

# A STARTER LIST OF RESOURCES

A support if needed during summer, or anytime.

For your convenience:

CLICK ON EACH PICTURE TO GO TO THE  
HIGHLIGHTED RESOURCE WEBSITE

# STARTER LIST OF CRISIS & MENTAL HEALTH RESOURCES

A photograph showing the silhouettes of four people climbing a mountain. One person is at the top, another is reaching up to help, a third is in the middle, and a fourth is at the bottom reaching up. The background is a bright, hazy sky.

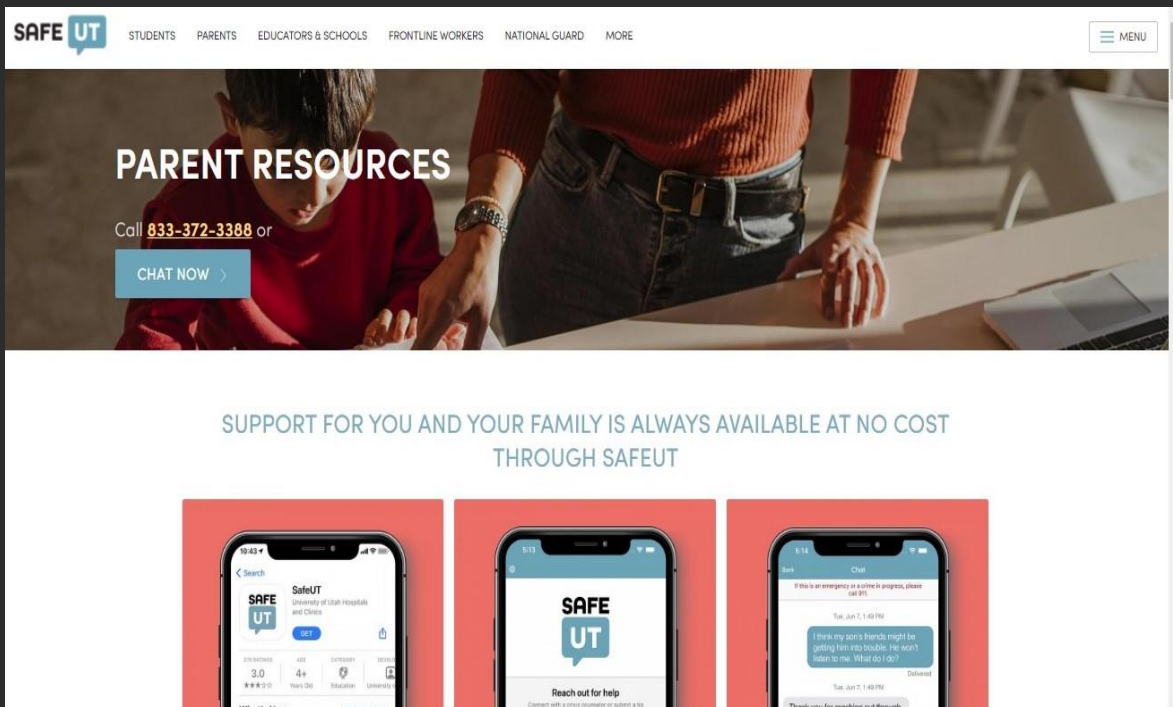
## A Starter List of Youth and Family Mental Health Resources

### **Youth Mental Health Resource List**

Resources are not listed in any preferential order, nor to be identified as preferred providers or covered by insurance. Please note this is not a complete list of resources available to you but may serve as a starting point.

#### **CRISIS ASSISTANCE:**

# SAFEUT FREE CRISIS OR CONCERN SUPPORTS FOR KIDS, PARENTS



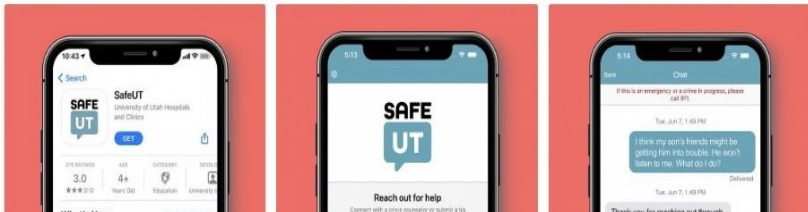
SAFE UT STUDENTS PARENTS EDUCATORS & SCHOOLS FRONTLINE WORKERS NATIONAL GUARD MORE

## PARENT RESOURCES

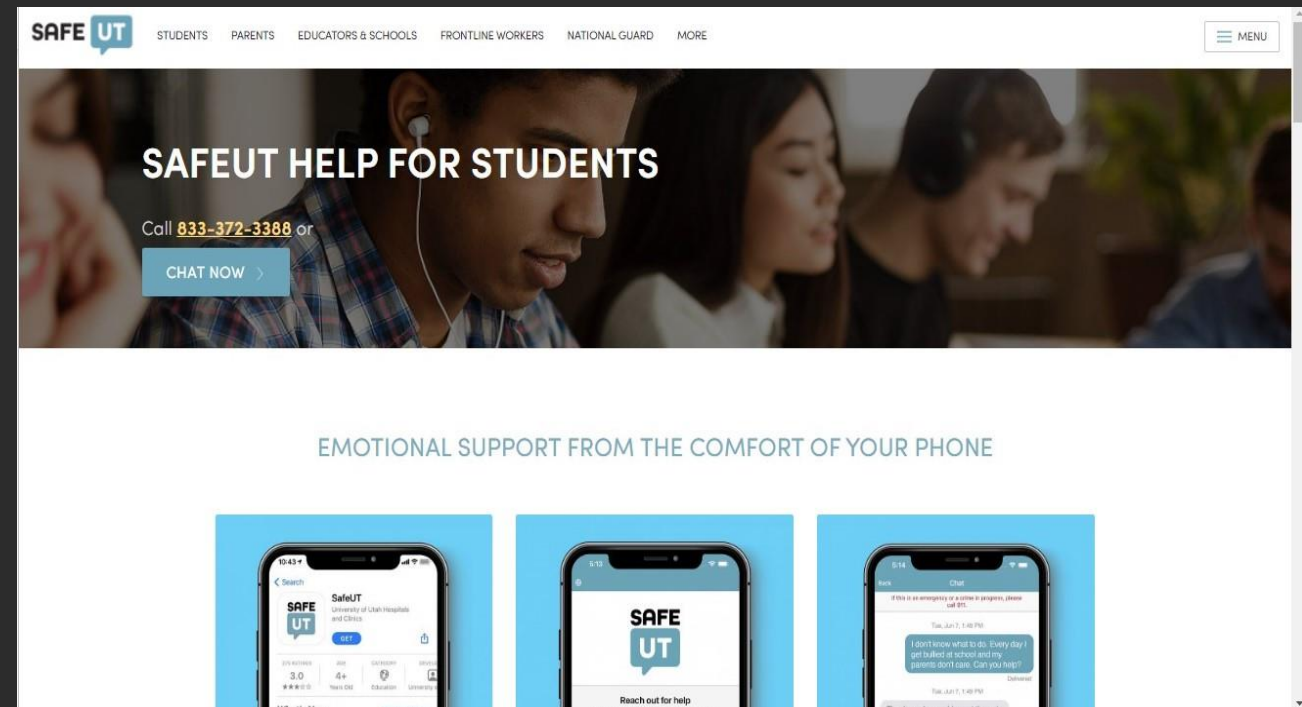
Call [833-372-3388](tel:833-372-3388) or

[CHAT NOW >](#)

SUPPORT FOR YOU AND YOUR FAMILY IS ALWAYS AVAILABLE AT NO COST THROUGH SAFEUT



The image shows three smartphone screens displaying the SAFEUT app interface. The first screen shows the app's home page with the SAFE UT logo, a search bar, and a 'CHAT' button. The second screen shows a 'Reach out for help' button. The third screen shows a chat conversation with a user asking for help regarding a child's behavior.



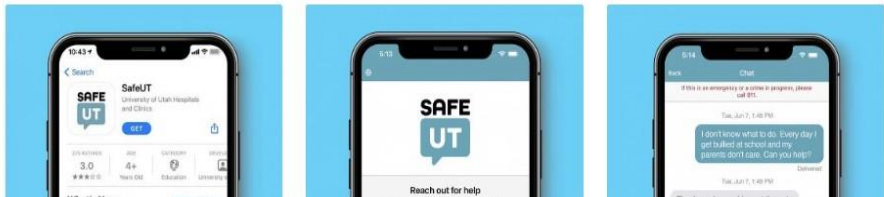
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## SAFEUT HELP FOR STUDENTS

Call [833-372-3388](tel:833-372-3388) or

[CHAT NOW >](#)

EMOTIONAL SUPPORT FROM THE COMFORT OF YOUR PHONE



The image shows three smartphone screens displaying the SAFEUT app interface. The first screen shows the app's home page with the SAFE UT logo, a search bar, and a 'CHAT' button. The second screen shows a 'Reach out for help' button. The third screen shows a chat conversation with a user asking for help regarding school stress.

## Help starts here

211 connects you to expert, caring help.  
Every call is completely confidential.



**Call 211 for help**

Can't call us? [Find a local 211](#)

**FREE ASSISTANCE: DIAL 211 TO BE ASSISTED FINDING  
NON-PROFIT RESOURCES NEAR YOU FOR WHAT YOU NEED  
OR  
CLICK ON THE SLIDE TO GO TO 211'S SITE.**

What are you looking for today?



Finding Food



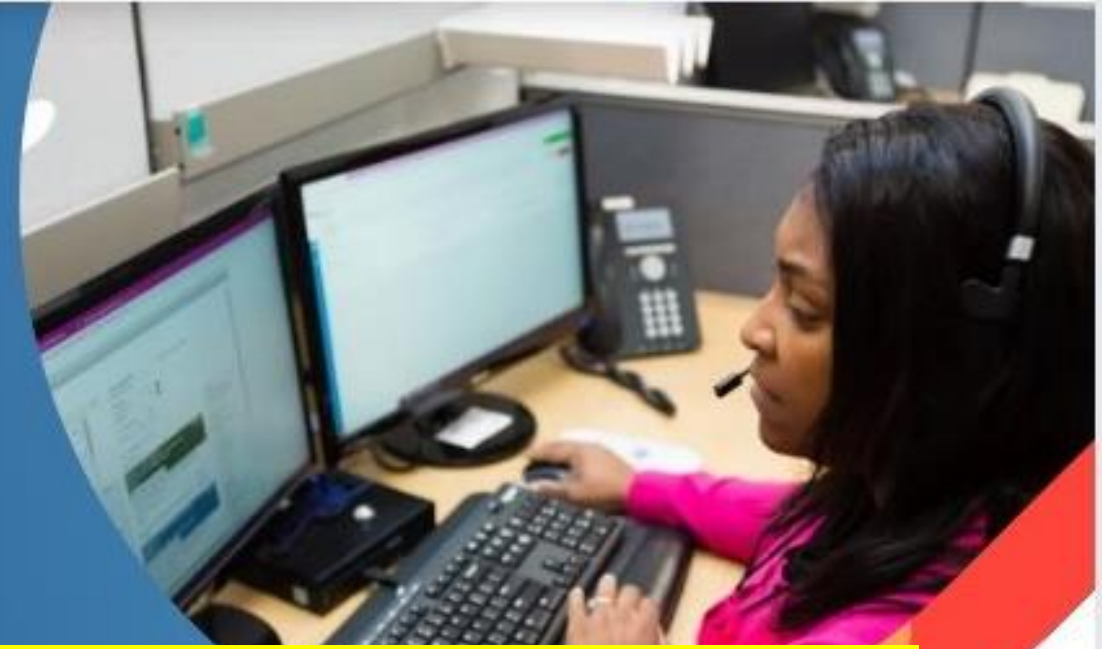
Mental Health



New to the U.S.?



Your Local 211





## Summer Dinners

During the Summer Months, UCA provides summer meals and breakfast for the next day free of charge for children 0-18.

### *2022 Schedule*

June 6th – August 12th

Monday – Friday

4:00 – 6:00 PM

### *Locations*

**South Salt Lake:** 2825 S 200 E, Salt Lake City

**Copperview:** 8446 S Harrison St., Midvale

**Cathy C. Hoskins:** 6447 W 4100 S, West Valley

**Noorda:** 5361 S 4220 W, Kearns

**Magna:** 8275 W 3500 S, Magna

ADDITIONAL  
RESOURCE FOR  
FOOD ASSISTANCE:

COMMUNITY  
ACTION

# FREE PARENTING SUPPORTS:



get help now: dia

WHO WE ARE OUR WORK GIVE **GET INVOLVED** CORPORATE PARTNE



## Safe

believe that most children are safe. child may *be* safe, he may . He may be afraid of getting in .ting a loved one down.

feels safe knows that she can tell the life the truth about herself, and she ie loved, no matter what.



## Connected

Connection is more than just being in the same space as your child. Connection is doing activities that the child enjoys, even if you don't always enjoy that activity.

Connection is when a child feels their parent, teacher or friend really understands her.



## Confident

After a child begins to feel safe and connected with those around them, he can start working on becoming confident in his abilities and develop pride in his work.

Keep in mind: it's more important to praise a child for the accomplishments *she* cares about, not just the ones that look impressive from the outside.

Child Psychiatrist Dr. Matt Swenson explains the three things that create a resilient teenager

Dr. Matt Swenson: Why are kids experiencing so much anxiety and depression? (18 minute version)

Watch later Share

Thrive

Confidence

Connection

Safety

Physical needs

Watch on YouTube

# INSURANCE ASSISTANCE: MEDICAID OR CHIP

## An Extra Hand For Parents With Their Hands Full



With Medicaid or CHIP, parents have one less thing to worry about. A family of four can earn up to \$53,000 and qualify for free or reduced cost health insurance.

### Coverage with Medicaid and CHIP

Kids and teens can get the medical care they need with Medicaid or CHIP. Whether emergency or preventive services, kids can be kids. Medicaid and CHIP cover:

- Immunizations
- Doctor visits
- Hospital and emergency care
- Prescriptions
- Hearing and eye exams
- Mental health services
- Dental care



More than 230,000 Utah kids stay healthy and get the medical care they need every year!

Enrollment is always open.  
Apply online today at  
[coveringkids.health.utah.gov](http://coveringkids.health.utah.gov)  
or call 1-888-684-1599



## Ayuda adicional para los padres muy ocupados



Con Medicaid o CHIP, los padres tienen una cosa menos de que preocuparse. Una familia de cuatro puede ganar hasta \$53,000 y calificar para seguro de salud gratuito o de costo reducido.

### Cobertura con Medicaid y CHIP

Con Medicaid o CHIP, los niños y adolescentes pueden obtener la atención médica que necesitan. Ya sean servicios de emergencia o preventivos, los niños pueden ser niños. Medicaid y CHIP cubren:

- Vacunas
- Visitas al médico
- Atención hospitalaria y de emergencia
- Recetas
- Exámenes de la vista y la audición
- Servicios de salud mental
- Cuidado dental



¡Más de 230,000 niños de Utah se mantienen saludables y reciben la atención médica que necesitan todos los años!

La inscripción siempre está  
abierta. Solicite en línea hoy en  
[cubriendoninos.health.utah.gov](http://cubriendoninos.health.utah.gov)  
o llame al 1-888-684-1599





# STABILIZATION AND MOBILE RESPONSE SUPPORT:

The screenshot shows a website for the Department of Human Services. The header includes the department name and navigation links for SERVICES, DIVISIONS, DATA, ABOUT, and CONTACT. The main heading is 'STABILIZATION & MOBILE RESPONSE' over a background image of a smiling woman. Below the heading is a paragraph: 'Is your child facing a challenge? Stabilization and Mobile Response (SMR) services can help. We work with you and your family to create a plan that fits your needs.' The content is divided into two columns: 'Mobile Response Services' and 'Stabilization Services'. The footer contains a call to action 'CHILD FACING A CHALLENGE?' with the phone number '1-833-SAFE-FAM' and a list of symptoms: 'Is verbally or physically aggressive', 'Has difficulty in school', 'Uses substances', and 'Often runs away'.

Department of human services

SERVICES DIVISIONS DATA ABOUT CONTACT

## STABILIZATION & MOBILE RESPONSE

Is your child facing a challenge? Stabilization and Mobile Response (SMR) services can help. We work with you and your family to create a plan that fits your needs.

### Mobile Response Services

Provided to you in your home to ease an immediate challenge and provide support.

- Minimize the impact of the challenge on you and your family
- Create safety plans
- Connect you and your family to other helpful resources

### Stabilization Services

Short-term services may be provided in addition to mobile response to help ensure your family's long-term success.


- Teach skills to improve family functioning
- Create plans that prepare you for and prevent future challenges
- Prevent the need for out-of-home services
- Equip you with ongoing resources and support

## CHILD FACING A CHALLENGE?

For any child, parent or caregiver with any problem at any time.

Call us at: **1-833-SAFE-FAM**

Is verbally or physically aggressive  
Has difficulty in school  
Uses substances  
Often runs away



# FREE VIA STRENGTH SURVEY TO SEE WHICH STRENGTHS YOU USE AND THE ONES YOUR CHILD(REN) USE.



## 24 Character Strengths

 <p><b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b></p> <ul style="list-style-type: none"> <li>• Feels awe and wonder in nature</li> <li>• Admires skills of others</li> <li>• Inspired by the goodness of others</li> </ul>	 <p><b>BRAVERY</b></p> <ul style="list-style-type: none"> <li>• Shows valor</li> <li>• Approaches challenges</li> <li>• Faces difficulties</li> <li>• Speaks up for what's right</li> </ul>	 <p><b>CREATIVITY</b></p> <ul style="list-style-type: none"> <li>• Clever</li> <li>• A Problem-solver</li> </ul>	 <p><b>CURIOSITY</b></p> <ul style="list-style-type: none"> <li>• Interested</li> <li>• Open to new ideas</li> </ul>	 <p><b>FAIRNESS</b></p> <ul style="list-style-type: none"> <li>• Cares about what's right</li> <li>• Treats others fairly</li> <li>• Tries not to be biased against certain groups</li> </ul>	 <p><b>FORGIVENESS</b></p> <ul style="list-style-type: none"> <li>• Gives others a second chance</li> <li>• Accepts others' faults</li> <li>• Doesn't hold grudges</li> </ul>
 <p><b>GRATITUDE</b></p> <ul style="list-style-type: none"> <li>• Thankful</li> <li>• Shows appreciation</li> <li>• Feels blessed</li> </ul>	 <p><b>HONESTY</b></p> <ul style="list-style-type: none"> <li>• Tells the truth</li> <li>• Keeps promises</li> <li>• Trustworthy</li> </ul>	 <p><b>HOPE</b></p> <ul style="list-style-type: none"> <li>• Optimistic</li> <li>• Expects the best</li> <li>• Excited about the future</li> </ul>	 <p><b>HUMILITY</b></p> <ul style="list-style-type: none"> <li>• Modest</li> <li>• Puts attention on others</li> <li>• Doesn't brag about accomplishments</li> </ul>	 <p><b>HUMOR</b></p> <ul style="list-style-type: none"> <li>• Playful</li> <li>• Enjoys bringing smiles/laughter to others</li> <li>• Sees the funny side of things</li> </ul>	 <p><b>JUDGMENT</b></p> <ul style="list-style-type: none"> <li>• A critical thinker</li> <li>• Fact-based and logical</li> <li>• Open-minded</li> </ul>
 <p><b>KINDNESS</b></p> <ul style="list-style-type: none"> <li>• Caring</li> <li>• Generous</li> <li>• Compassionate</li> <li>• Nice</li> </ul>	 <p><b>LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>• Encourages others</li> <li>• Organizes groups</li> <li>• Sets a good example</li> </ul>	 <p><b>LOVE</b></p> <ul style="list-style-type: none"> <li>• Warm and genuine</li> <li>• Prioritizes relationships</li> <li>• A good listener</li> </ul>	 <p><b>LOVE OF LEARNING</b></p> <ul style="list-style-type: none"> <li>• Excited to learn new things</li> <li>• Masters new skills</li> </ul>	 <p><b>PRESERVERANCE</b></p> <ul style="list-style-type: none"> <li>• Hardworking</li> <li>• Overcomes obstacles</li> <li>• Finishes what is started</li> </ul>	 <p><b>PERSPECTIVE</b></p> <ul style="list-style-type: none"> <li>• Wise</li> <li>• Gives good advice</li> <li>• Sees the big picture</li> </ul>
 <p><b>PRUDENCE</b></p> <ul style="list-style-type: none"> <li>• Careful</li> <li>• Plans ahead</li> <li>• Thinks about consequences before acting</li> </ul>	 <p><b>SELF-REGULATION</b></p> <ul style="list-style-type: none"> <li>• Self-controlled</li> <li>• Disciplined</li> <li>• Manages feelings and actions</li> </ul>	 <p><b>SENSE OF MEANING</b></p> <ul style="list-style-type: none"> <li>• Searches for meaning</li> <li>• Feels a sense of purpose</li> <li>• Feels interconnected with life</li> </ul>	 <p><b>SOCIAL INTELLIGENCE</b></p> <ul style="list-style-type: none"> <li>• Understands others</li> <li>• Aware of own feelings and thoughts</li> <li>• Shows empathy</li> </ul>	 <p><b>TEAMWORK</b></p> <ul style="list-style-type: none"> <li>• Loyal</li> <li>• A team player</li> <li>• Shows responsibility to groups</li> </ul>	 <p><b>ZEST</b></p> <ul style="list-style-type: none"> <li>• Active</li> <li>• Energetic</li> <li>• Enthusiastic</li> </ul>

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