



Putting help in the palm of your hand.

The SafeUT app provides a way to connect to licensed counselors that are ready to listen for any size crisis or concern. It's as easy as reaching for your phone and sending that first text.

AVAILABLE 24/7/365 • CALL OR CHAT • ALWAYS CONFIDENTIAL

Services provided by: UNIVERSITY OF UTAH HEALTH • Program supported by: SAFEUT COMMISSION



CALL 833-3SAFEUT(833.372.3388) • DOWNLOAD THE APP • [SAFEUT.ORG](https://safeut.org)

Saying something



could save someone.

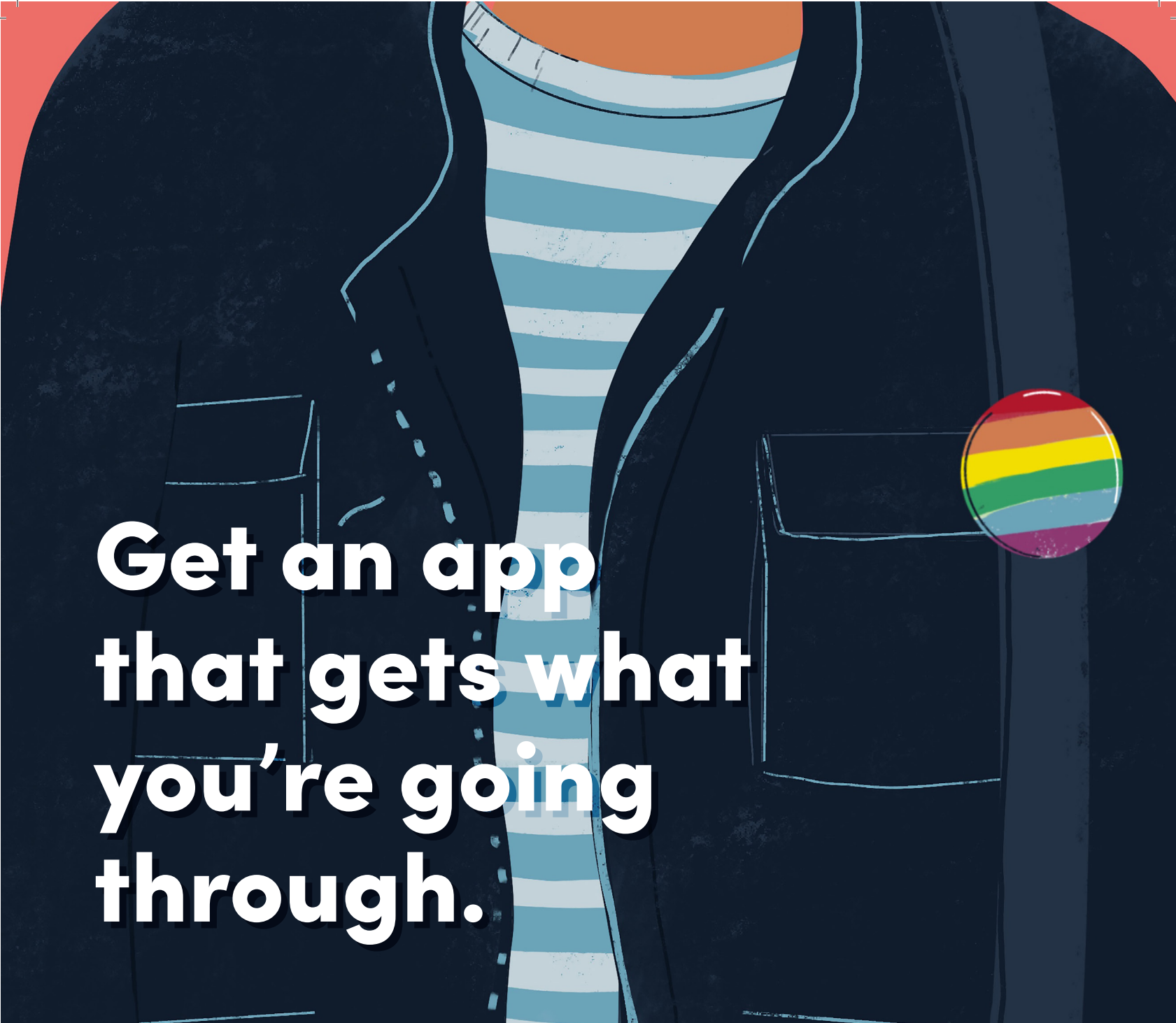
Our tip line is always available.

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**Get an app
that gets what
you're going
through.**



SafeUT is here for you.

Whether it's something big, something small, or something you don't even have a name for, don't ignore it. Try talking to a licensed counselor.

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**Silently
struggling?**

Download a listening ear.

Whether it's something big or something small,
don't ignore it. Try talking to a licensed counselor.

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**SAFE
UT**

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Fighting an inner battle?

Get some support on your side.

Whether it's something big or something small,
don't ignore it. Try talking to a licensed counselor.

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