



ANNUAL REPORT

FISCAL YEAR 2022
July 1, 2021 – June 30, 2022





Available 24/7

Call, Chat, or Submit a Tip

Always Confidential



Services provided by: HUNTSMAN MENTAL HEALTH INSTITUTE
Program supported by: SAFEUT & SCHOOL SAFETY COMMISSION

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EXECUTIVE SUMMARY

Any Size Crisis. Any Time.


SafeUT was developed in response to Utah's unacceptably high youth suicide rate, the leading cause of death for young people aged 10-24. It was created through bipartisan legislation and is supported by the SafeUT & School Safety Commission (commission) chaired by the Utah Attorney General's Office with representation from statewide partners in public and higher education, behavioral health, law enforcement, elected officials, and members of the general public.

The SafeUT app provides a way for students, parents/guardians, and educators to confidentially connect to a licensed counselor at Huntsman Mental Health Institute (HMHI). Counselors are ready to listen to any sized crisis or concern at no cost, 24/7, 365 days a year. Users can start a real-time chat with master's level counselors, submit tips to crisis counselors who triage concerns—such as bullying, school safety threats, and potential acts of violence—to school administrators, or directly call a certified crisis worker.

Far More Than an App

SafeUT is far more than an app—it's a mental health system of care. Crisis help can be provided through two-way messaging, which factors into SafeUT's success with youth more comfortable texting than talking on a phone. Use is confidential, and crisis counselors do not inquire about identifying information except in emergency situations. SafeUT is nationally recognized for its effectiveness in saving lives and de-escalating potential school threats.

Key Facts


 **882,427+**
Students with access

 **28,472**
Total chats

 **8,537**
Total K-12 & higher ed tips

 **349**
Lifesaving interventions

 **104**
Additional unique users accessing SafeUT each term, on average, from 2017-2020

 **1,022,419**
Overall back-and-forth chat messages (all apps)

 **1,009,604**
K-12 and higher ed back-and-forth chat messages

 **75,088**
Back-and-forth messages for tip conversations





TIP

Suicide Warning Signs

Comments or thoughts about suicide can start small such as “I wish I wasn’t here” or “Nothing matters.” Other actions that can be signs of suicide risk include:

- Aggressive behavior
- Withdrawal from friends, family, and the community
- Dramatic mood swings
- Impulsive or reckless behavior
- Lack of concern for safety
- Sleeping too little or too much
- Unsafe driving
- Increased alcohol and/or drug use

Serving Utahns at Risk

Youth, frontline workers, Utah National Guard members, and their families need mental health support, particularly considering the social and emotional impacts of the global pandemic. SafeUT puts help in the palm of their hand.

Effects of the COVID-19 pandemic include:

- Worsened mental health
- Increased acuity of crises and amount of time required to provide support
- Higher utilization of SafeUT in areas with higher infection rates

Even with the rise of risk factors, suicide rates have remained relatively flat in Utah over the last year. This is likely due to preventative and supportive mental health services, such as SafeUT.



Youth & Young Adults

Suicide is the leading cause of death for young people aged 10-24 in Utah.



Frontline

From pandemic to protests, the past few years have been tough on Utah’s frontline workers.



Utah National Guard

Military service can contribute to unique personal and professional life challenges.

History

Exploring Solutions

Suicide is the leading cause of death for youth and young adults, ages 10-24, in the state of Utah. In 2014, School Safety Tip Line Commission (S.B. 232) legislation was introduced by Utah State Sen. Daniel Thatcher to explore solutions to both the mental health crisis and school safety threats. The commission was chaired by the Utah Attorney General's Office and included legislators, state agencies, and members of the public with the intent to provide recommended solutions in the following state legislative general session. In 2015, the School Safety and Crisis Line legislation (S.B. 175) was introduced and passed, implementing a permanent commission that expanded to include the University of Utah's Neuropsychiatric Institute (now HMHI) as the crisis services provider. **The SafeUT app became available to Utah's middle and high schools in early 2016.**

Development and Expansion

The SafeUT program was developed with state funding and the original app was designed and donated by a private company. After seeing its success, the University of Utah redesigned the SafeUT app as a state-owned app to ensure its future capabilities to respond to mental health and school safety crises. Starting in 2018, **SafeUT expanded its services to Utah elementary schools, higher ed institutions and colleges, the Utah National Guard (2019), and Utah's first responders and their families (2020).**



SafeUT is a Symbol of Hope and Support

"The SafeUT app is great because kids are always on their phones. This app provides a place to go and a soft spot to land. I know it's helped many students at this school.

It brings me peace knowing it exists. I love that the state of Utah has invested its efforts into [SafeUT], too.

It's making a difference. It's keeping kids afloat. It's keeping people alive, and I think that's powerful."

- **Caitlin Thomas**, *Lehi High School faculty*

"SafeUT National Guard is another vital tool we have in the Guard to support soldiers and airmen while they continue to serve our community. It is an added support to Guard families as they deal with the incredible stressors of our time.

As a mental health provider, I want every guardsman and family member to have this quick connection in their pocket for when they need it. The Utah National Guard has protected our community; always ready, always there. SafeUT National Guard is here for them."

- **Annika Hunt, LCSW**
*Wing Director of Psychological Health
for the Utah Air National Guard*

"There are just these fleeting moments of 'I just can't handle this anymore.' That's what I like about this app—it's meant to be for that moment, that immediate moment.

I think SafeUT has everything built into place to help us if we use it. If we save the life of one human, it is worth everything."

- **Crystal Armstrong, MD**
University of Utah Health



How SafeUT Works

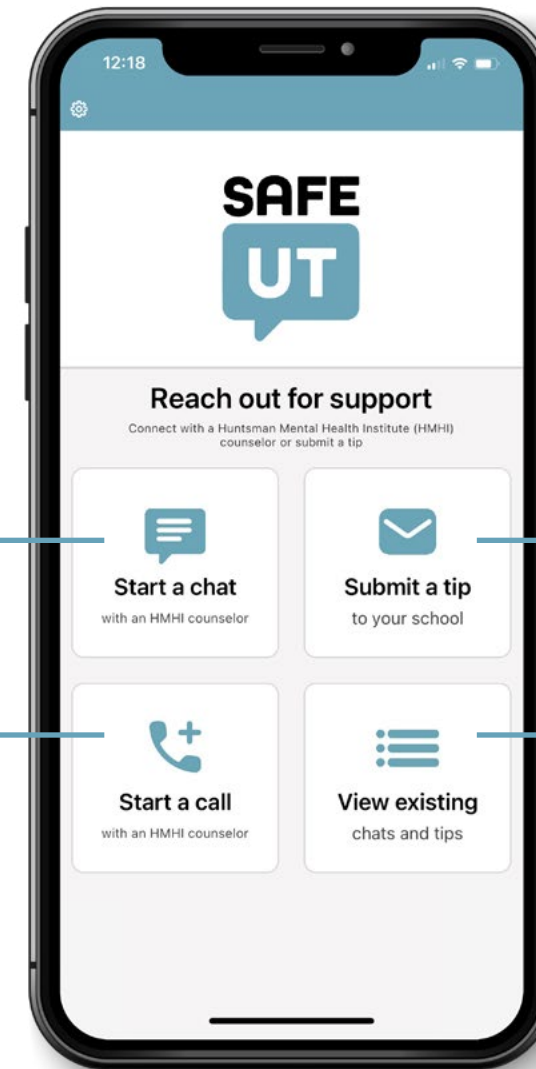
Start a Chat

The chat feature offers real-time communication with HMHI master's level counselors who are available 24/7.

SafeUT can be accessed by students, parents/guardians, and educators at no cost (standard data usage and rates may apply).

Submit a Tip

Students, parents/guardians, and educators of schools enrolled in SafeUT can submit confidential tips on concerns including bullying, school safety threats, and violence. Tips can be submitted with photos in addition to text content.



Start a Call

As SafeUT is an integrated system of care available 24/7, users can also call an HMHI certified crisis worker with the Utah Crisis Line on the app.

This feature is like 988, the new three-digit dialing code that connects people to the 988 Suicide and Crisis Lifeline, in that callers are supported by the same staff in Utah. The app presents another way to access support in a space users may already be familiar with.

View existing Chats & Tips

SafeUT saves users' chats and tips, based on category, for future personal reference. As always, the app offers confidential and password-protected services.

Scan or click the QR code to download the SafeUT app
Available on Apple & Android devices



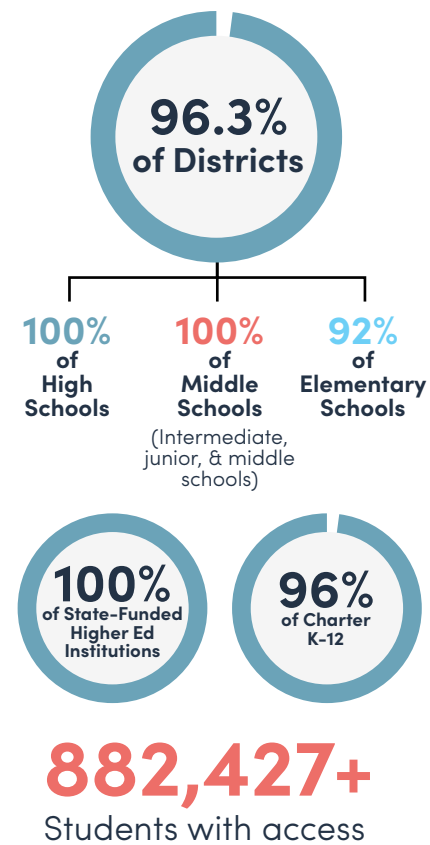
SCHOOL IMPACT

School Enrollment

SafeUT has almost all Utah public and charter schools enrolled in its program with 96% of schools participating, as well as 20 private schools.

Enrolled schools are listed within the SafeUT app, and school administrators are trained to handle submitted tips received through the app. All tips submitted through the app are immediately reviewed by HMHI crisis counselors.

Non-urgent tips are sent daily to appropriate school administrators, and tips of a more threatening nature, including violence or planned school attacks, are triaged by crisis counselors who may involve law enforcement and administrators to quickly resolve the crisis.



School Safety Tip Line Success

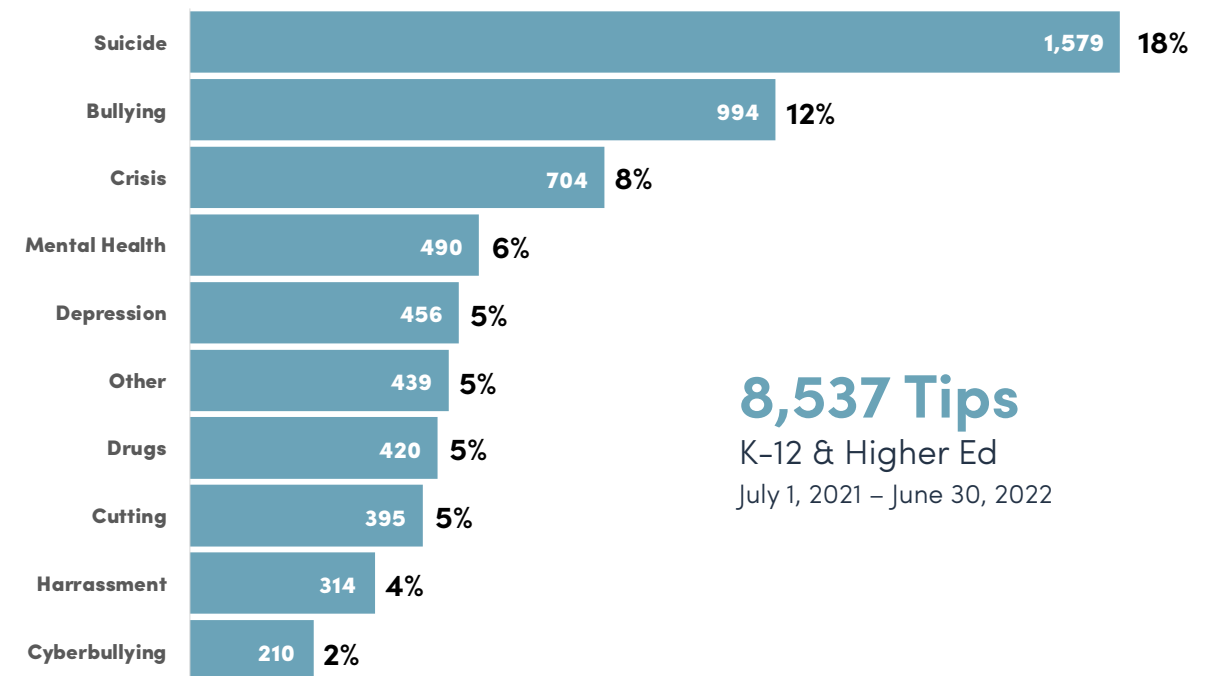
Students, parents/guardians, and educators of schools enrolled in SafeUT can submit confidential tips on concerns they have about classmates or school safety threats. Suicide was the top reported tip, making up 18% of total tips submitted, followed by bullying, crisis, and mental health concerns.

Students, parents/guardians, and educators can also submit tips on potential threats they see or hear. Guns (20%) and planned school attacks (19%) were the top threat tips reported, followed by assault and fighting. In certain cases, these tips proved crucial in preventing school attacks.

28,111
Total K-12 & higher ed chats

1,009,604
K-12 and higher ed back-and-forth chat messages

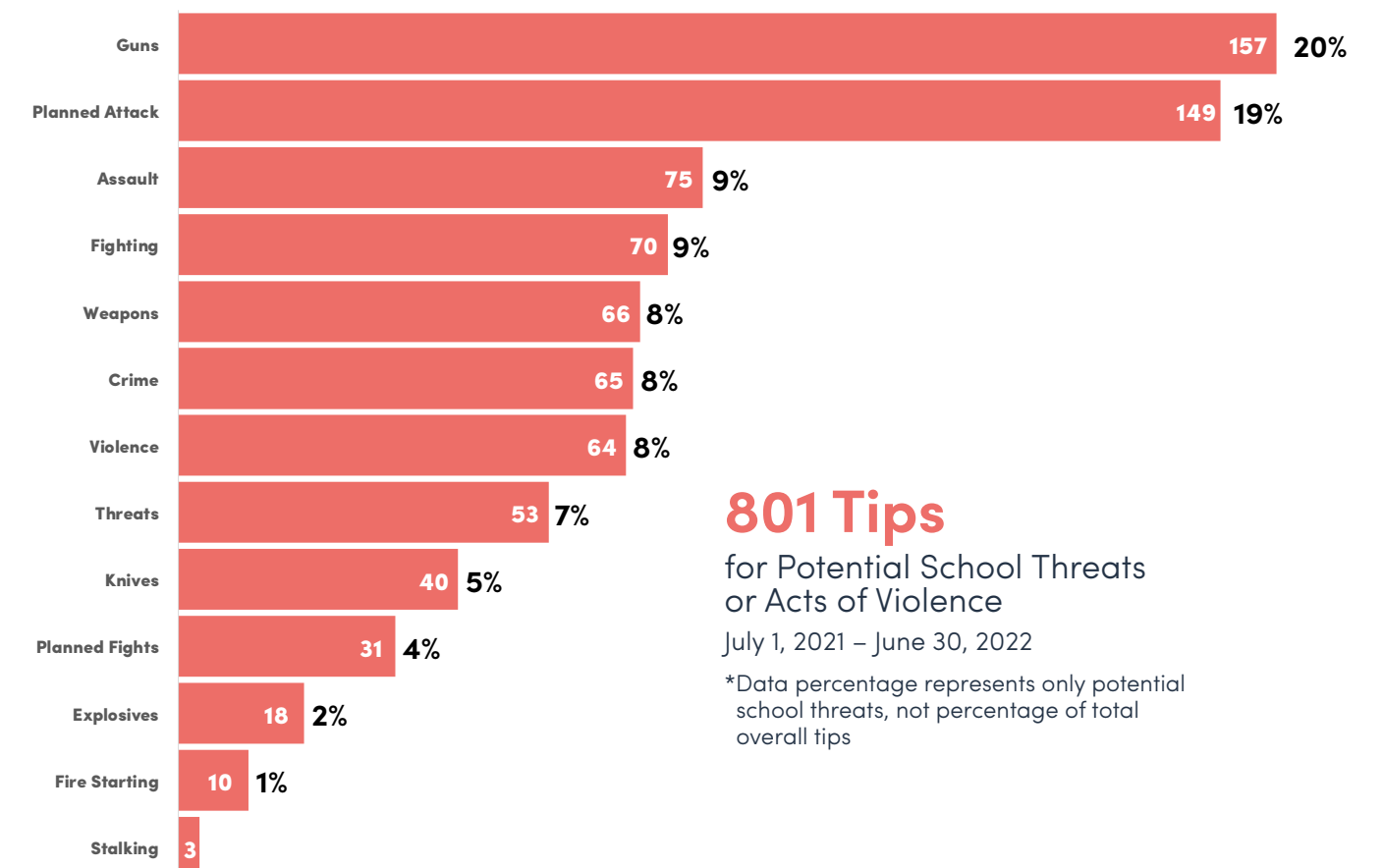
75,088
Back-and-forth messages for tip conversations



8,537 Tips

K-12 & Higher Ed

July 1, 2021 – June 30, 2022



801 Tips

for Potential School Threats or Acts of Violence

July 1, 2021 – June 30, 2022

*Data percentage represents only potential school threats, not percentage of total overall tips



TIP

How to Talk to Your Child About Bullying

- Start talking about bullying in a general way.

"Some parents were talking about bullying recently. Do you ever see that at your school? How did the school handle it?"
- If your child witnessed bullying, validate their feelings and listen without judgment.

"What was it like for you to witness that? Do you think the child who was bullied is ok?"
- If your child might have been bullied but isn't talking about it, let them know you're there for them no matter what.

"I've noticed that you don't talk about Joey anymore. Has anything happened?"
- If your child bullied someone, calmly help them work through the reasons they did this so they can learn new behaviors.

"What was going on for you when you did this?"
- Some teachers are on top of noticing when bullying takes place. Asking your child if there's a teacher they feel comfortable talking to can lead to a possible discussion of teachers or classes that may be less supportive.

"If you had a problem with bullying, is there a teacher you feel comfortable talking about things with?"
- Children sometimes experience conflict with peers that can be very stressful even though it may not be bullying. This can be a general lead-in to help your child understand that conflict isn't always bullying and may be difficulties in relationships.

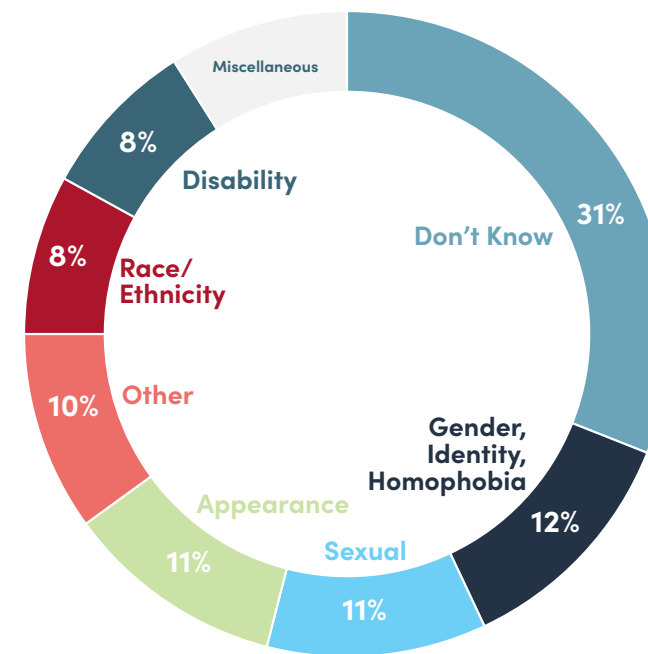
"Some kids can be pretty disruptive in the classroom. Do you know anyone like that? Do they make it hard for you?"

Bullying

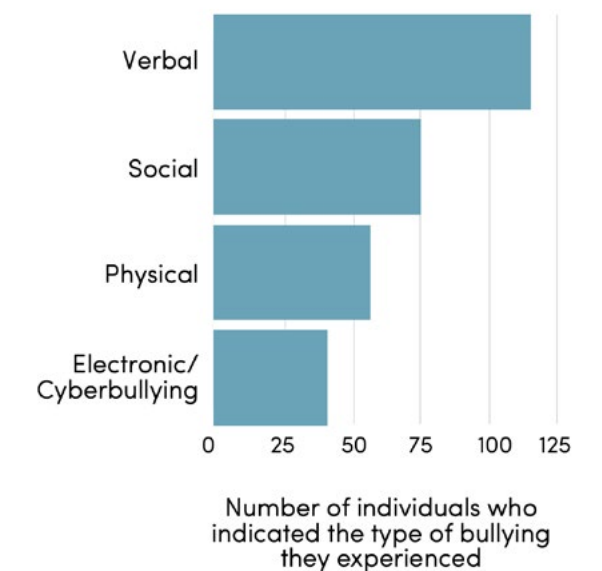
Bullying is the second-most common tip submitted to SafeUT. In a survey of 320 students, **43% reported to have been a victim of bullying at least once during the 2019-2020 academic year.** Eleven percent reported regular or repeated bullying and 32% reported being bullied once or twice.

Of bullied students, 6% said they used SafeUT to report the bullying and 92% of students said they did not report it at all. Of students who used SafeUT to submit a tip, 8% reported to have submitted a tip about a general concern during the 2019-2020 academic year and 37% of those were specific to bullying of themselves or a peer.

Top Reasons Reported for Bullying



The Most Common Forms of Bullying



Scan or click here to learn more about talking to your child about bullying



Keeping Schools Safe

According to a 2019 Secret Service report, two-thirds (67%) of perpetrators of school attacks communicate their intentions or threaten the target within two weeks of the attack, 54% of attackers communicated intent within two days of an attack, and 37% communicated intent or threatened the target within an hour of the attack.

From July 1, 2021 to June 30, 2022, 19% of potential school threat tips submitted via the SafeUT app were categorized as planned school attacks.

SafeUT provides a platform to confidentially report concerns, such as school safety threats, to crisis counselors who attempt to gather and verify additional details and triage information to school administrators and law enforcement as necessary. The goal of the multidisciplinary approach is to handle the situation before it becomes a tragedy.

“Utah has some tools that other states don’t have. It’s one of the reasons we encourage the SafeUT app to be downloaded in every school on every smart device.”

– Utah Governor Spencer Cox

Utilization Trends

As the COVID-19 pandemic progressed, users who contacted SafeUT with a crisis-related need—such as thoughts of suicide and unsafe behaviors—increased. The percentage of users that reached out to SafeUT for support with crisis-related needs, rather than other general mental health needs, increased throughout the pandemic.

Two youth populations of interest increased their usage more than the overall average increase. These populations include:

- Less-densely populated (non-metro/rural) areas
- Areas with higher-than-average poverty levels

Data collected on usage patterns will help SafeUT with future marketing and outreach efforts. There were more than 35,000 unique users who initiated more than 50,000 sessions during the two years studied. Two-thirds of the users had their location enabled and therefore were included in the confidential, aggregate analysis.



TIP

Increasing Awareness for Location Services for SafeUT

Imagine what would happen if you called 911 and they were unable to track your exact location in order to send emergency services to help.

Allowing location access while using the SafeUT app has the same potential impact for saving lives. SafeUT will never access or use the information unless it may actively save a life. This only happens about 1% of the time SafeUT is used. Will you commit to helping increase awareness for allowing location access for SafeUT? **Will you share information about SafeUT with kids and teens, and please remind them to allow location access while using the app?**

When people feel listened to,
they are more likely to accept help.



Overcoming Barriers

To make a bigger impact in Utah, SafeUT conducted research to identify barriers that may exist for users.

What keeps students and adults from downloading the app? What prevents people from using the app once they're aware of SafeUT? What keeps rural residents from using the app?

Findings revealed promising information to help understand why and how SafeUT should move forward with regard to the following three areas:

Awareness	Stigmas	Doubts
Lack of awareness	Mental health stigma/haven't accessed mental health help in the past	Hesitancy to share because of a perceived lack of willingness to help from adults
High likelihood of repeat usage after the first SafeUT chat	One-third of SafeUT users had their first mental health interaction with a SafeUT counselor	High-reported levels of helpfulness and supportiveness from SafeUT counselors
Increase partnerships and outreach	Emphasize SafeUT counselors' ability to make each user feel safe and heard	Share user reviews and responses that emphasize positive counselor support

SafeUT Listens

Where youth may often feel like their opinions and struggles are ignored or devalued, SafeUT provides a listening ear to support hurting youth on their journey to recovery.

93% of users feel the counselor "usually" or "always" **showed respect** for what they had to say

87% of users feel the SafeUT counselor "usually" or "always" **carefully listened** to them

62.5% of users state SafeUT has made them more likely to **seek additional mental health services**

SafeUT SuperUser Grant Program

In partnership with SafeUT, the Utah State Board of Education (USBE) School Safety Center (SSC) promotes SafeUT and school safety throughout Utah with the SafeUT SuperUser Grant. The grant provides funding to support the creation of SuperUsers—SafeUT and school safety ambassadors—in local education agencies (LEAs) throughout the state. It also increases grant-awarded schools' student collaboration on school safety matters through the development and implementation of School Safety Student Advisory Boards (SSSAB). Information gathered from SSSAB is used to help inform and improve school safety efforts across the state through the work of USBE SSC.

\$80,000

Total Grant Award Money

29

SafeUT Super Users

1,250+

People received evidence-based training

46% educators

31% students

23% parents/guardians

14 Participating LEAs:

Box Elder School District	Canyons School District	Davis School District
John Hancock Charter School	Juab School District	Lakeview Academy
North Star Academy	Rockwell Charter High School	Salt Lake Center for Science Education
Salt Lake City School District	Salt Lake School for the Performing Arts	Summit Academy
Summit Academy High School	Tooele County School District	



Implementation Tasks

- Creating and facilitating a SSSAB.
- Implementing and supporting school-wide, staff-focused, evidence-based curriculum on mental wellness.
- Planning community involvement and outreach including, but not limited to, building mental health awareness, increasing collaboration with mental health-focused community agencies, and promoting SafeUT.

Survey Findings

School Administrator Survey Findings

School administrators and staff—predominantly school psychologists, counselors, and social workers—completed a survey about their experiences with SafeUT.

85%+ agreed that mental health stigma, overall student well-being, concern for school safety, and engagement in acts of kindness have improved at school since enrolling in SafeUT.

85%+ agreed or strongly agreed that SafeUT is helpful for students and feel supported by both SafeUT and their school communities.

Ongoing Research and Quality Improvement

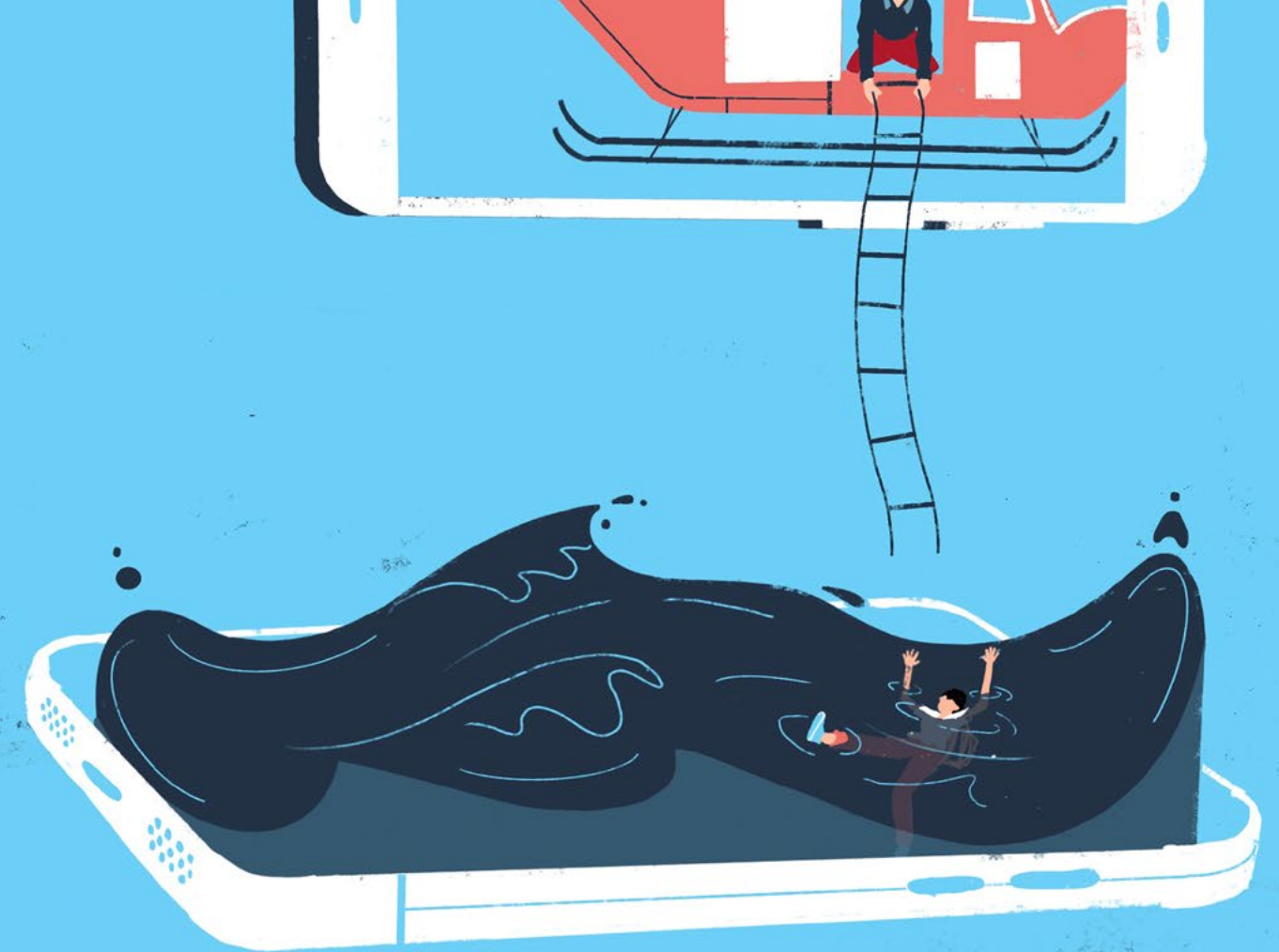
Efforts are currently underway to investigate the influence of SafeUT on mental health service utilization among its users and to develop a better understanding of barriers to care SafeUT users face. There's also an effort to explore the experiences of lifesaving interventions (active rescues) among SafeUT users and their families. This information will help shape process and program improvement efforts to make SafeUT an even better service for the community.

User Feedback

Administrators and counselors have reported SafeUT has fast turnaround times for tips, negligible increase in workload, and substantial positive impact upon student well-being.

"The SafeUT app has been helpful [in our county]. It's very useful. It continues to improve, in my opinion, each year. [When tips are shared with school administrators,] we drop everything we're doing, and we offer support to those students every time. So, it's a very well-developed app and it's worth every cent in my opinion. It's very effective."

- Cade Douglas, Superintendent of the Sevier School District



"I think this program has positively impacted schools and prevented or stopped students from being harmed in many situations. Even though getting tips does cause some anxiety, I would have much more anxiety without this service because I don't think students would be as forthcoming with information in person."

"Thanks so much for offering this service. It is helping students and saving lives!"

"Keep up the good work. I have seen SafeUT save lives on numerous occasions."

Advocacy Story

On Monday, December 13, 2021, screenshots of a TikTok story began circulating through social media. The story consisted of a student whose face wasn't visible, holding a revolver. The location on the story said, "West High School Salt Lake City, UT," and the caption read, "Inda Wild West."

District officials implemented a school lock down and by midmorning, they detained two people. Soon the lockdown ended. Crisis teams learned of the threat through the SafeUT app, allowing them to work with the school and quickly respond to the situation.

The same week as the West High threat, more than 200 tips were submitted to SafeUT about a TikTok challenge calling for school shooting threats nationwide.

Following these potential school threats, SafeUT released a statement on social media thanking the community for coming together: "When we receive multiple tips about the same topic, it shows the community is working together and that educators, parents or guardians, and students are not assuming someone else has reported the possible threat. The entire SafeUT team greatly appreciates the collaboration with schools throughout Utah. The program would not be successful without them."

In April 2022, officials seized a weapon at a Draper school after students alerted authorities using the SafeUT app.

Helping prevent threats is part of why SafeUT exists. Along with the option to open a two-way chat with master's level counselors and directly call a certified crisis worker, the app allows students, parents and guardians, and educators to submit confidential tips regarding bullying, threats, violence, and other school safety concerns. Tips are submitted to crisis counselors who triage concerns to school administrators.

SafeUT's confidential tip line helps prevent threats throughout Utah. Julie Spindler, Prevention Director for Tooele County School District, manages the app's confidential tips for her school district and speaks to the effectiveness of the SafeUT app during a crisis.

"Honestly, [SafeUT] has saved lives, period." Spindler says. "I have no doubt in my mind. It gives other students an avenue to say, 'Hey, my friend is struggling, and I don't know where to go or what to do.' Or, 'I don't want to tell on them or get them mad at me.' It's really been a great tool for our students, parents, and staff to report [a concern]."



"Honestly, [SafeUT]

has saved lives, period."



Julie Spindler

Prevention Director, Tooele School District

Spindler believes the SafeUT app gives kids a voice they might otherwise be afraid to use.

"It's easier to put up fences and not get involved, but SafeUT gives people an avenue to [confidentially] get involved. ... [Students are] not willing to say something; but they are willing to text it. Everyone appreciates the information and tips. Administrators know that because they are responding to students, the app is helping create a culture of trust. This is especially true at our high schools where kids are sometimes questioning whether they should trust an adult. [The app] brings that sense

of [safety] and trust to that school."

To anyone who hasn't used the app, Spindler encourages them to familiarize themselves with it and be ready to use it if necessary.

"A lot of the time, people don't reach out until the crisis has become so big that there is imminent risk," Spindler says. "SafeUT can be more for prevention. People notice things are escalating and should reach out then instead of when they are facing a crisis."

To any school not enrolled in the program yet, Spindler urges them not to think their students do not need outside help.

“Don’t be naïve and think that some of your students don’t need an avenue to report things they wouldn’t otherwise report,” Spindler says. “We are academic institutions of learning and must recognize we are building the whole child, not just the academic student. Part of that responsibility is ensuring they have resources for their mental wellness. [SafeUT] is that valuable resource.”

Spindler is grateful a tool like SafeUT exists to help prevent and deal with the concerns students commonly face.

“Thank you to our legislators for recognizing this is a need, that there is a gap in being able to have these kinds of conversations with parents, students, and staff,” she says. “It has been a great tool to use for a lot of different issues, whether it is suicide prevention, school safety, vandalism, drug use—those types of concerns. It’s given our students, parents, and staff a voice. They hear it before we, as administrators, do. We always want them to have a voice, and SafeUT has given them that.”



“It’s given our students, parents, and staff a voice. They hear it before we, as administrators, do. We always want them to have a voice, and SafeUT has given them that.”



Julie Spindler
Prevention Director, Tooele School District



FRONTLINE

The SafeUT Frontline app provides a way for Utah’s law enforcement, fire/EMS, health care providers, and their families to confidentially connect to licensed mental health professionals trained to understand the unique challenges frontline workers face on a daily basis. HMHI counselors are available 24/7 to listen, support, and provide essential resources.



232

Total Frontline chats

Health Care 147

Law Enforcement 49

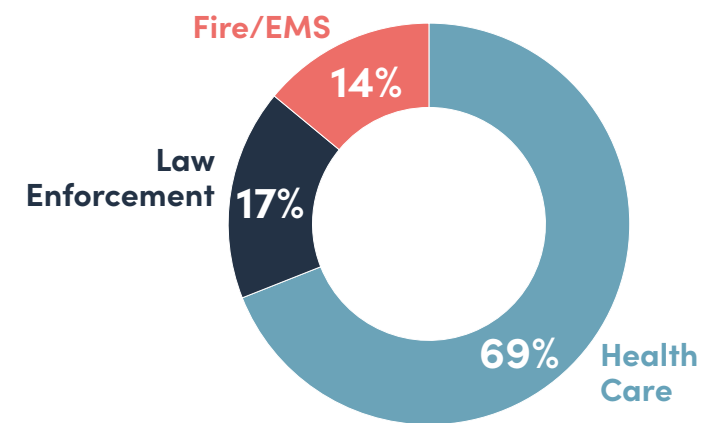
Fire/EMS 36



8,980

Frontline back-and-forth chat messages

By Profession:



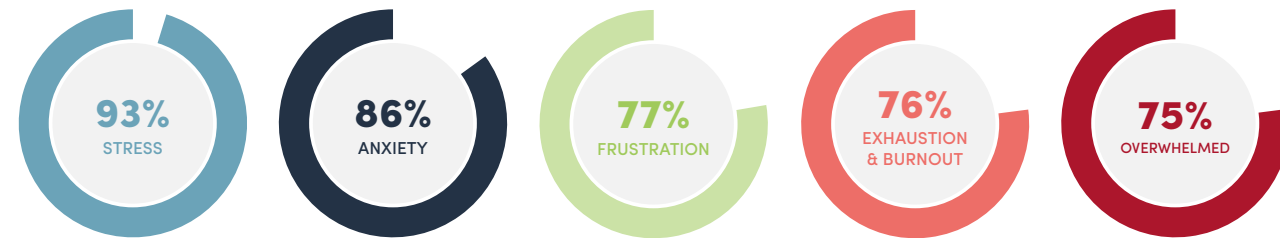
Scan or click to learn more and download SafeUT Frontline

Available on Apple & Android devices



Health Care Professionals

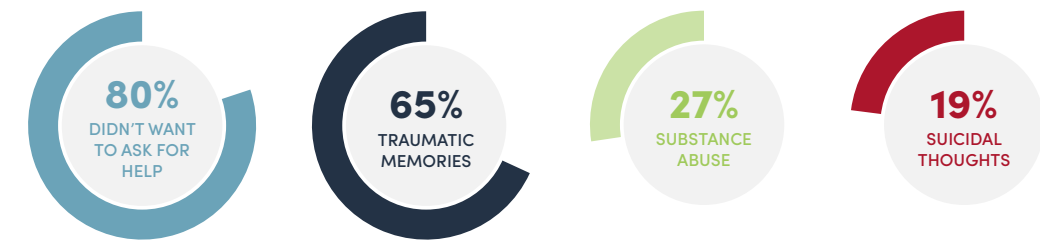
Health care workers reported experiencing:



Stretched too thin, and living within a culture of helping others, health care workers often experience pervasive thoughts that they shouldn't need help themselves. This issue became more pronounced as a result of the COVID-19 pandemic. SafeUT is committed to focus on supporting health care workers. The service is also available to family members as they often are the first to notice changes in their loved one.

Fire & EMS

A Suicide Prevention Resource Center survey for firefighters found that:



When paired with the staggering number that more than **80% of firefighters say asking for help would make them seem weak or unfit for duty**, this group became a SafeUT priority. The service is also available to fire and EMS responders' families as they often are the first to notice changes in their loved one.

Self-care is health care, too.

Overwhelmed? Need support? We're here to listen.

Confidential counseling, any time you feel like you need it.

Call or chat. It's all on your phone.

CALL 833-3SAFEFL (833.372.3335) • DOWNLOAD THE APP • SAFEUT.ORG

SAFE UT

“SafeUT has 24/7 access. And there’s a response time that’s really fast...I have this on my phone so I have a place or an option to go when I’m feeling overwhelmed at 2 in the morning.”

- Crystal Armstrong, MD
University of Utah Health

Scan or click to view video

When emergency personnel have personal emergencies.

Overwhelmed? Need support? We're here to listen.

Confidential counseling, any time you feel like you need it.

Call or chat. It's all on your phone.

CALL 833-3SAFEFL (833.372.3335) • DOWNLOAD THE APP • SAFEUT.ORG

SAFE UT

“The SafeUT app is really easy to use to point you in the right direction as to where you need to get help... If I were to do it again, I would have started way earlier with therapy and mental health work.”

- Scott Pickle, Retired Firefighter

Scan or click to view video

Law Enforcement

According to the latest law enforcement statistics courtesy of the National Alliance on Mental Illness (NAMI), police officers report much higher rates of depression, burnout, PTSD, and anxiety than the general population. In addition, **almost 25% of police officers have experienced suicidal ideation at least once in their lifetime.**

There is a stigma that those who seek mental health services are unfit to serve as officers in the criminal justice system. **Consequently, fewer than 20% of police officers with confirmed mental health issues have sought services in the past year.** SafeUT wants to decrease the stigma by increasing confidential services for officers, and their families, in Utah.



A lifeline for the line of duty.

Overwhelmed? Need support? We're here to listen.

Confidential counseling, any time you feel like you need it.

Call or chat. It's all on your phone.

CALL 833-3SAFEUT (833.372.3335) • DOWNLOAD THE APP • SAFEUT.ORG

"I felt this great weight lifted off me when I was able to share with someone I felt comfortable with. That's why we have things that are available like the SafeUT app."

- Sam Winkler
West Jordan Police Department

Scan or click to view video

Scan or click to learn more and download SafeUT Frontline

Available on Apple & Android devices



NATIONAL GUARD

SafeUT National Guard was launched in December 2019 in collaboration with HMHI, U Health IT, and the Utah National Guard. Since launching, the app has had more than 4,000 downloads.

The SafeUT National Guard app is designed for Utah Air and Army National Guard members, civilian personnel, and their families, linking them to licensed mental health professionals who are trained to understand their unique challenges. Users can confidentially and directly chat with an HMHI counselor to receive support with any challenge the service member or a family member may be facing.



129

Total National Guard chats



3,835

National Guard back-and-forth chat messages

Increase in Mental Health Issues

The National Guard reported **120 suicides in 2020**, a 32% increase from 2019. Diving in deeper, the Department of Military Psychiatry found that **35% of those surveyed reported a mental health challenge 12 months after deployment**. Increased deployment during protests and riots in 2020 led to greater potential for increased mental health challenges for Utah's National Guard.

SafeUT is here to support Utah's service members, civilian personnel, and their families.

"As a mental health provider, I want every guardsman and family member to have this quick connection in their pocket for when they need it. The Utah National Guard has protected our community; always ready, always there. SafeUT National Guard is here for them."

- Annika Hunt, LCSW
*Wing Director of Psychological Health
for the Utah Air National Guard*

120
National Guard suicides
in 2020



Within 12 months
after deployment



Scan or click to
download SafeUT
National Guard
Available on Apple & Android devices



STATEWIDE SUPPORT & RECOGNITION

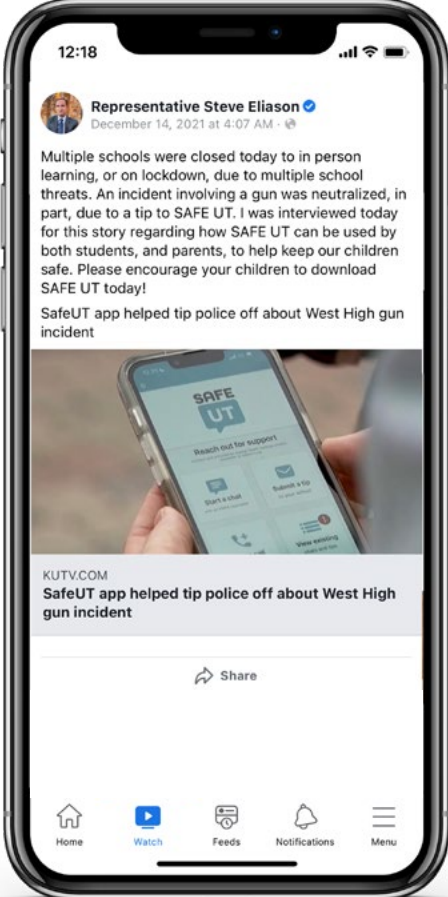
SafeUT is made possible by the Utah legislature’s ongoing support and funding. Thanks to their investment, SafeUT can continue its efforts in improving Utahns’ mental health and preventing suicide and acts of violence. SafeUT is continually recognized for its lifesaving work by leaders across the state.

2022 Best of State Award
Best Web-Based Community Resource

WINNER
BEST OF STATE



UTAH 2022



The SafeUT & School Safety Commission

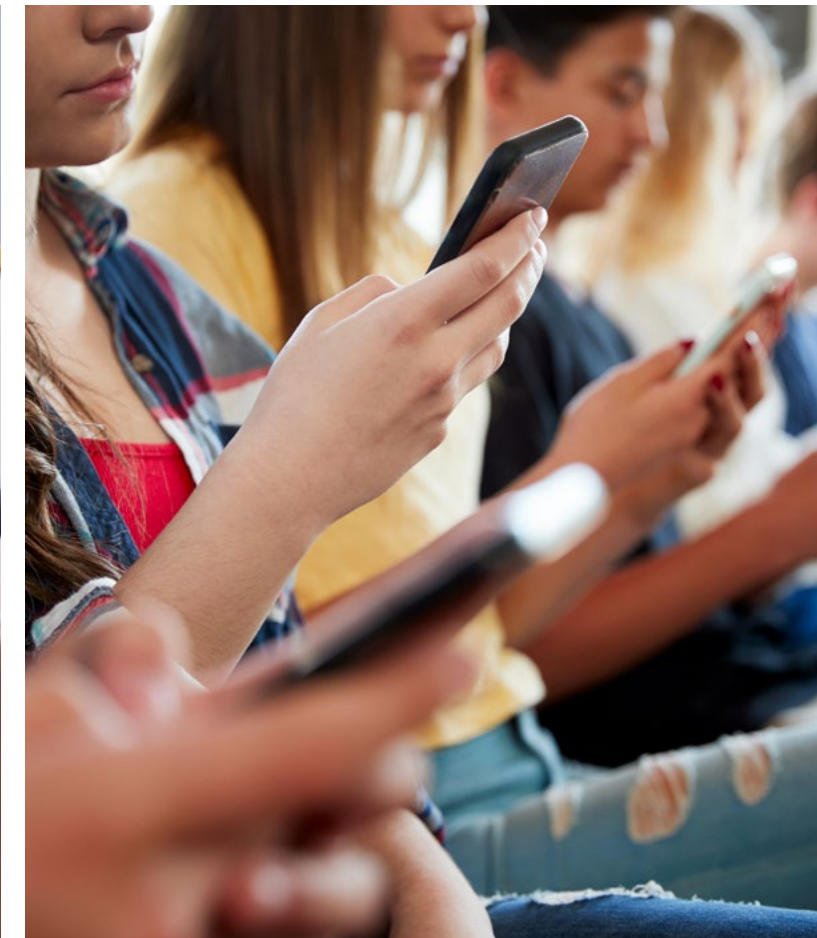
SafeUT wouldn't be possible without the support and aid from dedicated partners and commission members.

Thank you to all who contribute to this great cause.

Commissioners:

-  **Ric Cantrell** - Commission Chair, Utah Attorney General Chief of Staff
-  **Sen. Daniel Thatcher** – Utah State Senate
-  **Rep. Steven Eliason** – Utah State House of Representatives
-  **Shauntelle Cota** - Utah State Board of Education
-  **Nichole Cunha** - Utah Department of Health & Human Services
-  **Melanie Heath** – Utah System of Higher Education
-  **Rachel Lucynski** – Huntsman Mental Health Institute
-  **Amy Mikkelsen** – Utah Department of Health & Human Services
-  **Ken Wallentine** – Law Enforcement and Emergency Response
-  **Missy Wilson Larsen** – Representative of the Public
-  **Barbara Stallone** – Representative of the Public

Our Partners:



NEXT STEPS

Future Lifesaving Services

SafeUT apps are on pace for **12% increase in demand for services** in fiscal year 2023 (July 1, 2022 - June 30, 2023). This projected growth is due to:

- Increased awareness of the service
- Expanded higher ed utilization
- Increasing intensity of crises and time needed to offer support

A 2018-19 legislative audit of crisis services determined SafeUT was historically underfunded due to challenges with predicting the success of 24/7 lifesaving services. While the funding for these lifesaving services has increased, current inflation and competitive job market trends have caused a strain in our system of care. SafeUT, like other health care services across the country, has experienced challenges filling master's level mental health clinical positions - even after increasing compensation and benefits packages.

To meet current demand and projected growth, SafeUT is focused on hiring additional staff, contributing to statewide workforce expansion initiatives, improving the app experience, and expanding marketing and outreach efforts. **Thank you to the Utah legislature for the ongoing support of SafeUT's lifesaving services.**

**2022 Projected
App Usage:**



12%

Increase in demand



34,190

Total chats



1 million+

Overall back-and-forth
chat messages

Turn Knowledge Into Action

Understanding warning signs that someone is not ok, knowing what to ask if you see something that worries you, and being able to refer others to mental health resources can be lifesaving.

How to GIVE help:

What to do if you see warning signs:

- Find out the urgency and level of risk they're facing by asking direct questions.
- Asking if they've had thoughts of suicide doesn't make someone more likely to attempt suicide. It can actually save their life.
- Help them develop a safety plan—a list of strategies and sources of support—and encourage them to work with a mental health professional (like those with SafeUT).
- Be there for them, whether it's physically or digitally, and listen to what they have to say. Make sure you follow up with them.

Don't say...

Say...

What's wrong with you?	Maybe it's me, but I was wondering if you're okay? I'm worried about you.
I know how you feel.	I want you to know I am here for you whenever you want to talk.
How can you be so crazy to do this to yourself?	Are you harming yourself?
Suicide is selfish.	Are you thinking about suicide?



Scan or click codes
to view more about
conversation starters










How to GET help:

What to do if you're worried someone is in immediate danger:

- Download the SafeUT app and ask for help, or call the Utah Crisis Line by dialing 988. Help is available 24/7/365 at no cost through HMHI.
- Call 911 if there is a medical or physical emergency.

Helpful Resources:

 <p>Download the SafeUT app to connect to HMHI licensed counselors who are ready to confidentially listen to any sized crisis or concern 24/7.</p> 	 <p>A statewide effort to prevent suicide by promotion education, providing resources, and changing the culture around suicide and mental health.</p> 
 <p>A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.</p> 	 <p>A campaign dedicated to sharing when and how to have a conversation about mental health with someone you care about.</p> 

Contact Us

SafeUT Outreach Request

Want SafeUT to attend an event in your school or community? Request a virtual or in-person presentation by completing our Outreach Request form.

A member of the SafeUT Team will contact you within three to five business days. We make every effort to get back to you as soon as possible; however, if you're working on a deadline, please make note of it and give us as much notice as you can.

 [Request SafeUT at Your Event](#)


Marketing Materials Request

Looking for SafeUT marketing materials for your school, organization, community, or event? Want to use our logo? Please complete our Marketing Materials Request form.

 [Request Marketing Materials](#)



Email the SafeUT Marketing & Outreach Team at SafeUT@hsc.utah.edu and visit SafeUT.org for more information

 [Click or scan here to learn how to donate, partner, or connect with us.](#)





Available 24/7 | Call, chat or submit a tip | Always confidential

SafeUT.org