



**Sometimes
talking on the
phone or texting
isn't enough.**

Call or text 988 for help
from a mobile crisis
outreach team.

What are mobile crisis outreach teams?

Trained crisis workers who can meet you wherever you are to provide free, face-to-face help. They can help assess the situation, calm you down, and figure out what will keep you and others safe. They're available 24/7 and come in an unmarked vehicle to protect your privacy. They have access to interpreters for any language and are available in every county in Utah. You don't need proof of citizenship, insurance, or a social security number to get help.

What does a mobile crisis outreach team do?

- Make sure you and others are safe right now.
- Provide a crisis assessment to tell you what kind of help is needed.
- Create a safety plan in case of another crisis or challenge.
- Connect you to other helpful resources.

SCAN TO
LEARN MORE.



988.UTAH.GOV

Are mobile crisis outreach teams available across Utah?

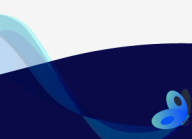
Yes. Mobile crisis outreach teams are available in every county in Utah. They can come help you no matter where you live. It may take them a little longer if you live in a rural area, but they will still come.

Will a mobile crisis outreach team take me to the hospital or emergency room?

Not usually. Our goal is to help you avoid going to the emergency room, unless you need to. Helping people with challenges related to emotional and mental health, or substance use is all we do. That means we have the ability to bring the experts and services to you—for free.

Do the police come with the mobile crisis outreach team?

It's rare that a trained crisis worker needs to call 911 for help. We won't call law enforcement unless there's nothing else we can do to keep everyone safe.



“Thank you for the time you spent with the student deescalating, as well as the time spend with parents providing resources and support. We love when MCOT comes out, you all are so helpful!”

—SLC middle school counselor