

# Nturi wenyine. Ubufasha burahari.



## Ubujiyanama n'ubufasha

International Rescue Committee. (801) 328-1091  
[rescue.org/united-states/salt-lake-city-ut](https://rescue.org/united-states/salt-lake-city-ut)



## 988 Umurongo ugenewe abari mu bihe bijyanye no kwiyahura n'abasubiwe n'uburwayi

Ubufasha bw'abakozi babihuguriwe, ku buntu kandi mu ibanga. Ukora amasaha 24 kuri 24 buri muni. Niba uri kurwana n'amarangamutima yawe cyangwa hari undi muntu uhangayikiye, hamagara 988.  
[988.utah.gov](https://988.utah.gov)



## Umurongo ugenewe abagore batwite n'ababyaye bwa mbere mu gihugu hose

Ubufasha ku buntu kandi mu ibanga ku bagore babyaye bwa mbere. Ukora amasaha 24 kuri 24 buri muni. Abajyanama bahuguwe mu bijyanye n'ubuzima bw'abagore batwite (833) 852-6262  
[mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline)



## Ubuvuze no gukira kw'abarokotse ihohoterwa

Ikigo THRIVE cyita ku barokotse iyicarubozo. Bemera Medicaid. (801) 363-4596  
[thrivesot.org/resettlement-and-medical-screening-referral](https://thrivesot.org/resettlement-and-medical-screening-referral)



## Ubujiyanama n'ubufasha butangwa n'urungano bigenewe impunzi

Porogaramu USCRI ya serivisi z'ubuzima ku mpunzi. Serivisi z'ubuntu. 800-615-6514  
[refugees.org/behavioral-health-support-program/](https://refugees.org/behavioral-health-support-program/)



Koresha telefoni yawe usikane iyi kodi kugira ngo ubone ahandi hari ubufasha cyangwa usure  
[MaternalResources.utah.gov](https://MaternalResources.utah.gov)

**You are not alone.  
There is help.**



## **Counseling and support**

International Rescue Committee. (801) 328-1091  
[rescue.org/united-states/salt-lake-city-ut](https://rescue.org/united-states/salt-lake-city-ut)



## **988 Suicide and Crisis Lifeline**

Free, confidential support from trained crisis workers. Available 24 hours a day, 7 days a week. If you are struggling with your emotions or worried about someone else, call 988.  
[988.utah.gov](https://988.utah.gov)



## **The national hotline for pregnant and new moms**

Free, confidential help for new mothers. Available 24 hours a day, 7 days a week. Trained counselors in maternal health. (833) 852-6262  
[mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline)



## **Therapy and healing for survivors of violence**

THRIVE Center for Survivors of Torture. Accepts Medicaid. (801) 363-4596  
[thrivesot.org/resettlement-and-medical-screening-referral](https://thrivesot.org/resettlement-and-medical-screening-referral)



## **Counseling and peer-to-peer support for refugees**

USCRI Refugee Health Services program. Free services. 800-615-6514  
[refugees.org/behavioral-health-support-program/](https://refugees.org/behavioral-health-support-program/)



**Open your phone and scan this code for more resources or visit [MaternalResources.utah.gov](https://MaternalResources.utah.gov)**