad:** 30-50 peer-nominated students trained in suicide prevention. More information about the program can be found here: <http://hope4utah.com/hope-squad/> Weber High Hope Squad Advisors are: Jen Paige, Wes Johnson, Jen Slater, Steve Godfrey.

## **Mental Health:**

- **Weber Human Services:** Crisis line 801-625-3700 (Mental Health, Substance Abuse, Autism and Aging Services for Youth and Families). No fee to Medicaid clients. Fees to others are based on income and family size.
- **Hope 4 Utah:** <http://hope4utah.com> Mental Health Resources and information regarding Hope Squads.
- **NAMI (National Alliance on Mental Illness):** [www.namiut.org](http://www.namiut.org) 801-323-9900
  - *Family-to-Family:* for family members who have loved one with mental illness.
  - *Bridges:* for those individuals dealing with a mental illness.
    - Call or email to register for either class: Leslie Richards, 801-625-3714 or [leslie@namiut.org](mailto:leslie@namiut.org). Held at Weber Human Services in Ogden.

## **General Resources:**

- **Weber/Morgan Resource List:** [www.211ut.org](http://www.211ut.org) Great resources to assist you in all areas of life!
  - **211 Resources Quick Reference Guide:** <http://www.uw.org/211/find-help/resources-by-county/weber-morgan-general-resource-list.pdf>
- **Midtown Community Health Center:** Need help enrolling your child on Medicaid or CHIP? Set up an appointment with an Outreach & Enrollment Specialist by calling 801-393-5355. More information found here: <https://www.midtownchc.org/en/locations/ogden>
- **Prevent Child Abuse Utah:** Toll-free abuse reporting hotline 855-323-3237. Learn more at [www.preventchildabuseutah.org](http://www.preventchildabuseutah.org)
- **Child Services Society:** Adoption resources as well as help for gaining guardianship. Support groups available for grandparents raising grandchildren. More information found here: <http://www.cssutah.org>
- **The Family Support Center of Ogden:** 801-393-3113 – Support for step-families. 3340 South Harrison Blvd. Suite 100, Ogden UT.