

# Are you experiencing...

- Feelings of being on edge or anxious
- Hopelessness about the future
- Intrusive recollections, flashbacks, or nightmares
- Emotional or physical reactivity when recalling event(s)
- Difficulty remembering parts of a traumatic event
- Avoidance of trauma cues
- Disrupted sleep or concentration
- An increased startle response or hypervigilance
- Changes in mood, irritability, and behavior
- Difficulty feeling positive emotions like joy and love

## YOU ARE NOT ALONE

**Trevor Project:**  
1-866-488-7386

**Canyon Creek Services:**  
24/7 Hotline 435-233-5732

**Four Points Health:**  
Bennion Building #111  
435-867-9412

**Crisis Text Line:**  
741741

**CAPS:**  
Bennion Building #212  
435-865-8621

**SafeUT:**  
988 or 833-372-3388  
Get the SafeUT App!

**24/7 Utah Crisis Line:**  
1-800-273-8255

**Southwest Behavioral  
Health Center:**  
435-867-7654

**Utah Sexual Violence  
Crisis Line:**  
1-888-421-1100

**SUU Employee Assistance  
Program:**  
1-800-280-3782

**National Stalking  
Resource Center:**  
1-855-484-2846

**Stronghearts Native  
Helpline:**  
1-844-762-8483

**National Domestic Violence  
Hotline:**  
1-800-799-7233