

FREE HELP for COVID-19 related stress

THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional
support



crisis
counseling



coping
strategies



mental health
education



referrals if
more help is
needed

Call/Text: 385-386-2289

**Email (first name and phone number only):
UtahStrong@utah.gov**

**For immediate response after hours:
1-800-273-TALK (8255)**

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



FEMA

utah department of
human services
SUBSTANCE ABUSE AND MENTAL HEALTH

SAMHSA
Substance Abuse and Mental Health
Services Administration

Utah Strong Recovery Project

“Please reach out to us and we’ll reach right back.”

The Utah Strong Recovery Project is a FEMA-funded state program to help Utahns impacted by the stressors of the Covid19 pandemic. It provides free and confidential counseling by FEMA-trained counselors to anyone in Utah in the form of emotional support, coping and problem-solving strategies, mental health education, and community referrals. Spanish speaking counselors are available and translation for other languages is offered.

“Most of us have never experienced a pandemic, or such a shift in our everyday way of life,” said Robert Snarr, the state’s grant administrator. “It is normal to feel stress at a time when you may be experiencing isolation, economic hardship, health worries, or the loss of a loved one. We want to talk through those feelings and provide you with professionally-led guidance on how you can cope with the changes in your world in a healthy, mentally strong way,” Snarr said.

Call or text the Utah Strong Recovery Project Helpline to talk with a counselor seven days a week 7 a.m. to 7 p.m. at 385-386-2289. Or, email your first name and phone number to UtahStrong@utah.gov.

In addition to the Helpline, every county in Utah has a team of counselors available for free and confidential individual and family in-person or online counseling. Teams also provide outreach to community organizations in the form of education classes and support groups. Call and request help from the Utah Strong Recovery Team in your county through the Utah Strong Recovery Project Helpline.

For after- hours service, please contact the Utah statewide Crisis Line at 1-800-273-TALK (8255) or the SAMHSA Distress Hotline at 1-800-985-5990.

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for **COVID-19**
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UtahStrong@utah.gov
Everyday 7a-7p

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FEMA human services SAMHSA

AYUDA GRATUITA
para el estrés relacionado con
COVID-19

Llamada/Mensaje 385-386-2289
UtahStrong@utah.gov
Todos los días 7am - 7pm

EL PROYECTO DE RECUPERACIÓN UTAH STRONG