

CRISIS/INFORMATION LINES

National Suicide Prevention Lifeline	800-273-8225
Child Abuse/Neglect Hotline (DCFS)	855-323-3237
Domestic Violence Information Line	800-897-5465
National Runaway Safeline	800-786-2929
Poison Control	800-222-1222
Rape Recovery Center	801-467-7282
Utah Human Trafficking Tip Line	801-200-3443
Shelter the Homeless Line	801-990-9999
Behavioral Health Services Navigation	833-442-2211

EMERGENCY SHELTERS

Family Promise - Salt Lake

814 West 800 South

Phone: 801-961-8622

Eligibility: Families with one child under 18. Background check will be performed. Drug and alcohol free program.

The Road Home – Midvale Center

529 West 9th Avenue

Phone: 801-569-1201

Eligibility: Families with at least one child under 18.

Rescue Mission of Salt Lake

463 South 400 West

Phone: 801-355-1302

Eligibility: Men only, daily check in at 5:30 pm. ID required.

Rescue Mission Women’s Center (*Former Rescue Haven*)

1165 South State St

Phone: 801-521-5925

Eligibility: Women of any age, and boys 8 and younger.

Gail Miller Resource Center

242 West Paramount Ave

Phone: 801-328-1894

Eligibility: Anyone over 18.

Pamela Atkinson Resource Center

3380 South 1000 West

Phone: 801-359-4142

Eligibility: Men over 18.

Geraldine E King Women’s Resource Center

131 East 700 South

Phone: 801-990-9999

Eligibility: Women over 18.

Salt Lake County Youth Services

177 W Price Ave

Phone: 385-468-4500

Eligibility: Anyone under 18.

South Valley Services (DV Shelter)

Private address, call for services.

Phone: 801-255-1095

Eligibility: Domestic violence survivors and their dependent children.

YWCA Shelter (DV Shelter)

322 East 300 South

Phone: 801-537-8600

Eligibility: Female victims of domestic violence and their children.

DAY CENTERS

Catholic Community Services – Basic Needs Salt Lake

Provides showers, laundry, personal hygiene supplies, haircuts, application assistance, and referrals to other assistance programs.

437 West 200 South

Phone: 801-363-7710

Hours: 7 am – 7 pm

PREPARED MEALS

St. Vincent de Paul Dining Hall

437 West 200 South

Hours:

Brunch: Sa 10 – 11 am

Lunch: M – F 11:30 am – 12:30 pm

Dinner: Su – Sa 5 – 6 pm

Phone: 801-328-5633

Rescue Mission of Salt Lake

463 South 400 West

Hours:

Breakfast: M – F 6 – 6:45 am

Lunch: Su – Sa 12:15 – 12:45 pm

Dinner: Su – Sa 7 – 8 pm

Phone: 801-355-1302

Salt Lake City Mission

1151 South Redwood Rd Ste 106

Phone: 801-355-6310

Hours: M – F 11 am – 1 pm

Volunteers of America Youth Resource Center

888 South 400 West

Hours:

Breakfast: 8:30 am – 9:30 am

Lunch: 1 – 2 pm

Dinner: 6 pm – 7 pm

Phone: 801-364-0744

Eligibility: Serves homeless or at risk youth ages 15 to 22.

MEDICAL ASSISTANCE

Fourth Street Clinic

409 South 400 West

Phone: 801-364-0058

Hours: M, W, Th 8 am – 6 pm; Tu 9 am – 6 pm; F 8 am – 5 pm

For a referral to additional medical clinics, see Salt Lake Health Resource List or call 2-1-1

DENTAL ASSISTANCE

Salt Lake Donated Dental Services Clinic

1383 South 900 West

Phone: 801-972-2747

Hours: M – W 9 am – 5 pm; Th 9 am – 12:30 pm; F 9 am – 4 pm

For a referral to additional dental clinics, see Salt Lake Dental Resource List or call 2-1-1

WELFARE/FINANCIAL ASSISTANCE

Utah Department of Workforce Services

Administers SNAP and EBT, TANF, CHIP, and Medicaid. Also provides financial assistance for rent, child care, burial expenses, and more.

Central Eligibility: 866-435-7414 x3



EMPLOYMENT ASSISTANCE

Metro Employment Center (Dept. Workforce Services)
720 South 200 East
Phone: 801-526-0950

Taylorsville Employment Center (Dept. Workforce Services)
5735 S Redwood Rd
Phone: 801-526-0950

CRISIS NURSERY/DAY CARE

Family Support Center

Taylorsville: 1760 W 4805 S
Phone: 801-955-9110

Sugar House: 2020 Lake St.
Phone: 801-487-7778

Midvale: 777 West Center St.
Phone: 801-255-6881

West Valley: 3663 South 3600 West
Phone: 801-967-4259

CLOTHING

Catholic Community Services – Basic Needs Salt Lake

437 West 200 South
Phone: 801-363-7710
Hours: Su – Sa 7 am – 7 pm

Rescue Mission Women's Center

1165 S State St
Phone: 801-521-5925
Hours: By appointment only.
Eligibility: Women and children.

Crossroads Urban Center

347 South 400 East
Phone: 801-364-7765
Hours: M – F 9 am – 5 pm

Magna FACT

9113 West Magna Main St Ste 101
Phone: 801-250-4811
Hours: Tu – F 11 am – 4 pm

UofU Population Health Clinic

168 North 1950 West Ste 201
Phone: 801-646-6399
Hours: M – F 9 am – 5 pm

VISION

Fourth Street Clinic

409 S 400 W
Phone: 801-364-0058
Hours: M, W, Th 8 am – 6 pm; Tu 9 am – 6 pm; F 8 am – 5 pm
Description: Provides eye exams and glasses on a sliding scale basis.

Friends for Sight

6715 South 1300 East Ste 250
Phone: 801-524-2020
Hours: M – F 8 am – 4 pm
Description: Provides eye exams and glasses at no cost to those at or below 200% of the FPL.

SUBSTANCE ABUSE TREATMENT

AA Meetings: 801-484-7871
Volunteers of America Adult Detox Center: 801-363-9400
First Step House: 801-359-8862
Odyssey House: 801-322-3222
Valley Behavioral Health: 801-263-7100
House of Hope: 801-487-3276

VETERANS ASSISTANCE

George E Wahlen VA Medical Center
500 Foothill Blvd
Phone: 801-582-1565
Hours: 24/7

OTHER SERVICES

Horizonte Instruction and Training Center

Offers GED and high school diploma programs, as well as ESL courses.
1234 S Main St
Phone: 801-578-8574
Hours: 8 am – 5 pm

Transitional Storage Program

Offers temporary storage of belongings in a 90-gallon bin.
502 W 300 S
Phone: 385-528-1130
Hours: M – F 7 – 9 am & 5 – 7 pm; Sa 9 – 11 am

Last Updated: July 2024

Please visit 211utah.org for the most current resource lists.

Utah 211 is the place to call if you need help or want to give help. Callers can be linked to resources available from health and human service programs throughout the state.