

No estas solo.  
Hay ayuda disponible.



## Apoyo y Aconsejamiento

Comité Internacional de Rescate. (801) 328-1091  
[rescue.org/united-states/salt-lake-city-ut](https://rescue.org/united-states/salt-lake-city-ut)



## 988 Línea de Prevención del Suicidios y Crisis

Asistencia gratuita y confidencial de profesionales entrenados en situaciones de crisis. Disponible 24 horas al día, 7 días a la semana. Si está sufriendo emocionalmente o preocupado por alguien más, llame al 988.  
[988.utah.gov](https://988.utah.gov)

## Línea nacional de asistencia a la salud mental materna



Ayuda gratuita y confidencial para madres nuevas/primerizas. Disponible 24 horas al día, 7 días a la semana. Consejeros entrenados en salud materna. (833) 852-6262  
[mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline)



## Terapia y Sanación para Sobrevivientes de Violencia.

El Centro THRIVE para sobrevivientes de tortura. Aceptan Medicaid. (801) 363-4596 | [thrivesot.org/resettlement-and-medical-screening-referral](https://thrivesot.org/resettlement-and-medical-screening-referral)

## Apoyo y Asesoramiento para Refugiados.

Programa de servicios de salud para refugiados USCRI. Servicios gratuitos. 800-615-6514  
[refugees.org/behavioral-health-support-program/](https://refugees.org/behavioral-health-support-program/)



Escanea este código para obtener más recursos o visita: [MaternalResources.utah.gov](https://MaternalResources.utah.gov)

**You are not alone.  
There is help.**



### **Counseling and support**

International Rescue Committee. (801) 328-1091  
[rescue.org/united-states/salt-lake-city-ut](https://rescue.org/united-states/salt-lake-city-ut)



### **988 Suicide and Crisis Lifeline**

Free, confidential support from trained crisis workers. Available 24 hours a day, 7 days a week. If you are struggling with your emotions or worried about someone else, call 988.  
[988.utah.gov](https://988.utah.gov)



### **The national hotline for pregnant and new moms**

Free, confidential help for new mothers. Available 24 hours a day, 7 days a week. Trained counselors in maternal health. (833) 852-6262  
[mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline)



### **Therapy and healing for survivors of violence**

THRIVE Center for Survivors of Torture. Accepts Medicaid. (801) 363-4596  
[thrivesot.org/resettlement-and-medical-screening-referral](https://thrivesot.org/resettlement-and-medical-screening-referral)



### **Counseling and peer-to-peer support for refugees**

USCRI Refugee Health Services program. Free services. 800-615-6514  
[refugees.org/behavioral-health-support-program/](https://refugees.org/behavioral-health-support-program/)



**Open your phone and scan this code for more resources or visit [MaternalResources.utah.gov](https://MaternalResources.utah.gov)**