

MENTAL HEALTH CRISIS RESOURCES IN UTAH

Why we need a dedicated “short code” crisis line

SUICIDE IN UTAH

Among 10 to 17 year old Utahns, the suicide rate has almost tripled since 2007.

- It is the leading cause of death for Utahns between the ages of 10 to 17.
- Utah ranks 5th in the nation for suicide deaths
- Utah’s suicide rate has been consistently higher than the U.S. rate for the past decade
- Every 16 hours a Utahn dies by suicide

STREAMLINING RESOURCES

There are resources available, but an information gap between those tools and people in crisis.

- There are many hard-working men and women providing resources to people in crisis – Resources like the University of Utah’s Neuropsychiatric Institute (UNI), and the SAFEUT app.
- There are 19 different crisis hotlines throughout the state. Some lead directly to a trained professional, others lead to a list of menu items or even a law enforcement dispatcher. Some of these numbers are only usable during normal business hours.

A solution: a statewide, dedicated “short code” number for crisis help.

- This would be opt-in for counties who wish to participate.
- It would connect with the appropriate crisis intervention resources in the caller’s area.
- Short, easy to remember, and a single, dedicated portal to all available crisis intervention resources