

ANNUAL REPORT

FISCAL YEAR 2024

July 1, 2023 - June 30, 2024



Available 24/7

Call, Chat, or Submit a Tip

Always Confidential

SAFE UT

Services provided by: UNIVERSITY OF UTAH HEALTH
Program supported by: SAFEUT & SCHOOL SAFETY COMMISSION

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EXECUTIVE SUMMARY

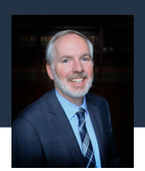
The SafeUT Story

SafeUT was developed in response to Utah's unacceptably high youth suicide rate — the leading cause of death for young people aged 10-24 — and increasing safety threats within schools. It was created when Sen. Daniel Thatcher alerted Attorney General Sean Reyes of the critical need for a student crisis and tip line and introduced legislation, co-sponsored by Rep. Steve Eliason, in 2014. The first School Safety Tip Line bill created a statewide 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.

SafeUT launched as an app in 2015 and was redeveloped by the University of Utah in 2016, as a way for students, parents/guardians, and educators to confidentially connect to a licensed counselor at Huntsman Mental Health Institute (HMHI). Counselors are available 24/7, 365 days a year to support any sized crisis or concern at no cost, through real-time chat. Safety concerns submitted through the app — such as bullying, school safety threats, and potential violence — are triaged by SafeUT counselors and coordinated with school administrators and/or law enforcement as needed. SafeUT is nationally recognized for its effectiveness in saving lives and de-escalating potential school threats using a behavioral health-first approach.

SafeUT National Guard launched in 2019 and SafeUT Frontline in 2020.

> "SafeUT provides the instant, confidential crisis counseling that gives people in need a fighting chance to survive their darkest moment. Hundreds of Utahns are alive today because of SafeUT—almost 500 in the last year alone. You probably know some of them. While we can count up the messages, conversations, and dollars spent, what matters most are those that reached out and survived, and each family that continues to enjoy life with their loved ones close."
>
> – **Ric Cantrell,** *Commission Chair & Utah Attorney General Chief of Staff*



SafeUT's Community Impact

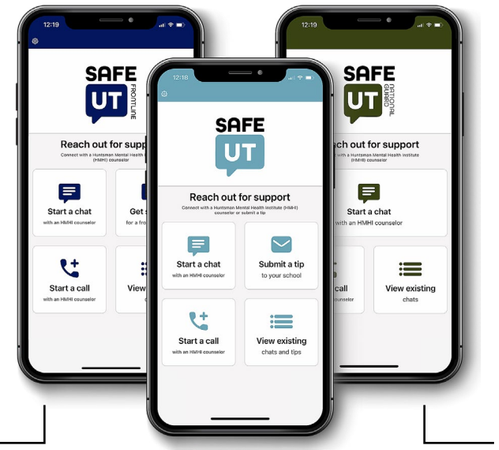
27,365 Total chats (all apps)

499 Emergency interventions

- **358** Harm, or intent to harm, self (suicide)*
- **112** Harm, or intent to harm, others**
- **29** Both harm, or intent to harm, self and others***

~1.9 million Total number of people that have access to the apps

The **SafeUT Frontline** app is for Utah's health care providers, law enforcement, fire/EMS, corrections officers, and their families. These people, who offer support to the community, have unique needs based on the stressors of their jobs.



The **SafeUT National Guard** app is for Utah's Air and Army National Guard members, veterans, civilian personnel, and their families. Military service can contribute to unique personal and professional life challenges.

368 Total Frontline chats

189 Total National Guard chats

The **SafeUT app** is available for students, parents/guardians, and educators. While suicide is the leading cause of death for young people aged 10-24 in Utah, parents/guardians and educators may struggle with their own mental health challenges while caring for their students.

26,808 Total K-12 & higher education chats

8,985 Total K-12 & higher education tips

**Of the 358 harm, or intent to harm, self emergency interventions, 215 emergency interventions included law enforcement and/or emergency medical services (EMS) response. 143 were de-escalated by counselors and involved collaboration with the user's school and parent/guardian.*

***Of the 112 harm, or intent to harm, others emergency interventions, 38 emergency interventions included law enforcement and/or emergency medical services (EMS) response. 74 were de-escalated by counselors and involved collaboration with the user's school and parent/guardian.*

****Of the 29 both harm, or intent to harm, self and others emergency interventions, 10 emergency interventions included law enforcement and/or emergency medical services (EMS) response. 19 were de-escalated by counselors and involved collaboration with the user's school and parent/guardian.*

SafeUT's History

Utah experiencing mental health and suicide crisis

2014

School Safety Tip Line Commission legislation (S.B. 232) introduced by Utah State Sen. Daniel Thatcher and supported by the Utah Attorney General's Office.



2015

School Safety and Crisis Line legislation (S.B. 175) introduced and passed, implementing commission that includes the University of Utah's Neuropsychiatric Institute (now Huntsman Mental Health Institute) as the crisis services provider for the SafeUT app.

Commission chaired by Utah Attorney General's Office and includes legislators, state agencies, and members of the public.



2016

SafeUT app redeveloped by the University of Utah and available to Utah's middle and high schools.





2018

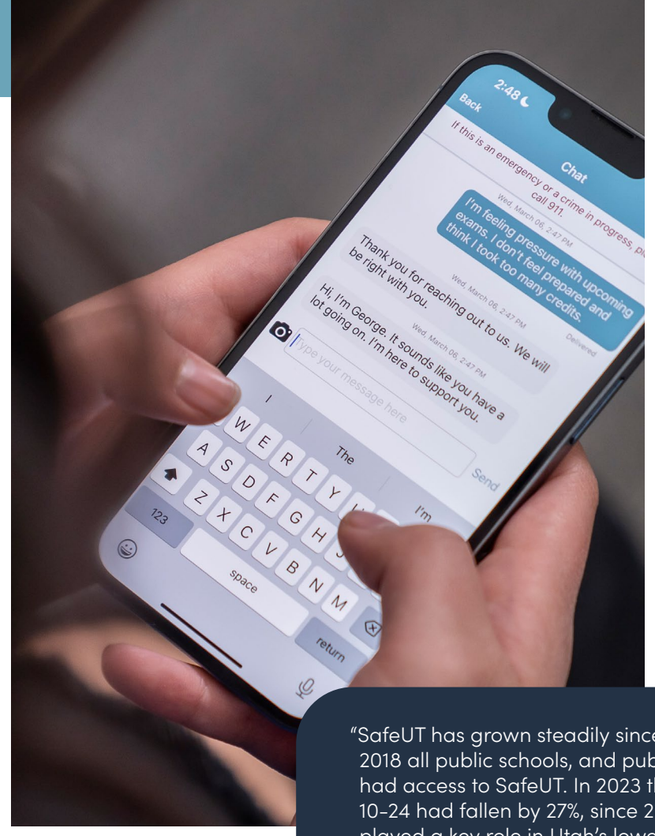
SafeUT expands services to Utah's elementary schools and higher education institutions and colleges.

2019

SafeUT rolls out planned expansion of SafeUT National Guard app, offering support for Utah National Guard members, civilian personnel, and their families.

2020

Crisis services legislation (H.B. 32) supports the creation of the SafeUT Frontline app, offering support for law enforcement, fire/EMS, health care providers, corrections officers, and their families.

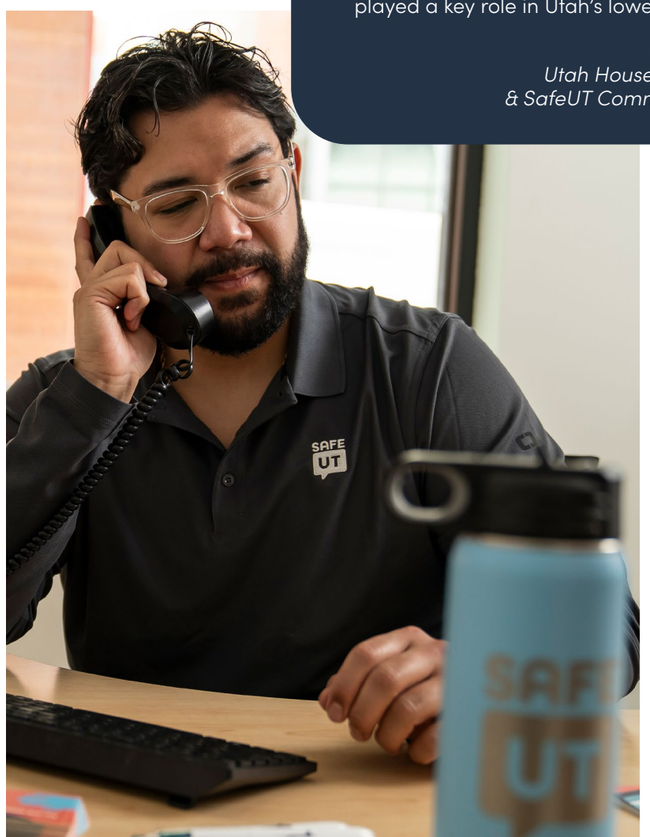




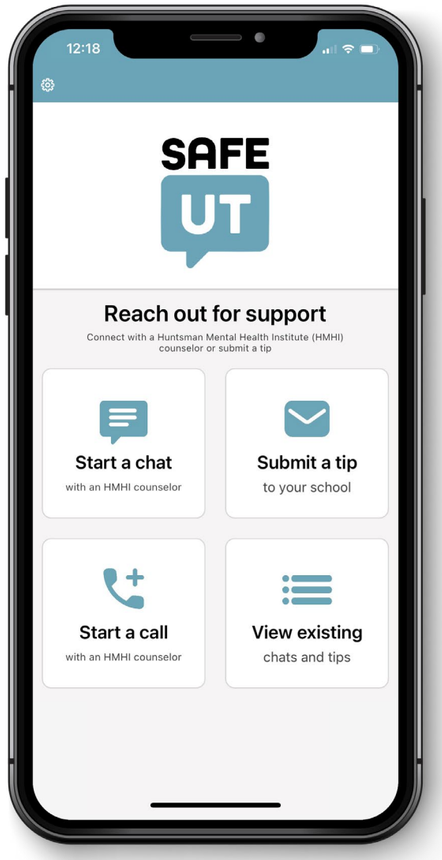
"SafeUT has grown steadily since it was first rolled out in 2016. In 2018 all public schools, and public higher education institutions, had access to SafeUT. In 2023 the youth suicide rate for ages 10-24 had fallen by 27%, since 2019. I have no doubt that SafeUT played a key role in Utah's lower rates of suicide."

- Steve Eliason,
Utah House Representative
& SafeUT Commission Member





How SafeUT Works



Start a chat
with an HMHI counselor

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
to your school

Submit a Tip

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

Start a call
with an HMHI counselor

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 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 where users may already be familiar.

View existing
chats and tips

View Existing Chats & Tips

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

Chat Workflow

SafeUT user starts a chat.

Licensed HMHI counselor receives and responds to the chat.

- Crisis or concern is resolved after conversation with counselor.
- If **additional support*** is needed, the HMHI counselor will collaborate with appropriate community partner(s).

Tip Workflow

SafeUT user submits a tip.

Tip is reviewed by licensed HMHI counselor in collaboration with the appropriate school.

- School administrators review the tip and respond according to their school safety protocol.
- In high-risk situations, HMHI counselor notifies the school in real time and partners with law enforcement/EMS as needed.

*Additional Support

(between July 1, 2023 – June 30, 2024)

1,661 calls HMHI counselors made to community partners to coordinate additional support

Breakdown of calls made:

- **48%** Schools & Family
- **27%** Community Resource
- **22%** First Responders
- **3%** SafeUT User

Scan or click the QR code to download the SafeUT app

Available on Apple & Android devices

SCHOOL IMPACT

26,808
Total K-12 & higher education chats

- **95%** Student 25,402
- **4%** Parent/Guardian 1,177
- **1%** Educator 229

914,530
Total K-12 & higher education back-and-forth chat messages

School Participation

SafeUT has almost all Utah public and charter schools participating in its program, as well as **more than 20 private schools**.

Participating 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.

100% State-Funded Higher Education Institutions

100% Local Education Agencies (LEA)

- **99%** High Schools
- **99%** Middle Schools
- **97%** Elementary Schools
- **93%** Charter K-12

While all LEAs participate in SafeUT, not all schools participate due to the fluctuation of schools opening and closing every academic year. If you are an LEA administrator and interested in your school(s) participating in SafeUT, please email the SafeUT Marketing & Outreach Team at **SafeUT@hsc.utah.edu** *for more information.*

School Safety Tip Line Success

Students, parents/guardians, and educators of schools participating in SafeUT can submit confidential tips on concerns they have about classmates or school safety threats.

Among K-12 and higher education, bullying was the top reported tip, making up 26% of total tips submitted, followed by suicide (23%), substance use (10%), school/campus complaints (9%), and potential school/campus threats (9%).

Students, parents/guardians, and educators can also submit tips on potential threats they see or hear. **Among K-12 and higher education, violence (456 tips, 60%) and weapons (152 tips, 20%) were the top threat tips reported, followed by school/campus threats (150, 20%). In certain cases, these tips proved crucial in preventing school/campus attacks.**

K-12 Impact

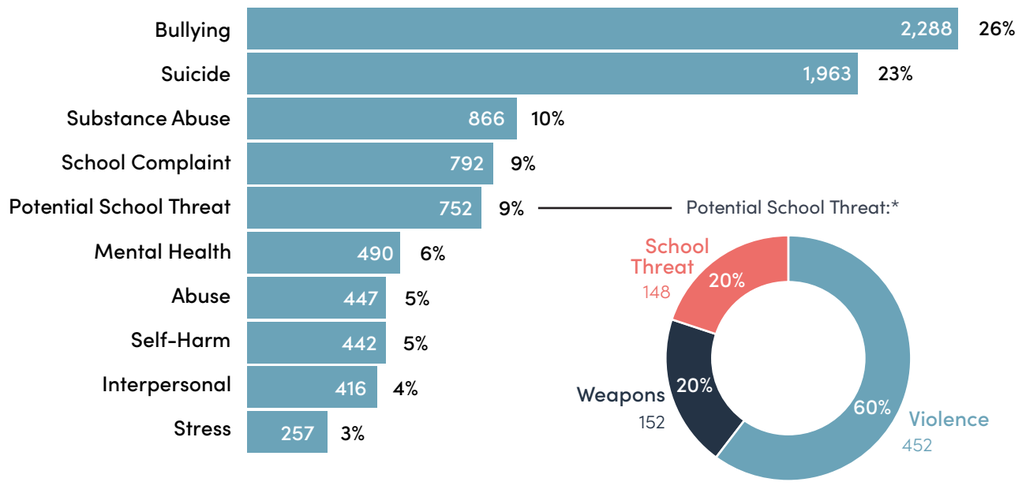
SafeUT has been ingrained within Utah's K-12 schools since its inception. Its mental health system of care is nationally recognized for its effectiveness in saving lives and de-escalating potential school threats using a behavioral health-first approach.

22,640
Total K-12 chats

8,892 Tips
Total K-12 tips

735,004
Back-and-forth chat messages

Top 10 K-12 Tip Categories



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

Higher Education Impact

SafeUT's implementation in the Utah System of Higher Education (USHE) was a natural progression after the program's success in Utah's K-12 setting. While the app was initially introduced as a tool for K-12, expansion to higher education quickly followed. SafeUT closely collaborates with public higher education institutions to best support each campus community. The collaboration is crucial because the landscape of each university and college is uniquely and distinctly operated.

Higher education's utilization is lower compared to K-12, largely because of the demographics' population and the variety of resources available for every type of student. Students enrolled in Utah's public colleges and universities include traditional adults (18 years and older) and adult learners (25 years and older). Factors that may influence SafeUT utilization in higher education include: willingness to seek help, prior familiarity of the app, involvement and connection on campus, cultural and generational perception of mental health support, and/or awareness and utilization of other campus resources. The SafeUT Commission, SafeUT staff, and institutional staff continue to work together to identify strategies and practices to increase awareness and utilization of the app among Utah's higher education students and to ensure SafeUT's valuable resources help students achieve the stability and wellness they need to succeed in their postsecondary education, career, and adult life.

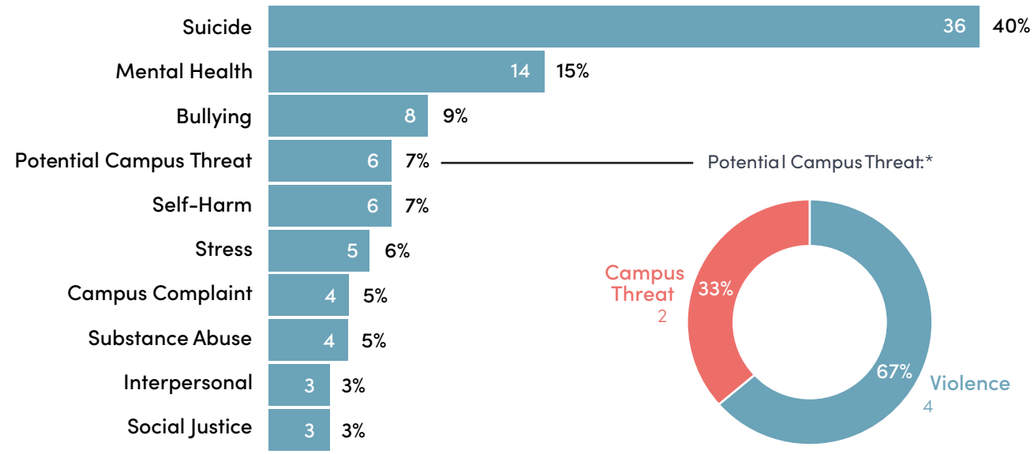


4,168
Total higher education chats

93 Tips
Total higher education tips

179,526
Back-and-forth chat messages

Top 10 Higher Education Tip Categories



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

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

Keeping Schools Safe

One of the key pieces to school violence prevention is knowing **there is no profile of students who plan school attacks.** They're someone's child. They're someone's friend. **They're someone in crisis.** Those who plan school attacks may have have grievances; however, they often have an underlying and secondary motive such as having social stressors or being suicidal.

The U.S. Secret Service's National Threat Assessment Center (NTAC) studied averted school attacks, finding there are almost always intervention points available before a student's behavior escalates to violence. Based on the 2021 study, the NTAC shared key findings that should be considered when developing policies and protocols for multidisciplinary school threat assessment teams. SafeUT is one piece of a larger goal toward safer schools.

Students

Students are best positioned to identify and report concerning behaviors displayed by their classmates. If a student has a concern about a classmate, they can use SafeUT's "Submit a Tip" feature to confidentially report their concern.

Families

The role of parents, guardians, and families in recognizing concerning behavior is critical to prevention. It's recommended that parents, guardians, or family members talk to their student about any concerns they may have about happenings at school or another classmate. If the student doesn't feel comfortable using the SafeUT app to report their concern, adults are strongly encouraged to confidentially submit a tip so the information gets to the proper authorities.

Schools

Schools should seek to intervene with students before their behavior warrants legal consequences. **School resource officers play an important role in school violence prevention. Students displaying an interest in violent or hate-filled topics should elicit immediate assessment and intervention. Removing a student from school does not eliminate the risk they might pose to themselves or others.** If an educator, school administrator, or anyone working at a school notices concerning behavior from a student, they can confidentially report their concern through the SafeUT app.

Communities

Prevention is a community effort. When students, families, and schools work together to provide one another with their own information, intervention can take place to thwart a school threat before it's too late.

Knowing these three things have proven to be helpful in school attack prevention efforts:

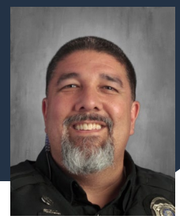
- **Students were most often motivated to plan a school attack because of a grievance with classmates.**
- **Targeted school violence is preventable when communities identify warning signs and intervene.**
- **Many of the student plotters had access to weapons, including unimpeded access to firearms.**

"SafeUT has helped our schools in many ways, one of which is informing us of kids who are at risk. It provides a confidential, easy path for kids to report something that's hurting them physically or mentally, or [share] things that are on their mind. [For tips we receive,] I've been able to take immediate action and call these kids into my office to have healthy, meaningful conversations where they benefit because of SafeUT–whether they themselves created a tip or someone has created a tip for them confidentially.

The resource of SafeUT has been fantastic. It creates a collaboration between parents and families, school administration, and school law enforcement—which is school resource officers. There's a gap that exists between law enforcement and the community, and SafeUT is one of the ways we bridge that gap.

When these kids are empowered to know what to do, then they'll know what to do in a moment of crisis."

– **Chris Ruiz,** *Alpine School District School Resource Officer*



TIP

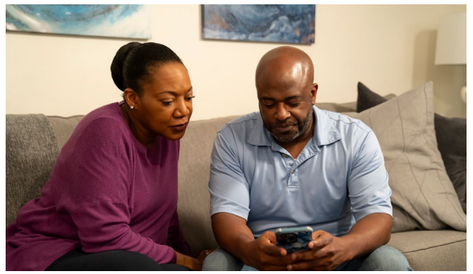
U.S. Department of Homeland Security research shows that if we "know the signs" of violence, we can prevent it. If you don't know what to look for, it can be easy to miss the signs. **Critical warning signs of planned attacks or hurting others include:**

- Suddenly withdrawing from friends, family, and activities (including online via social media)
- Bullying, especially if targeted towards differences in race, religion, gender, or sexual orientation
- Excessive irritability, lack of patience, or becoming angry quickly
- Experiencing chronic loneliness or social isolation
- Expressing persistent thoughts of harming themselves or someone else
- Making direct threats toward a place, another person, or themselves
- Bragging about access to guns or weapons
- Recruiting accomplices for an attack
- Directly expressing a threat as a plan

Scan or click the QR code to download the SafeUT app so you're ready if you see or hear warning signs of a potential school threat.

Available on Apple & Android devices

SafeUT is for Parents, Too



When it comes to supporting students with their mental health, SafeUT values the crucial partnership with parents/guardians. SafeUT counselors always encourage students to talk with a trusted adult in their life. While SafeUT offers a listening ear and qualified support in times of crisis, no one can truly replace the influence of a loving parent/guardian.

And because the most important resource for a child's mental health is a trusted adult, SafeUT is not only available for students but also parents/guardians. Use of the app by parents/guardians may include struggling to know how to support their student, needing someone to listen because they're personally dealing with life challenges, sharing a concern about safety at their student's school, and more.

Not sure how to start the conversation about mental health with your student? SafeUT and the Utah State Board of Education's Conversation Starters can help with a little guidance and talking points.

Scan or click the QR code to download Conversation Starters

Scan or click the QR code to learn more about parent resources

"This app has made such a huge difference in my life. My only regret is that I wish I had known about it earlier. This can help so many people, especially our youth and adults. Everybody struggles with mental health and we need to talk about it more. We need to make sure that we're reaching out and getting the help that we need."

- **Tia Stokes,** *Parent*

Support for Educators & School Administrators



An educator's job involves more than just instilling facts or numbers in the minds of students. It can also involve looking out for those students' emotional well-being and the safety of their school. With SafeUT, they don't have to do it alone.

It's also important for educators and school administrators to take care of themselves. The long days and nights of the job can be emotionally taxing, and SafeUT is there to offer support and referral assistance any time. Whether there's a concern about a student, school safety, or the stressors of life are piling up, SafeUT licensed counselors are available to listen and provide support.

Interested in promoting self-care in the classroom? Give students time to complete the SafeUT Coloring Page with their favorite colors. SafeUT provides many resources for educators whose schools participate in the program.

Educators and school administrators can also connect with the SafeUT Marketing & Outreach Team to request a classroom or assembly presentation.

Scan or click the QR code to download the SafeUT Coloring Page

Scan or click the QR code to learn more about educator resources

"The dynamic in schools has drastically changed over previous decades. With these changes comes untold types of pressures and concerns not present in the past. Whether it be weapons in school, juvenile suicidal ideation, or harassment/bullying, SafeUT allows students and faculty to report all these issues to the appropriate people."

- **Chase Hebert,** *Canyons School District School Resource Office*

Utahns “Take Note” of Mental Health

SafeUT and Utah Jazz partner to encourage Jazz Nation to “take note” of mental health

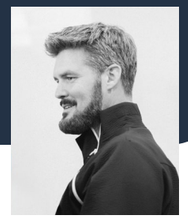
In November 2021, Isabella “Izzy” Tichenor, age 10, died by suicide. Her death came as a stark reminder of the challenges she and other young people face with bullying and mental health and helped galvanize the entire community to act and ensure resources were being provided to support them. To honor Izzy and her family, and help other young people, the Utah Jazz Foundation made a generous donation to SafeUT to support an anti-bullying campaign and suicide prevention resources in fiscal year 2023.

“We are committed to ensuring that every young person knows that they are valued for who they are. And we want to ensure that there are resources available, places to go, and people who can be a lifeline when they need it.

We knew that SafeUT has the potential to reach every student and young person and give them a place to turn during a crisis.

Any death by suicide is one too many. We want every young person to feel loved and accepted and supported for who they are. Feelings of sadness and depression are real and valid. But if young people know they can turn to SafeUT, they can see they are not alone and there is hope and happiness ahead.”

– **Mike Maughan,** *President of Utah Jazz Foundation*







Scan or click to view video

Highlighting a shared commitment to the community and focus on mental well-being across the state of Utah, the partnership between SafeUT and the Utah Jazz extended into fiscal year 2024 with a public service announcement. The video encouraged Jazz Nation to “take note” of their own and each other’s mental health and built awareness about how the SafeUT app is available to support with any size crisis or concern.

The video launched on December 18, 2023, tipping off with partnered social media posts between SafeUT and the Utah Jazz and a Delta Center arena play during the team’s home game.

3M+ impressions in 40 days

30 plays during home games at the Delta Center

1.5x new users visited SafeUT.org

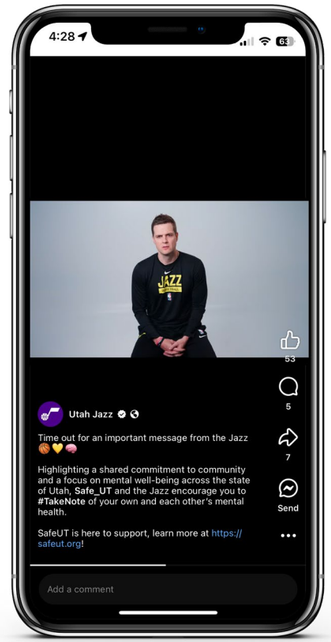
“It’s ok to get a little help sometimes and there’s support if we need it. When that happens, there’s SafeUT.”

– **Utah Jazz**



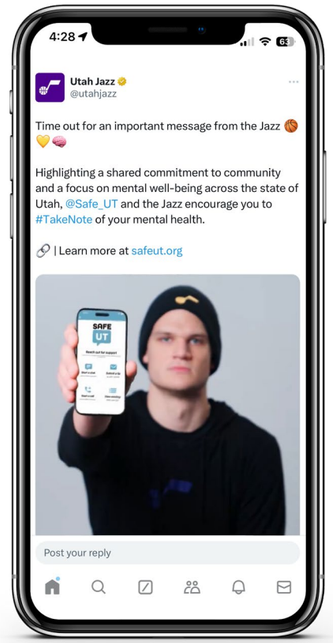
"Appreciate the Jazz highlighting the SafeUT app. I've used what it offers several times over the past few months. One night, I was on the phone with someone from Huntsman Mental Health Institute for a good while and he was so patient as we just talked while I calmed down."

- **Ryan McDonald,** *SafeUT User*













"SafeUT Frontline is an essential tool for Utah's correctional officers, offering prompt, effective resources in times of crisis. This program has significantly impacted our officers by providing much-needed emotional and mental support when they need it most. To those who may be hesitant to use the app, rest assured that your information is confidential and the SafeUT staff truly cares about your well-being."

- **Sasa Karic,** *Utah Department of Corrections Correctional Captain*



FRONTLINE

The SafeUT Frontline app provides a way for Utah's law enforcement, fire/EMS, health care providers, corrections officers, 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.

368
Total Frontline chats

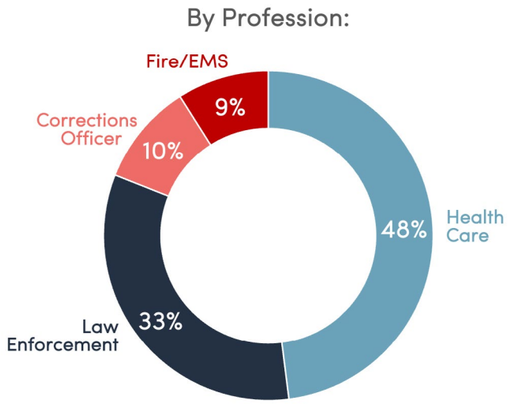
Health Care 176
Law Enforcement 123
Corrections Officer 37
Fire/EMS 32

13,138
Frontline back-and-forth chat messages

155,000+
Frontline workers and their family members with access

Scan or click to learn more and download the SafeUT Frontline App
Available on Apple & Android devices

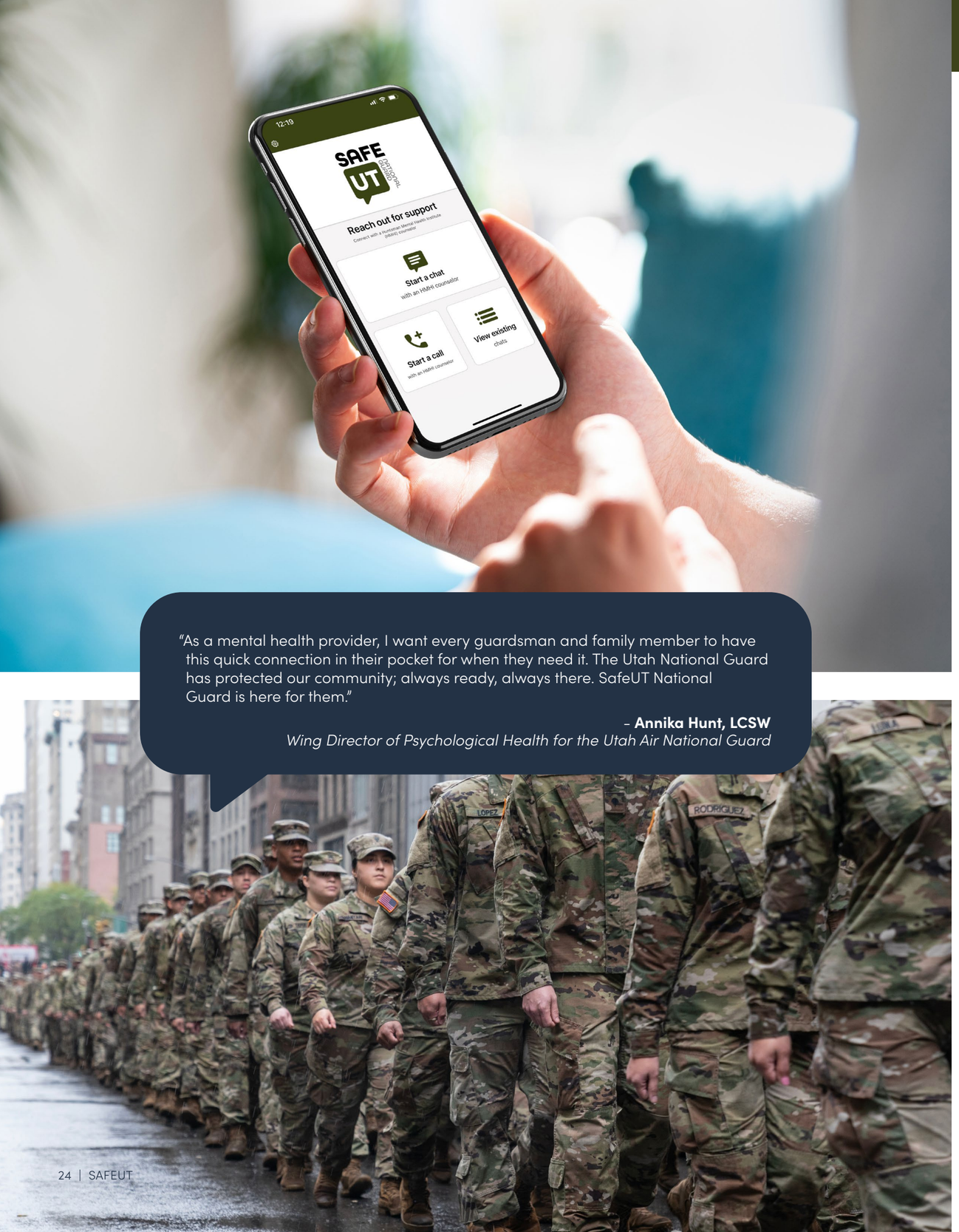
By Profession:



TIP

SafeUT Frontline offers support for Utah's frontline workers and their families who may have concerns about themselves or someone they care about, such as a colleague or loved one. **Topics SafeUT Frontline can support with include:**

- Thoughts of suicide and/or self-harm
- Personal stress
- Work-related stress
- Burnout
- Depression and anxiety (PTSD, PTSI)
- Drug and alcohol concerns
- Relationship difficulties
- Any life challenge



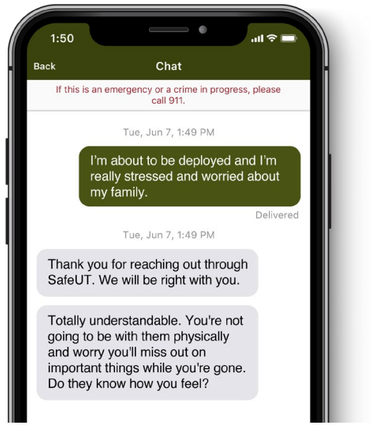
"As a mental health provider, I want every guardsman and family member to have this quick connection in their pocket for when they need it. The Utah National Guard has protected our community; always ready, always there. SafeUT National Guard is here for them."

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

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 5,200 downloads.

The SafeUT National Guard app is designed for Utah Air and Army National Guard members, veterans, 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.



189
Total National Guard chats

5,990
National Guard back-and-forth chat messages

20,000+
Service members, veterans, civillian personnel, and their family members with access

Scan or click to learn more and download the SafeUT National Guard app
Available on Apple & Android devices

TIP

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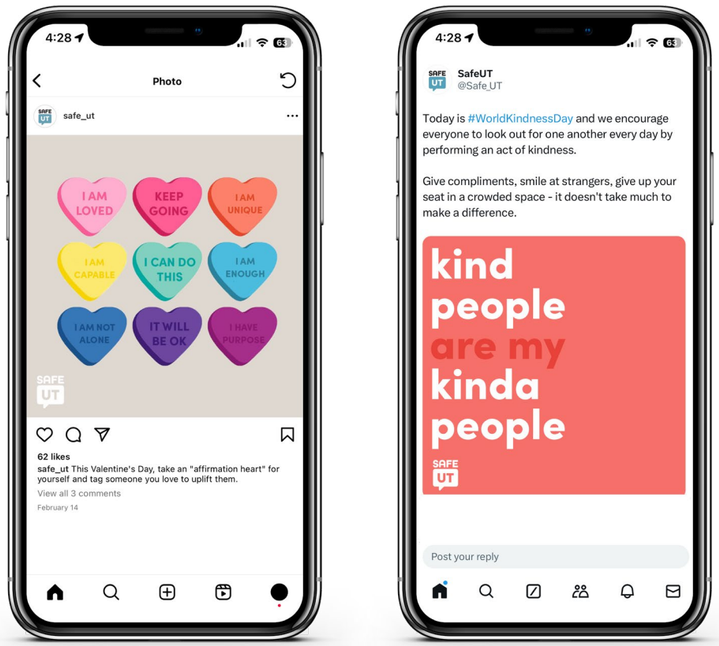
- Thoughts of suicide and/or self-harm
- Personal stress
- Work-related stress
- Burnout
- Depression and anxiety (PTSD, PTSI)
- Drug and alcohol concerns
- Relationship difficulties
- Any life challenge

MARKETING & OUTREACH

SafeUT's Marketing & Outreach Team is dedicated to educating the public about the app, supporting schools participating in the program, and promoting mental wellness, suicide and bullying prevention, school safety, and more.

SafeUT Marketing

SafeUT uses several marketing and advertising strategies to connect with its wide variety of users, including marketing toolkits for participating schools, social media, sponsorships, digital ads, and promotional giveaways.



Follow us on social media @Safe_UT for educational, informative, and empowering posts

SafeUT Outreach

Another marketing strategy SafeUT focuses on is meeting community members where they are. From tabling at larger events with thousands of people in attendance to intimate classroom presentations, there's a variety of outreaches in which SafeUT participates, meeting more than 45,000 people across the state of Utah in fiscal year 2024. SafeUT was the title sponsor of the SafeUT Safe Kids Fair in March 2024 with more than 5,000 attendees.

Requests

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 Marketing & Outreach 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.

Scan or click the QR code to request SafeUT at your event

Marketing Materials Request

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

Scan or click the QR code to request SafeUT marketing materials

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

NEXT STEPS

Future Lifesaving Services

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. For many years, the Utah legislature has increased its investment in SafeUT and allowed for expanded and ongoing support of SafeUT's lifesaving services. Even with these efforts, 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. If you or someone you know would like to join SafeUT's lifesaving team of mental health clinicians, open positions can be found on **employment.utah.edu**.

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. These efforts include continued focus on anti-bullying and school safety messaging; outreach to rural communities and areas of underutilization; increasing collaboration with higher education and degree granting institutions; engaging with frontline workers; and ensuring parents, guardians, and educators understand the app is for them as well.



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 Get Help:

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

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

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. Sitting with them to download the SafeUT app or call the 988 Suicide and Crisis Lifeline can ensure they get the support they need.
- 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, and reach out for professional support as needed.

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

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 emergency interventions 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.

"It's just a constant thing that they're sending them messages, 'You've got a student who's struggling with this or that.' 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 Sevier School District*



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.

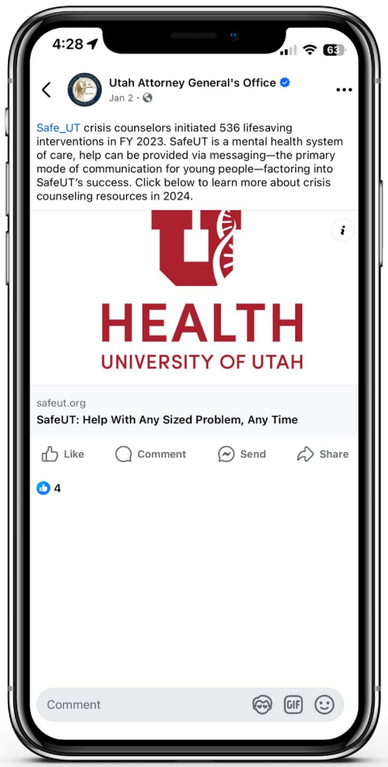
Allowing location access while using the SafeUT app has the same potential impact for saving lives. SafeUT will never access or use the information unless it may actively save a life. This only happens about 1% of the time SafeUT is used. Will you commit to helping increase awareness for allowing location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



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 and country.





2024 Best of State Award

SafeUT has been recognized as **Utah's Best Web-Based Community Resource** for seven consecutive years (2024, 2023, 2022, 2021, 2020, 2019, 2018).



"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





The SafeUT & School Safety Commission

The SafeUT Commission is responsible for coordinating statewide efforts to increase awareness and utilization of SafeUT and consists of 11 voting members. The SafeUT program wouldn't be possible without the support and dedication of its partners, commission members, and our broader community.

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



Rachel Lucynski – Huntsman Mental Health Institute



Katie Mazzie - Utah System of Higher Education



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

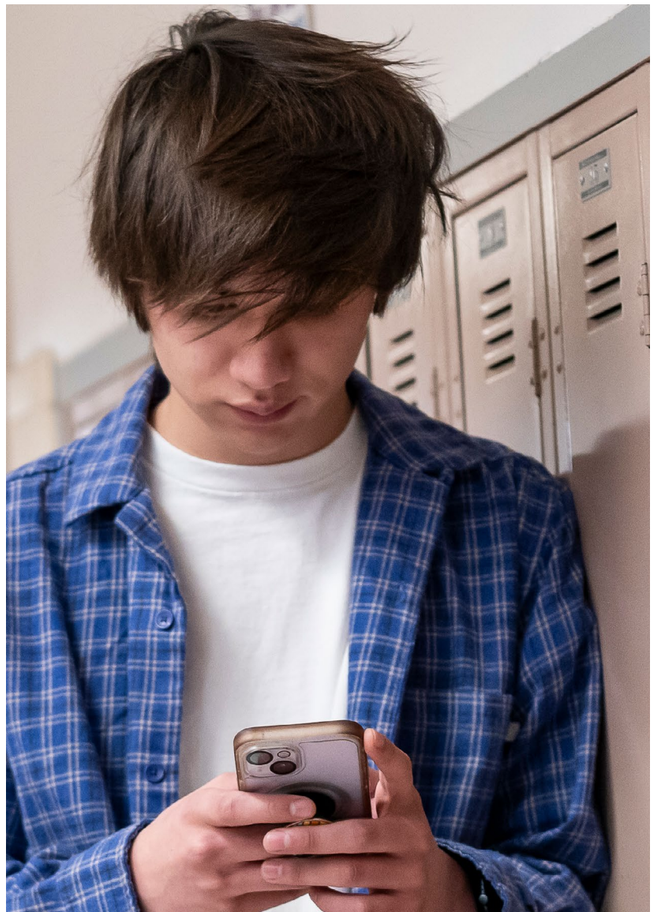
Our Partners:

UTAH SYSTEM OF HIGHER EDUCATION

HUNTSMAN MENTAL HEALTH INSTITUTE UNIVERSITY OF UTAH

HEALTH UNIVERSITY OF UTAH

Utah Department of Health & Human Services





SAFE UT

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

SafeUT.org