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.

Local Counselor: Megan Mueller (385) 386-2267
meganmueller@utah.gov

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.