

Help is available for your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

List your Community Mental Health Resources here. Examples:

- Mental health center(s)
- Hospital(s) with psychiatric services for adolescents (under 18) / Psychiatric hospital(s)
- State, county, or local facilities providing free and/or sliding-scale treatment
- Local pastoral counseling centers
- Self-help groups
- Private practitioners
- State and/or city organizations that assist with obtaining health insurance
- Suicide Coalition
- 1-800-273-8255 (TALK) National Suicide Prevention Lifeline.
- 911
- 1-800-SUICIDE National Hopeline Network
- Debi Lewis, USOE Suicide Prevention Specialist, 801-538-7828, debra.lewis@schools.utah.gov



**Suicide is
100%
Preventable**

Sources:

American Foundation for Suicide Prevention.

<http://afsp Utah chapter.com/>

Centers for Disease Control and Prevention. <http://www.cdc.gov/>

Division of Substance Abuse and Mental Health.

<http://www.dsamh.utah.gov/>

