

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



Clinical therapy, youth & family services, trauma recovery

Asian Association of Utah | (801) 977-9119

aau-slc.org/get-connected/get-help/behavioral-health-referral.htm



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 more resources or visit MaternalResources.utah.gov