



School Safety and Crisis Chat & Tip Line

Dear Student,

We want to share some good news with you; your school now has access to SafeUT! SafeUT is an app that allows you to connect with a crisis counselor right at your fingertips. Communication is confidential, and you can utilize this app at no-cost to you!

As a student, you need to know:

- All communication is confidential,
- You can instantly connect with a crisis counselor by chatting or calling in,
- You can submit a tip to your school if you have a concern,
- The SafeUT app is available at no cost to you in the Apple or Google Play store.



Life can be tough, we get it! Students experience a lot of pressure, and our counselors are here to help you work through any worries you have, support you in a stressful situation, or help keep you safe in a crisis. We care about you and are here to support your mental health.

As you utilize SafeUT, please remember all chats, calls, and tips are taken seriously. Reporting a tip you know is false is similar to prank phone calling 911.

Welcome to SafeUT! We're always here for you. 24/7. 365.

In Health,

The SafeUT Marketing and Outreach Team

University Neuropsychiatric Institute

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Frequently Asked Questions

How do I download the SafeUT app?

The SafeUT App is available for both [Apple](#) and [Android](#) devices. Simply search "SafeUT" in your smartphone's app store and download the app. You will be required to accept terms and permissions (something all apps ask you to do) and create a passcode.

Who should use the chat feature?

Anyone who feels like they are in crisis, overwhelmed, have an upsetting problem, or may be thinking about hurting themselves/hurting others should use the chat feature. People of all ages across the state of Utah are encouraged to use the app when they need it.

What are common issues counselors support SafeUT users with?

- Stress
- Anxiety
- Depression
- Abuse
- Self-harm
- Drug and alcohol problems
- Money
- Relationship issues
- Family
- School
- Thoughts of suicide
- More

Who responds to messages?

In the "Crisis Chat" feature, full-time staff respond to all messages received. Staff are caring, licensed mental health counselors who specialize in supportive listening, problem solving, crisis intervention, and suicide prevention. School Tips, through the "Submit a Tip" feature, are screened for emergency content and forwarded to selected schools for school personnel to address directly using school protocols.

Is my conversation confidential and secure?

The SafeUT app is protected by a password created by you and ensures your privacy. Our counselors will only have information you choose to share with them. If you are unable to stay safe, our counselors may get additional help to keep you safe.

Will it cost money to use the chat line/tip line?

SafeUT is available at no cost to you. Standard data usage rates may apply while using the app.