



SUICIDE PREVENTION RESOURCES

Montana, Utah and National Support

NEED HELP NOW?

Call or text **988** for free, confidential crisis support, 24/7.
If there is immediate danger or a life-threatening emergency, call **911**.

Asking for help is hard. Finding it should be easy.

This guide brings together crisis support and suicide prevention resources for COP Construction employees, families, and communities. You do not have to be suicidal to contact 988. You can also reach out if you are worried about someone else.

COP Construction Employee Assistance Program (EAP)

Free access to counseling, coaching, and other confidential resources for employees and their families through Ulliance Life Advisor.

24/7 Crisis & Support Line: 1-800-448-8326

[Open Life Advisor portal](#)

How to use this guide

Choose the section for your location, or use the national resources from anywhere in the United States. Click any underlined website name in the PDF to open it.

MONTANA RESOURCES

Montana 988 Suicide & Crisis Lifeline

Free and confidential emotional support for people in suicidal crisis, mental health crisis, or emotional distress.

Call or text 988

[Visit Montana 988](#)

Montana DPHHS Suicide Prevention Resources

State information, prevention materials, and links to support resources from the Montana Department of Public Health and Human Services.

Program contact: 406-444-3349 | Crisis support: 988

[Explore Montana resources](#)

Montana 211

A statewide information and referral service for local community resources, including health, housing, food, and other support.

Call 211

[Search Montana 211](#)

Crisis Text Line - Montana Keyword

Text-based crisis support.

Text MT to 741741

Montana Office of Public Instruction - Suicide Prevention

Youth-focused suicide prevention information, school resources, and training options.

Crisis support: Call 988 | Text MT to 741741

[View youth and school resources](#)

UTAH RESOURCES

988 Utah Suicide & Crisis Lifeline

Immediate emotional and mental health support from trained crisis workers. Support is free, confidential, and available every day.

Call or text 988

[Visit 988 Utah](#)

Utah Suicide Prevention Coalition

Statewide suicide prevention resources, guidance, training, and tools for workplaces, families, youth, and communities.

Crisis support: Call or text 988

[Explore Utah prevention resources](#)

Utah DHHS Suicide Prevention Resources

Verified statewide crisis and prevention resources, including downloadable materials and links to additional support.

Call or text 988

[View Utah DHHS resources](#)

SafeUT

Free, confidential support through apps designed for students, parents, educators, first responders, frontline healthcare workers, and members of the Utah National Guard and their families.

Crisis Line: 833-372-3388 (833-3SAFEUT)

[Visit SafeUT](#)

Utah 211

Connects people with local assistance for health care, housing, food, utilities, transportation, and more.

Call 211 or 888-826-9790 | Text 801-845-2211

[Search Utah 211](#)

NATIONAL RESOURCES

988 Suicide & Crisis Lifeline

Free, confidential, judgment-free support by call, text, or chat. You can contact 988 for suicidal thoughts, emotional distress, mental health challenges, substance use concerns, or worry about someone else.

Call or text 988

[Get help from 988](#)

Veterans Crisis Line

24/7 confidential crisis support for Veterans, service members, National Guard and Reserve members, and those who support them. Enrollment in VA benefits or health care is not required.

Call 988, then press 1 | Text 838255

[Visit Veterans Crisis Line](#)

988 Support in Spanish

Spanish-speaking crisis counselors are available by phone, text, and chat.

Call 988, then press 2 | Text AYUDA to 988

[Get 988 help in Spanish](#)

988 for Deaf and Hard of Hearing

Access 988 through videophone, text, chat, or a preferred relay service.

Dial 711, then 988 for TTY relay access

[View accessible 988 options](#)

Suicide Prevention Resource Center

National suicide prevention information, effective prevention guidance, and resources for communities and organizations. SPRC is not a crisis center.

Crisis support: Call or text 988

[Visit SPRC](#)

American Foundation for Suicide Prevention

Education, support after suicide loss, guidance for helping someone at risk, local chapters, and community programs.

Organization: 1-888-333-2377 | Crisis support: 988

[Visit AFSP](#)