

CRISIS RESPONSE

University Counseling Center
801-581-6826
counselingcenter.utah.edu

Crisis response: Monday-Thursday
8am-6pm and Friday 8am-5pm

**Huntsman Mental Health
Institute Crisis Line**
801-581-3000

Crisis response 24/7, including: crisis support over the phone, a mobile outreach option that can respond to persons in their home, and the Receiving Center where individuals from Salt Lake County can access a safe and supportive environment.

**Housing Mental Health First
Responders**
mh1.utah.edu

The MH1 provides after-hours crisis response and community support for students living in Housing and Residential Education.

Safe UT App
healthcare.utah.edu/hmhi/safe-ut/

The free App and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program – right from your smartphone.

OUR MISSION

We support student well-being and success.

OUR VISION

For students to discover their passion, people, and purpose.

CONTACT US

Student Affairs
201 Presidents Circle, Room 206
Salt Lake City, UT 84112

801-581-7793
studentaffairs@utah.edu
studentaffairs.utah.edu



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STUDENT MENTAL HEALTH RESOURCES



COUNSELING AND MINDFULNESS

University Counseling Center
801-581-6826 | SSB, Room 426
counselingcenter.utah.edu

Free services offered include individual, group, and couples counseling, as well as crisis appointments, and low-cost psychiatric medication management.

Women's Resource Center
801-581-8030 | Union, Room 411
womenscenter.utah.edu

The WRC provides individual counseling, support groups, and training programs to connect students with shared experiences.

Mindfulness Center
801-581-6826 | SSB, Room 344
mindfulnesscenter.utah.edu

The center offers a range of self-guided meditations, self-help resources, and various workshops to assist in moments of stress, anxiety, and chaos.

Online Mental Health Platforms 24/7 access:

- **You@Utah | you.utah.edu**
You@Utah connects students with research-based content to support their emotional growth and resilience.
- **Nod App | Available for free download in any app store**
The app offers student resources to reduce loneliness on campus by building social connections through ideas, reflections, and testimonials.



ADDITIONAL STUDENT AFFAIRS RESOURCES

Student Affairs offers a variety of programs that support student well-being and success. Visit our website here: studentaffairs.utah.edu.

Student Health Center
801-581-6431 | studenthealth.utah.edu

Full service primary health care for students and their dependents including prevention, well care and immunizations at low cost. Prescription assistance available to those who qualify. Learn more about student health insurance on their website.

Center for Disability and Access
801-581-5020 | disability.utah.edu
CDA provides reasonable accommodations to students whose condition significantly impacts major life activities including their ability to function in the academic setting.

Center for Student Wellness
801-581-7776 | wellness.utah.edu
Offers workshops, training, HIV/STI testing and opportunities for student involvement.

Financial Wellness Center
801-585-7379 | financialwellness.utah.edu
The Center provides students with counseling services and the tools to succeed with their financial journey.

Veteran Support Center
801-587-7722 | veterancenter.utah.edu
The VSC is a space dedicated to veterans who are seeking to find services, support, advocacy, and camaraderie. The VSC offers various resources that can best assist veterans by helping build their support system.

ADDITIONAL SUPPORT

Victim Survivor Advocacy
advocate@sa.utah.edu | 801-581-7776
wellness.utah.edu/victim-survivor-advocacy

Victim-Survivor Advocates provide free, confidential and trauma-informed support services to students, faculty, and staff, who have experienced interpersonal violence (i.e. domestic and dating violence, stalking, etc.). They will assist in navigating resources, processes, and/or services.

Office of the Dean of Students
deanofstudents@utah.edu | 801-581-7066
deanofstudents.utah.edu

The office is dedicated to being a resource to students through support, advocacy, involvement, and accountability. One of the core goals is to connect students to support systems that will assist in their academic journey.

TRAINING

Mental Health First Aid Training
wellness@sa.utah.edu | 801-581-7776
studentaffairs.utah.edu/mental-health-first-aid.php

For faculty, staff and students to learn how to help those who may need additional support and assistance until professional help can be found. Visit our website to learn more.

