



Community Resources

- 911

- Information & Referral: 211

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

- University of Utah Health Care Crisis Line: 801-587-3000

- American Foundation for Suicide Prevention:

<http://www.afsp.org>



- LGBTQ+: Trevor Lifeline at 866-488-7386



<https://www.afsp.org/understanding-suicide/resources>



Online Resources

- Utah Suicide Prevention Coalition: <http://www.utahsuicideprevention.org/education-training>

- Zero Suicide Safety Planning: www.zerosuicide.com

- NAMI Utah: www.namiut.org

- American Association of Suicidology Surviving After Suicide Fact Sheet: <http://www.suicidology.org/Portals/14/docs/Resources/FactSheets/SurvivingAfterSuicide.pdf>

- American Foundation For Suicide Prevention: <https://afsp.org/>

- SafeTALK: <https://www.livingworks.net/programs/safetalk/>

- Permission to Grieve: For Survivors of a Loved One's Suicide http://health.utah.gov/vipp/pdf/Suicide/grievebooklet_final0605.pdf