

WHEN YOU'RE STAYING AT HOME,
WE'RE STAYING CLOSE.



This is a reminder from SafeUT to you and your family during these uncertain times that “When You’re Staying Home, We’re Staying Close.” SafeUT is an app and web based resource allowing you and your family 24/7 access to licensed mental health therapists by phone call or live chat. SafeUT is confidential and available to you at no cost through the App Store or Google Play Store.

SafeUT therapists are available to discuss anything you or your family are struggling with, including anxiety, depression, and suicidal thoughts. SafeUT therapists are also here for you if you’re having a bad day and just need to talk or chat.

No Smartphone? No problem! Our new live chat feature is available on our website. Visit <https://safeut.med.utah.edu/> to instantly connect with a licensed mental health therapist.