



# Off-Campus Student 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



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

**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



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

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

**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/](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.

<b>Ephraim</b>	<b>435-283-6501</b>
<b>Delta</b>	<b>435-864-2509</b>
<b>Richfield</b>	<b>435-864-4383</b>

## **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/>

<b>Richfield</b>	<b>435-896-0242</b>
<b>Ephraim</b>	<b>435-283-0242</b>

## **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](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://taxhelp.ut.org/custom/501/volunteer\\_home](https://taxhelp.ut.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](http://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](https://www.ssa.gov/policy/docs/progdesc/ssi_st_asst/2011/ut.html)

# **MENTAL HEALTH**



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

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

# SENIOR CENTERS & LIVING



## SENIOR CENTERS

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

## HOME HEALTH PROVIDERS

### **Juab County**

Center Valley Medical Center	<b>435-623-3050</b>
Encompass Home Health	<b>435-623-7260</b>
Horizon Home health	<b>435-623-1400</b>

### **Millard County**

In-home care of Delta	<b>435-864-3530</b>
In-home care of Filmore	<b>435-743-5430</b>

### **Sanpete County**

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

### **Sevier County**

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

## **CARE CENTER/ASSISTED LIVING**

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

# **SENIOR SERVICES**

## **SIX COUNTY AGENCY ON AGING SERVICES**

**435-893-0700**

[Sixcountyaging.com](http://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)

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

## **UTAH FOOD BANK CSFP**

**801-887-1275**

A free monthly food box for low income seniors.

[www.utahfoodbank.org/csfp](http://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](http://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](http://healthyrelationshipsutah.org),

Revised July 2019

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