



Are you sad, angry or worried?



Do you need someone to talk to?
You are not alone!

These are some things that are here for you:

Mental health services

LGBTQIA2+ services

Crisis Support

Substance use disorder services

Do you need...

- ⇒ **Talk therapy** –talk about emotional problems; learn coping skills to help manage them.
- ⇒ **Crisis support** –get help and learn to use coping skills when you need help right now.
- ⇒ **Skills training** – get support in reaching your goals.
- ⇒ **Family peer support** – get support for your family from someone who knows what it is like.

Get help at school

- ✓ Ask your counselor
- ✓ Ask your principal

SAFEUT

Help with any sized problem anytime.
Call 1-833-372-3388 or download the app at safeut.org



We have Spanish speaking providers

Check out

- Multicultural Counseling Center
mccounseling.com
- Bonneville Family Practice
bonnevillefp.com
- Valley Behavioral Health
valleycares.com

If you need help, **Optum** is here for you!

If you have Medicaid or no insurance, please call: **1-800-640-5349** or visit the website at tooele.optum.com.