

Huko peke yako. Msaada upo.



Ushauri nasaha na usaidizi

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



988 Simu isiyo na malipo ya taarifa za Kujiua na Migogoro

Usaidizi bila malipo na wa siri kutoka kwa wafanyakazi wanaoshughulika na migogoro. Unapatikana saa 24 kila siku, kwa siku 7 za wiki. Ikiwa unapambana na hisia zako au una wasiwasi kuhusu mtu mwingine, piga 988.
988.utah.gov



Simu isiyo na malipo kwa wajawazito na akinamama waliojifungua hivi karibuni

Usaidizi bila malipo na wa siri kwa akinamama waliojifungua hivi karibuni. Unapatikana saa 24 kila siku, kwa siku 7 za wiki. Washauri nasaha waliobobea kwenye afya ya uzazi. (833) 852-6262
mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline



Matibabu na uponyaji kwa walionusurika na ukatili

THRIVE Center for Survivors of Torture. Inapokea Medicaid. (801) 363-4596
thrivesot.org/resettlement-and-medical-screening-referral



Ushauri nasaha na usaidizi rika kwa wakimbizi

Programu ya USCRI Refugee Health Services. Huduma za bila malipo 800-615-6514
refugees.org/behavioral-health-support-program/



Fungua simu yako na u-skani msimbo huu kwa nyenzo nyingine au tembelea 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



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



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



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



Counseling and peer-to-peer support for refugees

USCRI Refugee Health Services program. Free services. 800-615-6514
refugees.org/behavioral-health-support-program/



Open your phone and scan this code for more resources or visit MaternalResources.utah.gov