

Getting Help



- Utah Statewide Crisis Line: 1-801-587-3000
- National Suicide Lifeline: 1-800-273-TALK (8255)
- In an emergency, call 911 and ask for a CIT (Crisis Intervention Team) officer
- To learn more about suicide prevention, visit utahsuicideprevention.org
- Utah Safe Gun Storage Video



Figure 1- Utah Gun Safe Storage Video

- In Maryland call or text 988. The 988 Suicide & Crisis Lifeline is a support helpline. Connect with a caring call specialist 24/7
- In danger or need immediate medical attention? Call 911 now.
- Learn more: 988.maryland.gov