

## **Mental & Emotional Health Resources**

Dear Friends,

Emotions and anxiety are running high now, understandably. We are all feeling the heaviness of the war and are worried about family and friends while also mourning the lives already lost. Below are FREE resources that we hope that you will find helpful. Please reach out, as we are here to support you.

On behalf of United Jewish Federation of Utah,

Liz Paige, Associate Director  
United Jewish Federation of Utah  
[Lpaige@shalomutah.org](mailto:Lpaige@shalomutah.org)

### **Mental Health 24hr Crisis Line: call 988 or 1-800-273-8255**

- This national service will connect you to a crisis counselor in your area. There is no fee for the service or for talking with a mental health specialist. Callers from Utah will be connected with Huntsman Mental Health.
- Huntsman Mental Health has a mobile crisis team. This team will come to you if you feel that you are in danger of hurting yourself. There is no cost for having the mobile crisis team come to you.

### **Emotional Well-being Line: call 833-773-2588**

- This is called the “Warm Line” and is for emotional support when a crisis is not present. If you need someone to talk to, to process emotions and do not feel at risk of hurting yourself or someone else, please call the Warm Line.

### **SafeUT: download the App or call 833-372-3388 or go to [safeut.org](https://safeut.org)**

- **SafeUT** is a crisis chat and tip line that provides real-time crisis intervention for students, parents/guardians, and educators through live chat and a confidential tip line—right from your smartphone. You may also access them by calling them.

### **Support Group for Israelis in Utah: contact Liz Paige at the United Jewish Federation of Utah at [Lpaige@shalomutah.org](mailto:Lpaige@shalomutah.org)**

- Created to support our Israeli community living in Utah, this group is facilitated by therapist and Israeli Yotam Livnat. Group meetings will be weekly if not twice per week and held in private homes. The address is shared discreetly to ensure everyone’s safety. Meetings will be in Hebrew so that people can express themselves in their first language. To be part of an upcoming meeting, please email Liz Paige, [Lpaige@shalomutah.org](mailto:Lpaige@shalomutah.org).

**Jewish Family Service: (801) 746-4334**

- **JFS** provides counseling on a sliding scale. They do not have a crisis line. Their hours are 9-5PM Monday-Thursday and 9-4 PM Friday and take provide both in-person and remote appointments. They are not open on the weekends.