

Central Utah Resource Guide



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ADDRESSES & PHONE NUMBERS



CENTRAL UTAH PUBLIC HEALTH DEPARTMENT

<https://centralutahpublichealth.org/>

Delta

362 E Main Suite 1
Delta, UT 84624
435-864-3612

Loa

18 S Main
Loa, UT 84747
435-836-1317

Nephi

160 N Main
Nephi, UT 84648
435-623-0696

Fillmore

40 N 400 W
Fillmore, UT 84631
435-743-5723

Manti

40 W 200 N
Manti, UT 84642
435-835-2231

Richfield

70 Westview Dr
Richfield, UT 84701
435-896-5451

Junction

550 N Main St
Junction, UT 84740
435-577-2521

Mt. Pleasant

20 S 100 W
Mt Pleasant, UT 84647
435-462-2449

SIX COUNTY ASSOCIATION OF GOVERNMENTS

<https://sixcounty.com>

Sevier County Admin Building

250 N Main St
Richfield, UT 84701
435-893-0700

WORKFORCE SERVICES LOCATIONS

<https://jobs.utah.gov/>

801-526-0950

Juab County

620 N Main St
Nephi, UT 84648

Piute County

550 N Main St
Junction, UT 84740

Sevier County

115 E 100 S
Richfield, UT 84701

Millard County

44 S 350 E Rd
Delta, UT 84624

Sanpete County

55 S Main St Suite 3
Manti, UT 84642

Wayne County

18 S Main St
Loa, UT 84740

ABUSE/NEGLECT - CHILD & ADULT



Child Protective Services - Child and Family Services	855-323-3237
Investigates child abuse and neglect cases, and offers family and youth services. https://dcfs.utah.gov/services/child-protective-services/	
Delta Office	435-623-7207
https://www.dcfoffices.org/office/delta-dcfs-office	
Fillmore Office	435-743-6611
https://dcfs.utah.gov/resource/fillmore-dcfs-office/	
Manti Office	435-835-0780
https://www.dcfoffices.org/office/manti-dcfs-office	
Nephi Office	435-623-7207
https://dcfs.utah.gov/?s=nephi	
Richfield Office	435-896-1250
https://www.dcfoffices.org/office/richfield-dcfs-office	
Children's Justice Center	
Provides a safe environment for children while being interviewed regarding alleged abuse.	
Sevier County	435-893-0488
https://www.sevierutah.net/departments/county_departments/children_s_justice_center/index.php	
Sanpete County	435-283-3120
https://www.sanpete.com/childrens-justice.html	
Juab/Millard Counties	435-623-3414
https://www.utahcounty.gov/Dept/cjc/index.asp	
Adult Protective Services	800-371-7897
Helps prevent or stop abuse, neglect, and exploitation of vulnerable adults. https://daas.utah.gov/adult-protective-services/	

Child Protection Ombudsman

801-538-4589

<https://hs.utah.gov/services/care-concerns>

New Horizons Crisis Center

For women and children in crisis. This is a resource for victims of abuse and domestic violence.

<https://centralutahcrisisintervention.org/>

Bicknell

435-201-0493

Ephraim

435-851-3633

Fillmore

435-406-4683

Richfield

435-896-9294

CHILDREN'S PROGRAMS



ABS Kids	800-434-8923
Empowers children with autism spectrum disorders to reach their potential by understanding their world.	
https://www.abskids.com/	
Central Utah Youth Center	866-803-3492
Child Care Resources & Referral	888-344-4896
https://childcarehelp.org/	
Family Support Center	435-896-4798
https://utahfamilies.org/find-a-center/richfield/	
Crisis/Respite Nursery Services	
Parental Education	
Visitation Exchange	
Headstart	
Increases social competence of pre-k children in low income families.	
Juab County	435-623-0941
Piute County	435-630-0089
Sevier County	800-841-2867 ext 5
Help Me Grow	801-691-5322
Provides information and referrals to connect families to resources.	
https://helpmegrowutah.org	
Workforce Services	801-526-0950
https://jobs.utah.gov/	
Afterschool Providers	
Care about Childcare	
Child Care Assistance	
Child Care Services	
Child Care Subsidies	
Early Learning Resources and Core Competencies	

Utah State Extension

Provides Parenting Resources.

<https://extension.usu.edu/relationships/parenting>

Juab County 435-623-3450

Sevier County 435-893-0470

Piute County 435-577-2901

Wayne County 435-839-1312

Sanpete County 435-283-3472

Millard County 435-864-1480

Youth and Families with Promise

435-893-0470

<https://extension.usu.edu/sevier/4h/>

RECREATION CENTERS

Juab County Recreation

435-623-5203

<https://juabtravel.com/>

Nephi Recreation

435-623-1004

<https://www.nephi.utah.gov/150/Recreation>

Sevier County Recreation

435-893-0400

<https://www.sevierutah.net/>

Richfield Recreation

435-896-6439

<https://richfieldcity.com/parks-recreation/>

Wayne County Recreation

435-836-2765

<https://waynecountyutah.org/communities/community-center/>

Sanpete County Recreation

<https://www.sanpete.com/>

Ephraim Recreation

435-283-4631

<https://www.ephraimcity.org/157/Recreation>

Mt. Pleasant Recreation

435-462-3108

<http://mtpleasantcity.com/recreation-department/>

Millard County Recreation

435-864-3133

<https://millardcounty.org/your-government/recreation/>

Fillmore Recreation

435-743-4602

<https://fillmorecity.org/recreation/>

Delta Recreation

435-864-2759

<https://www.delta.utah.gov/facilities/page/parks>

Piute County Recreation
<https://www.piuteutah.com/>

435-577-2840

DISABILITY

7-1-1 Relay Utah

711

Is a state and nationwide telephone relay number that connects standard (voice) telephone users with deaf, hard of hearing, or speech- challenged individuals who use relay equipment.

<https://relay.utah.gov/types-of-relay-calls-7-1-1/>

Ability 1st

435-283-4949

Empowers people with disabilities to live independently through education and provides information.

<https://ability1stutah.org/>

Division of Services of the Deaf and Hard of Hearing

435-263-4860

<https://jobs.utah.gov/usor/dhh/>

Division of Vocational Rehabilitation

435-896-1470

<https://jobs.utah.gov/usor/vr/index.html>

Intermountain Home Care & Hospice

<https://intermountainhealthcare.org/locations>

Delta/Fillmore

435-743-5430

Mt. Pleasant

435-462-3431

Richfield

435-893-0371

Red Rock Center for Independent Living

435-979-6416

<https://www.rrci.org/>

Utah Department of Human Services

435-896-1281

<https://dspd.utah.gov/>

EMERGENCY

If this is a life threatening situation requiring ambulance, fire department, or police

DIAL 911 IMMEDIATELY

DISASTER SERVICES

American Red Cross **800-733-2767**
<https://www.redcross.org/>

FEMA **800-621-3362**
<https://www.fema.gov/>

Salvation Army **800-728-7825**
<https://www.salvationarmyusa.org/usn/>

United Way of Central & Southern Utah **801-374-2588**
<https://www.unitedway.org/local/united-states/utah/united-way-of-central-southern-utah>

HOTLINES

Adult Protective Services **800-371-7897**
<https://daas.utah.gov/adult-protective-services/>

Child Protective Services **855-323-3237**
<https://dcfs.utah.gov/services/child-protective-services/>

Domestic Violence **800-799-SAFE**
<https://www.thehotline.org/> TEXT “START” to 88788

LGBTQ Suicide Support **866-488-7386**
<https://www.thetrevorproject.org/get-help/> TEXT “START” to 678678

LGBT National Help Center **888-843-4564**
<https://www.glbthotline.org/>

LGBTQ Crisis and Support **800-273-8255**
<https://afsp.org/lgbtq-crisis-and-support-resources> TEXT “TALK” to 741741

Encircle	801-613-7305
Brings families and community together to enable our LGBTQ youth to thrive. Online support groups and therapy.	
https://encircletogether.org/services	
Q Chat Space	
Support for LGBTQ youth.	
https://www.qchatspace.org/	
National Runaway Safeline	800-RUNAWAY
https://www.1800runaway.org/	(786-2929)
RAINN National Sexual Assault Hotline	800-656-HOPE
https://www.rainn.org/about-national-sexual-assault-telephone-hotline	
https://sexualassault.utah.edu/crisis-immediate-help/	
Rape Recovery Center	888-421-1111
https://www.raperecoverycenter.org/	
SafeUT	833-372-3388
A crisis chat and tip line that provides real-time crisis intervention for students through live chat and a confidential tip program.	
https://safeut.org/	
Suicide Prevention	800-273-8255
https://liveonutah.org/get-help/	
Utah Coalition Against Sexual Assault	801-746-0404
https://www.ucasa.org/	
Utah AIDS Foundation	800-366-2437
https://www.utahaids.org/services/hiv-sti-info-hotline	
Utah Public Mental Health	801-538-3939
https://www.opencounseling.com/public-mental-health-ut	

Victim Connect 855-484-2846
<https://victimconnect.org/resources/national-hotlines/>

2-1-1 **TEXT Your zip code to TXT211** 211
Connects people to the services they need.
<https://www.211.org/>

LIFE THREATENING 911

Crisis/Suicide Prevention 877-386-0194
<https://health.utah.gov/telephone-hotlines>

National Suicide Prevention Lifeline 800-273-TALK
<https://suicidepreventionlifeline.org/>

Poison Control 800-222-1222
<https://www.poison.org/>

SHERIFF'S OFFICE

Juab County 435-623-1349
<http://www.juabsheriff.org/>

Millard County 435-743-5302
<https://www.millardsheriff.org/>

Delta Substation 435-864-2755
<https://www.delta.utah.gov/publicsaf/page/law-enforcement>

Piute County 435-577-2893
<https://www.piuteutah.com/your-government/elected-officials/sheriff/>

Sanpete County 435-835-2191
<http://www.sanpetecountysheriff.org/>

Sevier County 435-896-2600
<https://scsoutah.com/>

Wayne County 435-836-1308
<https://waynecountyutah.org/services/sheriffs-office>

UTAH DEPARTMENT OF PUBLIC SAFETY

435-896-6471

<https://dispatch.utah.gov/contact/richfield-communications/>

Highway Patrol

<https://highwaypatrol.utah.gov/uhp-offices/>

**Section 10- Sanpete, Sevier, Piute, Wayne
Section 14- Juab, Millard**

435-896-2780

435-743-6530

CITY POLICE DEPARTMENTS

Centerfield City PD 435-528-5511

<https://www.centerfieldcity.org/police>

Ephraim City PD 435-835-2345

<https://www.ephraimcity.org/158/Police>

Gunnison City PD 435-528-5532

<http://www.gunnisoncity.org/police.htm>

Moroni City PD 435-436-8911

http://moronicity.org/city_dept/public-safety/

Mt. Pleasant City PD 435-462-2345

<http://mtpleasantcity.com/government/police-department/>

Nephi City PD 435-623-1626

<https://www.nephi.utah.gov/256/Police>

Richfield City PD 435-896-8484

<https://richfieldcity.com/police-department/>

EMPLOYMENT SERVICES

Community Cares and Support Services

Provide vocational rehabilitation and employment services for those with disabilities.

Ephraim	435-283-6501
Delta	435-864-2509
Richfield	435-864-4383

Elwood Staffing Services

435-896-5922

<https://www.elwoodstaffing.com/contact-us-and-locations/UT>

Ensign Staffing

Temp jobs, Drug Screening, and Long-term Direct Hire Positions.

<https://ensignstaffing.com/>

Richfield	435-896-0242
Ephraim	435-283-0242

LDS Employment Resource Services

435-896-6486

Workforce Services Provides job training, education and employment help.

866-435-7414

Support Child Care

Family Employment Program

Unemployment Insurance Benefits

Career and Education Assistance

Utah Registry for Professional Development

Utah's Career Ladder System

Workers' Compensations

801-530-6800

Wage Replacement Benefits, Medical Treatment, Vocational Rehabilitation, and other benefits.

<https://laborcommission.utah.gov/>

ENVIRONMENTAL HEALTH



LOCAL HEALTH DEPARTMENT

<https://centralutahpublichealth.org/>

Sevier, Piute, & Wayne Counties

435-896-5451

Juab & Millard Counties

435-623-0696

Sanpete County

435-462-2449

Air Quality: monitor pollution levels and investigate individual polluters within the area. This also includes investigation and compliance enforcement for smoking violations against the Clean Indoor Air Act.

Body Art, Cosmetology, and Tanning Sanitation: inspections of facilities to ensure safety and sanitation for the public.

Daycare Inspections: ensure a clean, sanitary, and safe care environment through the regulation of food handling, water supply, heating, lighting, and general safety.

Disease Outbreak Investigations: staff works together to investigate the cause, source, and means of a disease outbreak relating to water, food, vermin/pests, and biological or chemical contaminants.

Drinking Water Testing: surveys of all water supply systems to ensure clean, healthy water and operational water delivery systems.

Food Safety Program: inspections of food service facilities to ensure proper food handling practices and sanitation, additionally review plans and complaint investigations. This program also issues food establishment permits, food handler cards, and training to food service workers.

Onsite Wastewater (Septic) Systems: administration of wastewater management program including plan approval, permitting, and final inspection for all individual onsite wastewater systems.

Public Pool: inspections for safety and sanitation of public bathing facilities including water quality and the surrounding facilities.

Solid Waste: regulates the disposal of solid waste such as municipal garbage, tires, yard waste, construction debris, contaminated soil, farming waste, and other products illegally dumped within the area.

Used Oil Recycling: compliance inspection for used motor oil collection centers and the investigation on illegal oil disposal.

FOOD SERVICES



LOCAL HEALTH DEPARTMENT

Women Infant health provides money for nutrition (See [Health section](#) for more programs).

WORKFORCE SERVICES

SNAP/STAMPS

866-435-7414

SIX COUNTY SENIOR NUTRITION PROGRAM

Delta	435-864-2682	Richfield	435-896-6807
Fillmore	435-743-5428	Salina	435-529-3901
Gunnison	435-528-3781	Scipio	435-758-2449
Manti/Ephraim	435-835-2041	Piute	435-577-2183
Monroe	435-527-4061	Wayne	435-425-2089
Moroni	435-436-8275		

CENTRAL UTAH FOOD SHARING M-Thur. 10-2, hours may vary.

Juab County	435-896-5225	Sanpete County	435-462-3006
Millard County	435-623-4739	Sevier County	435-896-5225
Piute County	435-577-2138	Wayne County	435-836-2422

LDS Bishop Storehouse

Contact Local Bishop

Utah State University Nutrition Guide

<https://extension.usu.edu/nutrition/index>

Utahns Against Hunger

Committed to assisting people in finding the food help that they need.

<https://uah.org/get-help/>

Meals on Wheels See [Senior Services Section](#)

Prepares and delivers free meals to seniors who are homebound and 60+.

Summer Food Program

TEXT FOOD to 877-877

800-453-3663

Provides free meals to all children 18 and under when school is not in session. Call or text to find a summer food location near you.

Utah Food bank CSFP [See Senior Services Section](#)

801-887-1275

Provides a free monthly food box for low income seniors 60+.

FINANCIAL ASSISTANCE



Circuit Breaker

Property tax credit for homeowners who meet certain income and resident requirements.

<https://tax.utah.gov/relief/circuitbreaker/homeowner-credit>

435-893-0403

Money Management International

<https://www.moneymanagement.org/>

866-531-3442

Office of Recovery Services

Collects child support.

<https://ors.utah.gov/>

801-536-8500

Six County AOG see Housing and Senior section for more information.

Social Security

https://www.ssa.gov/policy/docs/progdesc/ssi_st_asst/2011/ut.html

National

800-772-1213

St. George, UT Office

866-446-7085

Unemployment Insurance Center

<https://jobs.utah.gov/ui/home>

888-848-0688

Volunteer Information and Tax Assistance

https://taxhelpout.org/custom/501/volunteer_home

Worker's Compensation Fund

<https://laborcommission.utah.gov/>

800-446-2667

ABLE saving and investment solutions for people with disabilities.

The Utah Adoption Assistance Program provides help in getting a job, as well as cash payments, to a parent who has given birth to a child who has been placed for adoption.

Career and Education take the next step in your education, training or career that could lead to a dream job and higher wages.

Cash Assistance combined with supportive services and personalized case management.

Child Care helps parents cover the cost of child care.

Family Employment Program temporary cash assistance program for families.

General Assistance provides time-limited cash assistance and case management services to single adults and married couples that have no dependent children residing with them 50% or more of the time.

Homeless Prevention Emergency Assistance provides immediate help for short periods for families who don't have enough money to prevent becoming homeless or having their utilities shut off due to a crisis beyond the control of the family.

Refugee Assistance we envision a strong integrated community engaged to empower refugees' access to family-sustaining employment necessary to succeed in Utah for generations to come.

Specified Relative Program is a grandparent, sibling, uncle, aunt, or other qualified relative who has a child or children living with them and whose parents are both absent from the home.

Two Parent Program helps families increase their income and become self sufficient through employment.

HEALTH



LOCAL HEALTH DEPARTMENT PROGRAMS

Anti-vaping Youth Club works with youth prevention clubs at schools and city youth councils for teens.

Baby Watch/Early Intervention identify delays within children. Treatment services for children from birth to 3 years old.

Car Seats available for low-income families, depending on eligibility.

Central Smiles this program provides vouchers for dental care for qualifying uninsured children ages 0-18 years old.

Children Special Health Clinic provides evaluations and clinical diagnosis for children ages 0-18. Also works to coordinate school and community support services.

Information on Opioid Overdose Prevention & Treatment Resources free Nasal Narcan kits are available at each of our locations.

Information on Diabetes prediabetes and hypertension resources in our health district.

Immunizations are available to children and adults for preventable diseases. We also offer Flu, Pneumonia and COVID-19 vaccines.

PAT (Parents as Teachers) is an early childhood parent education and family support program that can serve families from pregnancy until age three. The program provides parents with child development information and parenting support.

Self-Management Workshops the following are available: Falls Prevention, Living Well with Chronic Conditions, Stepping On, Living Well with Chronic Pain, Tai Chi, Living Well with Diabetes.

Walking and Hiking Challenge sign up to join these challenges.

Women, Infants, and Children (WIC) is for low-income pregnant women, new mothers, and young children to provide access to nutrition education, health care, and counseling.

Worksite Wellness technical assistance and materials available for worksite wellness programs.

NeedyMeds **800-503-6897**
Provides assistance to people who can't afford medication.

FamilyWize (discounted medication.) **866-810-3784**

GoodRx (discounted medication.)
<https://www.goodrx.com/>

WORKFORCE SERVICES PROGRAMS **801-526-9675**
<https://jobs.utah.gov/>

Child Health Insurance Program
Primary Care Network
Medicaid

Planned Parenthood Association of Utah **800-627-9651**
<https://www.plannedparenthood.org/planned-parenthood-utah>

CLINICS (Medicare Accepted/Sliding Scales)

Circleville Clinic **435-577-2958**
Provides healthcare to persons of all income levels.
<https://intermountainhealthcare.org/locations/location-details/circleville-clinic/circleville-clinic/>

Fountain Green Medical Clinic **435-445-3301**
Accepts most insurances and offers discounts.
<https://www.centralvalleymedicalcenter.com/locations/fountain-green-medical-clinic/>

Four Points Health
Offers Primary Care, Dental Services and Behavioral Health, price is a sliding scale based on household size and income level.
<https://www.utahpaiutes.org/>

Medical **435-893-6800**
Dental **435-893-6806**

Nephi Medical Clinic **435-623-3200**
Accepts most insurance including medicaid and offers discounts.
<https://www.centralvalleymedicalcenter.com/locations/nephi-medical-clinic/>

US Department of Veterans Affairs

800-698-2411

<https://www.va.gov/>

Wayne Community Health Center

Cost of services are on a sliding scale based on income level and household size.

<https://waynechc.org/>

Bicknell

435-425-3744

Hanksville

435-542-3281

Workforce Services Insurance

801-526-9675

<https://jobs.utah.gov/index.html>

Child 0-18 Medical

Elderly

Medicaid/Medical

People with Disabilities

Pregnant Women Medical

Refugees

HOUSING

USDA Rural Housing Services 435-896-8250
<https://www.rd.usda.gov/ut>

New Horizons Crisis Center (24/7 Safe Shelter) 435-896-9294
<https://centralutahcrisisintervention.org/>

LOW INCOME APARTMENTS

Juab County

Mountain Shadows (Nephi, UT) 435-462-9125

Nebo View and Red Cliffs (Nephi, UT) 435-623-1644

Millard County

Delta Manor I & II 435-864-3376

MT Catherine Manor (Fillmore, UT) 435-743-5211

Sanpete County

Mt. Pleasant Apt 435-462-9125

Christensen Senior Living Apt (Gunnison, UT) 435-436-8278

Manti Senior Living Apt 435-835-6341

Oak Creek Apt (Ephraim, UT) 435-813-2282

Silver Maple Leaf (Ephraim, UT) 435-283-6363

Palisade Park (Ephraim, UT) 435-283-3364

Sevier County

Cedar Canyon Senior Living Apt (Richfield, UT) 435-896-8705

Eagle View Townhomes (Richfield, UT) 435-896-2016

Glenbrook Apt (Richfield, UT) 435-896-8705

Maple Drive Apt (Salina, UT) 435-529-3490

Urcy Belle Senior Living Apt (Richfield, UT) 435-896-8705

Zion Way Apt (Richfield, UT) 435-893-9190

HOUSING UTILITIES/ FINANCIAL

Six County

435-893-0700

Heat Assistance helps low-income families and individuals with heating bills.

Weatherization Program helps low income families reduce energy cost and increase comfort and safety in their homes, and reduces energy costs by repairing, replacing, or upgrading things in their home.

Mutual Self Help qualified families achieve the dream of home ownership.

CROWN: Rent to own Homes enables qualified people to lease a home at a very affordable rent while earning financial credit towards purchase of the same home.

Home Repair several programs help with home repairs.

Crisis Program helps those about to be evicted, or utilities being shut off.

Workforce Services

435-893-0016

COVID Rent Relief

Sleep In Heavenly Peace

844-432-2337

No child sleeps on the floor, a charity that provides twin sized beds with sheets.

www.shpbeds.org/request-bed

ID INFORMATION



Health Department

435-896-5451

<https://centralutahpublichealth.org/>

Birth Certificate

Death Certificate

Social Security

800-772-1213

https://www.ssa.gov/policy/docs/progdesc/ssi_st_asst/2011/ut.html

MENTAL HEALTH



American Community Corrections (Richfield, UT) https://www.accilifeskills.com/	435-896-0246
Blair Counseling and Coaching (Ephraim, UT) https://www.blaircounselingandcoaching.com	435-703-0756
Central Utah Counseling Center https://www.cucc.us/	
24 Hour Crisis Line	877-469-2822
Ephraim	435-864-3073
Richfield	435-896-8236
Delta	435-864-3073
Fillmore	435-743-5121
Gunnison	435-283-4065
Junction	435-896-8236
Loa	435-896-8236
Cornerstone Clinical Services (Delta, UT) https://www.cornerstoneclinicalservice.com/	435-864-7072
Ephraim IHC Clinic https://intermountainhealthcare.org/locations/ephraim	435-283-4076
Four Points Health (Kanosh & Richfield, UT) https://fourpointshealth.org/services/	435-893-6800
Greene Counseling (Manti, UT) https://greenecounseling.com/	435-633-9142
Healing Heart and Soul (Ephraim, UT) https://www.healingheartandsoultraumatreatment.com/	435-851-5863
Health Choice (Central, UT) https://healthchoiceutah.com/health-wellness/behavioral-health/	877-358-8797

Ipac Counseling Center (Richfield, UT)	435-896-9200
Insight Counseling (Ephriam, UT) https://insight-counseling-llc.business.site	435-851-0361
LDS Family Services https://providentliving.churchofjesuschrist.org/lds-family-services/counseling-services?lang=eng	435-896-6446
MATR Behavioral Health (Delta & MT. Pleasant, UT) https://www.matrbehavioralhealth.com/	435-462-2781
New Horizons Crisis Center (Richfield, UT) https://centralutahcrisisintervention.org/	435-896-9294
New Beginnings Family Counseling (Manti, UT)	435-528-7048
Rise Up Counseling (Salina, UT)	435-201-9779
Sevier Valley Hospital Available to those who are underinsured, or have deductibles higher than \$5,000 https://intermountainhealthcare.org/locations/sevier-valley-hospital/medical-services/mental-health-services/	435-893-0644
Stepping Stones Family Counseling (Richfield, UT)	435-979-1581
Sunray Family Counseling (Ephraim, UT) https://www.sunrayfamilycounseling.com/	435-283-4690
Skyline Counseling (MT. Pleasant, UT) https://www.skylinecounselingcenter.com/	435-200-3182
Utah Behavior Services (Richfield, UT) https://utahbehaviorservices.com/	801-255-5131

SENIOR CENTERS & LIVING



SENIOR CENTERS

East Juab	435-623-7306	Moroni	435-436-8275
Ephriam	435-283-6310	Piute	435-577-2183
Fillmore	435-749-5428	Richfield	435-896-6807
Gunnison	435-528-3781	Salina	435-529-3901
Manti	435-835-2041	Scipio	435-758-2449
M.E. Bird (Delta)	435-864-2682	Monroe	435-527-4061

HOME HEALTH PROVIDERS

Juab County

Center Valley Medical Center	435-623-3050
Encompass Home Health	435-623-7260
Horizon Home health	435-623-1400

Millard County

In-home care of Delta	435-864-3530
In-home care of Filmore	435-743-5430

Sanpete County

Gunnison Valley Home Health	435-528-3955
Intermountain Home Care	435-462-3431
Homewatch Caregivers	435-990-6176

Sevier County

At-Home Health Care	435-529-3233
Horizon Home Health	435-896-8938
Intermountain Homecare	435-893-0371
Zion's Way	435-688-0648
A Gentle Touch	435-688-0648

CARE CENTER/ASSISTED LIVING

Autumn Park Assisted Living (Nephi, UT)	435-623-4242
Beehive Home (Richfield, UT)	435-979-1992
Curtis Assisted Living (Glenwood, UT)	435-896-9359
Country Lane Assisted Living (Mt Pleasant, UT)	435-462-9494
Golden Skyline Assisted Living (Ephriam, UT)	435-283-4922
Fillmore Community Hospital long term care	435-743-1514
Heritage Canyon Hills Rehab Center (Nephi, UT)	435-623-1721
Laurel Groves (Nephi, UT)	435-623-5000
Millard Care and Rehab Center	435-864-2944
Mission at Community Living Rehab (Centerfield, UT)	435-528-2800
Monroe Canyon Assisted Living	435-527-8870
Richfield Rehab and Care Center	435-896-8211
Stonehenge of Richfield	435-896-2000
Serenity Springs (Loa, UT)	435-836-3600
Victorian Assisted Living (Levan, UT)	435-623-1415

SENIOR SERVICES

SIX COUNTY AGENCY ON AGING SERVICES

435-893-0700

Sixcountyaging.com

- Aging Medicaid Waiver
- Congregate Meals
- Home Delivered Meals
- Inhome Caregiver
- Legal Services
- Medicare Improvement for Patients and Providers
- Preventative Health
- Providers
- State Health Insurance Program
- Senior Medicare Patrol
- Transportation

SIX COUNTY SENIOR NUTRITION PROGRAM (Meals on Wheels)

Delta	435-864-2682
Fillmore	435-743-5428
Gunnison	435-528-3781
Manti/Ephraim	435-835-2041
Moroni	435-436-8275
North Sevier	435-529-3901
Piute	435-577-2183
Richfield	435-896-6807
Scipio	435-758-2449
South Sevier	435-527-4061
Wayne	435-425-2089

UTAH FOOD BANK CSFP

801-887-1275

A free monthly food box for low income seniors.

www.utahfoodbank.org/csfp

SUBSTANCE ABUSE/ADDICTION



Central Utah Counseling Center

435-283-4065

Helps individuals who experience life-disrupting problems due to mental illness & substance abuse.

<https://www.cucc.us/>

Alcoholics Anonymous

801-484-7871

<https://www.aa.org/>

DRUG & ALCOHOL REHAB CENTERS

Pathways Inpatient (Glenwood, UT)

435-246-4434

<https://pathwaysreallife.com/inpatient-drug-and-alcohol-rehab/>

Legacy Outdoor Treatment Center (Loa, UT)

866-436-4458

<https://legacyoutdooradventures.com/meet-our-team/>

Mountain Valley Recovery (Holden, UT)

435-253-0656

<https://mountainvalleyrecovery.com/>

New Life Recovery (Richfield, UT)

435-327-0120

<https://adultnewliferecovery.com/>

Matr Behavioral Center (Mt. Pleasant, UT)

435-462-2781

<https://www.matrbehavioralhealth.com/>

VETERANS

STATE/NATIONAL

Crisis Hotline

800-273-TALK

Homeless Veterans Hotline

877-4AIF-VET, 877-424-3838

VA SLC Healthcare System

<https://www.va.gov/salt-lake-city-health-care/>

Main

801-582-1565

Enrollment

801-854-2585

Tip Line

801-584-2575

Mental Health

801-584-1255

VA Regional Office

UT Department of Veterans Affairs

801-326-2372

Veterans Directed Care Program

435-893-0736

SERVICE ORGANIZATIONS

American Legion

800-433-3318

Veterans in need of advocates to help them achieve meaningful careers, education, health-care services, friends and stable homes are supported every day, free of charge, by The American Legion.

<https://www.legion.org/mission>

Disabled American Veterans

877-426-2838

Veterans get the benefits they've earned.

<https://www.dav.org/>

Military Order of Purple Heart

888-668-1656

Holistically enhancing the quality of life of all veterans and their families, providing them with direct service and fostering an environment of comradery and goodwill among combat-wounded veterans.

<https://purpleheartfoundation.org/>

General Community Resources



United Way 2-1-1 is a free and confidential number that individuals and families can call to find local community resources, programs and services based on their needs.

ABUSE AND NEGLECT

Center for Women & Children in Crisis provides a confidential and safe shelter for women and children affected by domestic violence; 801-377-5500.

The Children's Justice Center provides support services in a homelike facility for children who have experienced physical or sexual abuse; 801-851-8554.

Family Support & Treatment Center provides prevention and treatment of child abuse, trauma and neglect; 801-229-1181.

Child Abuse Reporting Line; 855-323-3237
Adult Protective Services; 800-371-7897

EMPLOYMENT

LDS Employment Resource Services assists individuals seeking work with developing the skills they need to find employment. This includes interview skills and job searching; 801-818-6161.

UVU Center for Personal and Career Development offers resources for individuals wanting to improve on a personal, educational and professional level; 801-863-7580.

Department of Workforce Services assists individuals to develop the skills they need to find employment, as well as job search assistance. Visit jobs.utah.gov to find your local office.

EXPENSE PAYMENT ASSISTANCE

Home Energy Assistance Target (HEAT) Program assists vulnerable families and individuals with their gas and electric bills. Program is open from November to April, crisis program offered year-round; 801-229-3855.

Community Action Services and Food Bank offers emergency crisis assistance. Services include rental deposit assistance, rent payment assistance, motel vouchers, and more; 801-373-8200.

VITA provides free tax preparation assistance during tax season (January-April). To make an appointment, call 2-1-1.

Mountainland Weatherization Assistance Program helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes; 801-229-3850.

FOOD ASSISTANCE

Community Action Services and Food Bank supplies food for families in need; 801-373-8200.

Food and Care Coalition provides hot meals and sack lunches to individuals who are homeless, low income or transient; 801-373-1825.

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 801-851-7340.

Tabitha's Way provides a food pantry to those in need; Spanish Fork: 801-709-8573, American Fork: 801-692-1881.

Department of Workforce Services offers a nutrition assistance program called SNAP to eligible, low-income individuals and families; 866-435-7414 x3.



2-1-1 Utah



211utah.org

Access 2-1-1 Utah on Instagram, online, and apps available for download.

HOUSING ASSISTANCE

Habitat for Humanity of Utah County provides programs for low-income families to build or renovate homes; 801-344-8527.

Self-Help Homes provides an opportunity for low-income families and individuals to build their own new homes; 801-375-2205.

LEGAL SERVICES

BYU Community Legal Clinic provides free legal advice and counseling on Thursday evenings from 5 pm-7 pm at 1415 North State Street in Provo. They can be reached at 801-297-7049.

Utah County Family Justice Center provides a one-stop clinic of legal resources on Tuesday evenings from 5 pm-8 pm at 151 South University Avenue in Suite 1601 in Provo; 801-851-8508.

Utah Legal Services provides free legal help in non-criminal cases to low-income Utahns; 800-662-4245.

MORTGAGE/ DEBT COUNSELING

Fair Credit provides a free credit, debt, personal finance and mortgage delinquency counseling. Also offers other related services; 800-351-4195.

Community Action Home Buyers Services provides pre-purchase homeownership, homebuyer education class, financial management class and financial learning center; 801-691-5241.

Utah Saves is a statewide campaign which provides programs to help individuals and families save money, reduce debt and build wealth; 1-800-350-9899.

American Credit Foundation provides debt consultation and management programs; 800-259-0601.

PARENTING AND FAMILY

Care about Child Care provides referrals and information about early childhood education, child care, and information about available financial aid; 801-863-8589.

Help me Grow connects families to community resources, pregnancy, and child development information, including developmental screenings; 801-691-5322 or 2-1-1.

Vantage Point mediates parent/child conflict between youth ages 11-17 and their families; 801-373-2215.

Welcome Baby promotes a healthy, secure and enjoyable beginning for parents, new babies and their family members; 801-691-5440.

USU Extension Service provides parenting, dating, and relationship classes. They also offer workshops for blended families; visit healthyrelationshipsutah.org,

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For more information and assistance, call 2-1-1 or text your zip code to 898211.