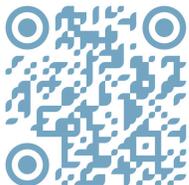


How can SafeUT Help?



SafeUT

A crisis chat and tip line that provides real-time crisis intervention for students, parents/guardians, and educators through live chat and a confidential tip line—right from your smartphone.



SafeUT Frontline

Focuses on connecting Utah's law enforcement, fire/EMS, health care providers, and their families with experienced, licensed mental health professionals who are trained to understand frontline workers' unique challenges.



SafeUT National Guard

Designed for Utah Air and Army National Guard members, civilian personnel, and their families, linking them to licensed mental health professionals who are trained to understand their unique challenges.



Additional Resources:



Cedar City Mental Health

- Trainings and events
- Local Providers

Iron County Sheriff's Office

- Immediate Help
- Crisis Resources
- Creating a Safe Environment
- Getting Started with Treatment



Iron County Sheriff's Office

- List of Support Groups

Iron County Sheriff's Office

- List of Providers



Mind.Org.UK/Workplace

- Employee Mental Health Management Guide
- Tackling Causes
- Wellness Action Plans
- Small Business Mental Health Guide

US Department of Health and Human Services

- The Surgeon General's Framework for Workplace Mental Health



Vision Iron County

435.586.4484
ProjectCoordinator@VisionIronCounty.org
VisionIronCounty.org

510 W 800 S, Cedar City, UT 84720

Iron County Mental Health Guide



A mental health reference resource for Facilitators and Supervisors.

Created by the Vision Iron County Healthcare Team.



More on Vision Iron County at
VisionIronCounty.Org

LEVEL GREEN

The individual is generally okay, but they are starting to struggle.

What to look for:

- Avoiding people, classes, activities, and/or events
- Having a difficult time managing emotions
- Feeling a lack of energy or motivation
- Changing behavior in significant and negative ways
- Feeling like no one cares or can understand
- Sleeping or eating too much or too little
- Starting to use unhealthy coping strategies
- Feeling worthless or unable to do anything right
- Feeling overwhelmed and beginning to doubt ability to take care of self

Surgeon General's Workplace Framework

- **Protection from Harm**
 - Physical and psychological safety, including financial and future security.
- **Connection & Community**
 - Social support and a feeling of belonging
- **Work-Life Harmony**
 - Autonomy over work and integration of work and non-work
- **Mattering at Work**
 - Respected and feeling valued, as well as having a sense of purpose
- **Opportunity for Growth**
 - Learning occurs and there is a feeling of accomplishment by meeting goals and having impact

Source: HHS.gov

LEVEL YELLOW

The individual isn't doing well and needs additional support to feel better.

What to look for:

- Already have a mental health diagnosis
- Completely neglecting school, work, or other life responsibilities
- Frequently expressing anger toward others
- Using alcohol or drugs excessively
- Relying on existing relationships to address mental health needs instead of professional help **Your paragraph text**
- Thoughts of helplessness or hopelessness
- Engaging in self-harming behaviors (cutting, burning, bruising)
- Completely withdrawing from activities that usually bring joy
- Disconnecting from friends and family

Recent surveys suggest...

- 76% of U.S. workers reported at least one symptom of a mental health condition.
 - Source: MindShare Partners' 2021 Mental Health at Work Report
- 84% of respondents said their workplace conditions had contributed to at least one mental health challenge.
 - Source: MindShare Partners' 2021 Mental Health at Work Report
- 81% of workers reported that they will be looking for workplaces that support mental health in the future.
 - Source: APA's 2022 Work and Well-being Survey results

Source: HHS.gov

LEVEL RED

It's time to get professional help. Things have become so difficult that the individual needs help right away.

What to look for:

- Talking about suicide or dying
- Planning on harming self or others
- Being harmed by others
- Taking frustrations out on others
- Harassing or bullying others
- Being dishonest
- Expressing self violently in words or actions
- Feel the need to carry a weapon
- Feel like giving up or that there is no hope that things will get better
- Feeling like a burden to others

Immediate Resources:

- **Call 911:** For Life Threatening emergencies and in-progress crimes
- **Call 988:** Suicide Prevention Lifeline for Support During a Crisis
- **Visit Cedar City Hospital:** Located at 1303 N Main St. Cedar City, UT 84721

Source of Mental Health Levels: <https://www.suu.edu/mentalhealth/>