

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



Clinical therapy, youth & family services, trauma recovery

Asian Association of Utah | (801) 990-9452

aau-slc.org/what-we-do/get-help/behavioral-health-referral.html



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



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



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



Counseling and peer-to-peer support for refugees

USCRI Refugee Health Services program. Free services. 800-615-6514

refugees.org/behavioral-health-support-program/



Open your phone and scan this code for links on this page. For more resources visit:

MaternalResources.utah.gov

No estas solo.
Hay ayuda disponible.



Terapia Clinica, servicios para jóvenes y familias, y recuperación de trauma

Asian Association of Utah | (801) 990-9452

aau-slc.org/what-we-do/get-help/behavioral-health-referral.html



988 Línea de Prevención del Suicidios y Crisis

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



Línea Nacional de Asistencia a la Salud Mental Materna

Ayuda gratuita y confidencial para madres nuevas/primerizas. Disponible 24 horas al día, 7 días a la semana. Consejeros entrenados en salud materna.

(833) 852-6262 mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline



Terapia y Sanación para Sobrevivientes de Violencia

El Centro THRIVE para sobrevivientes de tortura. Aceptan Medicaid. (801) 363-4596

thrivesot.org/resettlement-and-medical-screening-referral



Apoyo y Asesoramiento para Refugiados

Programa de servicios de salud para refugiados USCRI. Servicios gratuitos. 800-615-6514

refugees.org/behavioral-health-support-program/



Escanea este código para acceder a los enlaces en esta página. Para más recursos, visita:

MaternalResources.utah.gov