

# 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



copng  
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](mailto: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