

## Utah Strong Recovery Project

“Please reach out to us and we’ll reach right back.”

The Utah Strong Recovery Project is a FEMA-funded state program to help Utahns impacted by the stressors of the Covid19 pandemic. It provides free and confidential counseling by FEMA-trained counselors to anyone in Utah in the form of emotional support, coping and problem-solving strategies, mental health education, and community referrals. Spanish speaking counselors are available and translation for other languages is offered.

“Most of us have never experienced a pandemic, or such a shift in our everyday way of life,” said Robert Snarr, the state’s grant administrator. “It is normal to feel stress at a time when you may be experiencing isolation, economic hardship, health worries, or the loss of a loved one. We want to talk through those feelings and provide you with professionally-led guidance on how you can cope with the changes in your world in a healthy, mentally strong way,” Snarr said.

Call or text the Utah Strong Recovery Project Helpline to talk with a counselor seven days a week 7 a.m. to 7 p.m. at 385-386-2289. Or, email your first name and phone number to [UtahStrong@utah.gov](mailto:UtahStrong@utah.gov).

In addition to the Helpline, every county in Utah has a team of counselors available for free and confidential individual and family in-person or online counseling. Teams also provide outreach to community organizations in the form of education classes and support groups. Call and request help from the Utah Strong Recovery Team in your county through the Utah Strong Recovery Project Helpline.

For after- hours service, please contact the Utah statewide Crisis Line at 1-800-273-TALK (8255) or the SAMHSA Distress Hotline at 1-800-985-5990.

**FREE HELP**  
for **COVID-19**  
related stress

Call/Text 385-386-2289  
UtahStrong@utah.gov  
Everyday 7a-7p

THE UTAH STRONG RECOVERY PROJECT

FEMA human services SAMHSA

**AYUDA GRATUITA**  
para el estrés relacionado con  
**COVID-19**

Llamada/Mensaje 385-386-2289  
UtahStrong@utah.gov  
Todos los días 7am - 7pm

EL PROYECTO DE RECUPERACIÓN UTAH STRONG