

The ABCD Study: University of Utah

Thank you for your participation in the ABCD Study! Here is some information that we give to everyone in our research studies. If you or someone you know is having a problem with depression, anxiety, alcohol, drugs, or other emotional or life concerns, help is available!

Phone and Texting Lines

These are phone or texting lines you can contact if you're in crisis, suicidal or even if you just need someone to talk to. All resources are free and confidential to use.

Crisis Texting Help Line

Text HOME to 741-741 for free, 24/7

Utah Crisis Line

801-587-3000, 24/7

Salt Lake County Warm Line

801-587-1055

9am-10pm, 7 days a week

- When you're not in crisis, but need to reach out for support, help or encouragement

Huntsman Mental Health Institute (HMHI)

1-801-583-2500

<https://healthcare.utah.edu/hmhi/>

501 Chipeta Way Salt Lake City, UT 84108

The Trevor Project

1-866-488-7386, 24/7

- A national 24-hour, toll-free confidential suicide hotline for LGBTQ+ youth

Utah Pride Center

801-539-8800

<https://utahpridecenter.org/programs/>

1380 Main Street, Salt Lake City, UT 84115

Ogden Pride

<http://www.ogdenpride.org>

- Email: info@ogdenpride.org

National Suicide Prevention Lifeline

1-800-273-8255, 24/7

National Runaway Safeline

1-800-786-2929, 24/7

<http://www.1800runaway.org>

IMAlive

www.imalive.org, online 24/7

- Chat with a trained volunteer if you are in crisis, suicidal or need help

SafeUT Crisis Chat & Tip Line App

<https://healthcare.utah.edu/hmhi/safe-ut/>

- Available on Apple App Store & Google Play
- Chat with counselors 24/7 about depression, suicide, bullying or any life challenges

LGBT National Help Center Youth Talkline

1-800-246-7743

<https://www.glbthotline.org/>



Encircle: Family & Youth Resource Center

<https://encircletogether.org/>

- LGBTQ+ individuals can find understanding, information and support within their families and communities
- Email: info@encircletogether.org
- Provo Center: 91 W 200 S, Provo, UT 84601
- Salt Lake City Center: 331 S 600 E Salt Lake City, UT 84102

