Advocacy Groups
- Community Action Program 801-359-2444
- Utahns Against Hunger 801-328-2561

Child Abuse
- Child Abuse Hotline 1-855-323-3237
- Crisis Nurseries
  - Sugarhouse 801-487-7778
  - West Valley 801-967-4259
- Prevent Child Abuse Utah 801-393-3366
- Salt Lake County Youth Services 385-468-4500

Child Care/After School Programs
- Boys & Girls Club, Greater Salt Lake 801-322-4411
- DWS-Office of Child Care 1-855-551-2468
- Crisis Nurseries
  - Sugarhouse 801-487-7778
  - West Valley 801-967-4259
- Salt Lake Community Action Program 801-994-7222
- Urban Indian Center of Salt Lake
- Centro de la Familia de Utah 801-521-4473
- Guadalupe School 801-531-6100
- Utah Pride Center 801-539-8800

Clothing/Furniture/Household Items
- Crossroads Urban Center 801-364-7765
- Deseret Industries (DI) (Welfare Square) 801-240-7202
- Rescue Haven Women’s Center 801-521-5925
- Rescue Mission 801-355-1302
- Salvation Army 801-988-4204
- St. Vincent de Paul Center (CCS) 801-363-7710

Domestic Violence
(See also: General Resource List)
- Domestic Violence Information Line 1-800-897-5465
- Legal Aid Society 801-328-8849
- South Valley Services (shelter) 801-255-1095
- Utah State Office for Victims of Crime 1-800-621-7444
- VINE (Victim Information & Notification Everyday) 1-877-884-8463
- YWCA (shelter) 801-537-8600

Ethnic/Minority Groups
- Refugee & Immigrant Center – Asian Association of Utah 801-467-6060
- Centro de la Familia de Utah 801-521-4473
- Guadalupe School 801-531-6100
- Urban Indian Center of Salt Lake 801-486-4877
- International Rescue Committee-Salt Lake 801-328-1091
- NAACP (Salt Lake Chapter) 801-250-5088
- Utah Pride Center 801-539-8800

Financial Counseling
- Fair Credit Foundation 801-483-0999
- American Credit Foundation 801-208-1000
- Community Action Program 801-359-2444
- Utah Legal Services (bankruptcy info) 801-328-8891
- Utah State University Extension Services 385-468-4820

Food Assistance Programs
See Food Resource List

Health Information
See Salt Lake Area Health and Dental Resource Lists

Housing/Utilities
- Assist (home repair) 801-355-7085
- Utah Community Action Program (CAP) 801-359-2444
- Community Development Corporation 801-994-7222
- Salt Lake Habitat for Humanity 801-263-0136
- Salt Lake HEAT (Home Energy Assistance Target) Utilities 801-359-2444
- Housing Authority
  - Salt Lake City 801-487-2161
  - Housing Connect 801-284-4400
  - West Valley City 801-963-3320
- NeighborWorks Salt Lake 801-539-1590
- Utah Department of Workforce Services (DWS) 866-435-7414
- Utah Housing Corporation 801-902-8200

Job Training/Education
- Deseret Industries (DI) (Welfare Square) 801-240-7202
- Utah State Office of Rehabilitation Services – Salt Lake 801-238-4560
- Indian Training & Education Center 801-973-6484
- LDS Employment Services (Welfare Square) 801-240-7240
- People Helping People 801-583-5300
- School Districts (Alternative programs)
  - Granite 385-646-5000
  - Jordan 801-567-8100
  - Murray 801-264-7400
  - Salt Lake 801-578-8599
- Single Mom Foundation (UHEAA) 801-321-7294
- Tooele Applied Technology College (ATC) 435-248-1800
- Utah Department of Workforce Services 866-526-0950

Legal Assistance
- Disability Law Center 800-662-9080
- Landlord/Tenant Mediation Program (CAP) 801-359-2444
- Legal Aid Society (Family Law) 801-328-8849
- Utah Dispute Resolution (Mediation) 801-532-4841
- Utah Legal Services 801-328-8891
- Utah State Bar
  - Lawyer Referral www.utahbar.org
  - Tuesday Night Bar 801-297-7037

Parenting Classes/Counseling
- Children’s Service Society of Utah 801-355-7444
- Family Counseling Center 801-261-3500
- Family Support Center 801-955-9110
- Jordan Family Education Center 801-565-7442
- Salt Lake County Youth Services 801-468-4500
- Utah Parent Center (children with disabilities) 801-272-1051
Pregnancy Testing
(Tests are confidential)
Intermountain Medical Center Nurse Midwives 801-507-7070
Planned Parenthood Association of Utah (low cost)
   Salt Lake City 801-322-5571
   West Valley City 801-973-9675
Pregnancy Resource Center (No Cost) 801-363-5433
Salt Lake Regional Hospital (No Cost) 801-350-4111

Rape/Sexual Assault
(See also: General Resource List)
Rape Recovery Center (24/7 crisis line) 801-467-7273
Utah Coalition Against Sexual Assault (Rape/Sexual assault Crisis Line) 888-421-1100
Utah Coalition Against Sexual Assault (UCASA) 801-746-0404

Recreation/Youth Guidance
Big Brothers Big Sisters 801-313-0303
Boys & Girls Clubs of Greater Salt Lake 801-322-4411
Girl Scouts of Utah 801-265-8472
Salt Lake County Youth Services 385-468-4500
Salt Lake County Parks & Recreation 385-468-1800
Sorenson Multicultural and Unity Fitness Center 801-974-2420
Utah Youth Village 801-272-9980
YouthCity Family Program 801-535-6053
YWCA 801-537-8604

Runaways and Related Situations
Homeless Youth Resource Center, VOA 801-364-0744
National Runaway Switchboard 1-800-RUN-AWAY (1-800-786-2929)
Salt Lake County Youth Services Center 385-468-4500

Shelter/Emergency
Family Promise –Salt Lake 801-961-8622
The Road Home 801-359-4142
Rescue Haven (Rescue Mission Women’s Center) 801-521-5925
South Valley Services (Domestic Violence) 801-255-1095
YWCA (Domestic Violence) 801-537-8600

Support Groups
Call for details on various groups 2-1-1

Welfare and Financial Services
Office of Recovery Services (ORS) (child support) 801-536-8500
Social Security Administration (SSA)
   National 800-772-1213
   Salt Lake Office 866-851-5275
Unemployment Insurance Center 888-848-0688
Utah Department of Workforce Services (UPPHI) 866-435-7414
   Customer Relations (DWS Constituent Services) 800-331-4341
Worker’s Compensation Fund (WCF) 1-800-446-2667

Last Update: MARCH 2022
Please visit 211ut.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.