



### Emergencias (las 24 horas)

Amenaza para la vida	9-1-1
Bear River Mental Health (suicide prevention)	435-752-0750
After-hours Crisis Line	435-757-3240
Crisis/Suicide Prevention Line (Huntsman Mental Health)	801-587-3000
National Suicide Prevention Lifeline	9-8-8 or 800-273-TALK (8255)
Utah Poison Control	800-222-1222
Utah Human Trafficking Tip Line (Utah Attorney General Strike Force)	888-373-7888

### Abuso/negligencia de adultos y niños

Adult Protective Services (APS) (Reporting)	800-371-7897
Logan	435-787-3400
Cache County Children's Justice Center	435-755-1801
Division of Child and Family Services (Logan)	435-787-3400
Child Abuse/Neglect Hotline (Reporting)	855-323-3238
The Family Place	435-752-8880
Guardian Ad Litem/Court Appointed Special Advocate (CASA)	435-713-6220

### Servicios para niños/jóvenes/familias

Bear River Head Start (0 - 5 years old)	435-755-0081
Boys and Girls Club - Logan	435-557-6790
Boy Scouts of America Crossroads of the West Council	801-479-5460
Cache Valley Youth Center (Detention Center)	435-713-6260
Care About Childcare (USU)	435-797-1552
Centro de la Familia - Providence	435-754-3730
Cache County Children's Justice Center	435-755-1800
The Family Place - Norma Miller (Hyrum)	435-752-8880
Girl Scouts of Utah-Northern Utah	801-265-8472
Help Me Grow (prenatal and developmental info)	801-691-5322
Juvenile Justice Services (Salt Lake)	801-538-4330
Literacy Clinic (K-6)	435-797-8629
Logan Family Center	435-755-5171
National Runaway Safeline	800-786-2929
School Districts:	
Cache	435-752-3925
Logan City	435-755-2300
Up to 3 Early Intervention	435-797-3727
Whittier Community Center	435-753-9008

### Violencia doméstica /violación/agresión sexual

24-Hour Rape/Sexual Assault Crisis Line (Utah Coalition Against Sexual Assault)	801-746-0404
Cache County Victim Services (District Attorney)	435-755-1860
Citizens Against Physical and Sexual Abuse (CAPSA) (shelter)	435-753-2500
Domestic Violence Information Line	800-897-LINK (5465)
The Family Institute of Northern Utah (Counseling)	435-752-1976
Intermountain Specialized Abuse Treatment Center (ISAT)	800-303-9805
Utah Legal Services	800-662-4245
Utah State Office for Victims of Crime	800-621-7444
VINE (Victim Information & Notification Everyday)	866-277-7477

### Empleo/capacitación laboral/educación

Bridgerland Technical College - Logan	435-753-6780
Logan West Campus	435-753-4708
Deseret Industries (DI) (Logan)	435-752-4511
Job Corps (youth)	800-733-5627
LDS Employment Resource Services (Logan)	435-752-7911
Utah Department of Workforce Services (DWS) (Logan)	435-526-0950
Utah Labor Commission	801-530-5090
Anti-discrimination and labor issues	801-530-6801
Utah State Division of Rehabilitation Services (Logan)	866-435-7414

### Apoyo étnico/cultural

Alliance Community Services - Ogden	801-265-1111
NAACP - Ogden	385-288-0940
Refugee and Immigrant Center - Asian Association of Utah	801-467-6060
Utah Division of Indian Affairs	801-715-6702

### Asesoría financiera

American Credit Foundation	800-259-0601
Neighborhood Housing Solutions (homeowner/credit counseling)	435-753-1112
Utah Legal Services (Consumer Services)	801-394-9431
Utah State University Extension Services - Cache	435-752-6263
Utah State University Family Life Center	
Housing and Financial Counseling Services	435-797-7224

### Programas de asistencia

Bear River Area Association on Aging (BRAG)	435-752-7242
Cache Community Food Pantry	435-753-7140
Cache County Senior Citizens Center (Logan)	435-755-1720
Home Delivered and Congregate Meals -Senior Citizens	435-755-1722
Mobile Food Pantry, Utah Food Bank	2-1-1
Utah Department of Workforce Services (DWS) (SNAP)	866-435-7414
WIC (Women, Infants & Children), Bear River Health Department	435-792-6500

### Servicios gubernamentales y de emergencia

Cache County Sheriff Area Dispatch (Non-emergency police & fire)	435-753-7555
Cache County	cachecounty.org
Clerk	435-755-1500
Fire	435-755-1670
Sheriff	435-755-1000
Treasurer	435-755-1500
Zoning	435-755-1640
Division of Motor Vehicles (DMV) (Vehicle Registration)	435-755-1610
Toll-free	800-DMV-UTAH (368-8824)
Hyde Park City	435-563-6507
Hyrum City	435-245-6033
Lewiston City	435-258-2141
Logan City	435-716-9000
Animal Control	435-753-7555
Business License Division	435-716-9230
Environmental Health	435-716-9755
Fire	435-716-9500
Mayor	435-716-9002
Parks & Recreation	435-716-9250
Planning and Zoning & Building Inspections Divisions	435-716-9021
Police (Administration)	435-716-9300
Mendon City	435-753-3449
Millville City	435-750-0924
Newton Town	435-563-9283
Nibley City	435-752-0431
North Logan City	435-752-1310
Paradise City	435-245-6737
Providence	435-752-9441
Richmond City	435-258-2092
River Heights	435-752-2646
Smithfield City	435-563-6226
United States Postal Service (USPS)	800-ASK-USPS (275-8777)
Utah Dept of Public Safety - Driver License Division	801-965-4437

### Atención médica/hospitales/clínicas

Bear Lake Community Health Center	
North Logan	435-755-6061
Bear River Health Department	435-792-6500
24-Hour Public Health Emergency Line	877-716-8771
Cache Valley Hospital	435-713-9700
Logan Regional Hospital (IHC)	435-716-1000
Medicaid & CHIP	
Children's Health Insurance Program (CHIP)	877-KIDS-NOW
Medicaid Information Line	800-662-9651
Utah Department of Workforce Services (DWS) (Applications)	866-435-7414
Planned Parenthood	435-753-0724
Utah Insurance Department	800-439-3805

### Servicios para personas sin hogar

Homeless Veterans Fellowship (Ogden)	801-392-7662
Lantern House/St. Anne's Center (Ogden)	801-621-5036
Youth Futures - Ogden (12-18 year old)	801-528-1214

### Artículos para el hogar/muebles/ropa

Cache Valley Habitat ReStore (Habitat for Humanity)	435-752-2786
Deseret Industries (DI) (Logan)	435-752-4511
Somebody's Attic	435-752-8502

### Vivienda/servicios públicos

Bear River Association of Governments (BRAG)	435-752-7242
Bear River Regional Housing Authority	435-752-7242
Blue Stakes of Utah	8-1-1 or 800-662-4111
Cache HEAT Program (Home Energy Assistance Target) (Utilities)	435-713-1444
<b>Enbridge Gas</b>	800-323-5517
Gas Leaks	800-767-1689
<b>Fuller Center for Housing of Cache Valley</b>	435-752-2786
Hyrum City Power & Light	435-245-6033
Lifeline Program (former Utah Telephone Assistance Program)	800-234-9473
Logan City Utilities	435-716-9208
Rocky Mountain Power	888-221-7070
Outages/Emergencies	877-508-5088
Utah Department of Workforce Services (DWS)	866-435-7414

### Consulta/información legal

Disability Law Center	800-662-9080
Division of Consumer Protection	800-721-SAFE (7233)
Utah Legal Services	800-662-4245
Pro Se Legal Clinic (Held at Cache County District court)	435-750-1300
Utah State Courts' Self Help Center	888-683-0009
Free legal clinic listings	utcourts.gov/howto/legalclinics

### Bibliotecas

Hyrum City	435-245-6411
Lewiston City	435-258-5515
Logan City	435-716-9123
Mendon City	435-753-3449
Newton City	435-563-9283
North Logan	435-755-7169
Cache County Library	435-755-1770
Richmond City	435-258-5525
Smithfield	435-563-3555
Utah State Library Program for the Blind and Disabled	800-662-5540

### Salud mental/orientación

Bear River Mental Health	435-752-0750
Bear River Clubhouse	435-753-9046
Child and Family Support Center of Cache (Parenting)	435-752-8880
Family Institute of Northern Utah (Logan)	435-752-1976
Family Services - Logan	435-752-5302
Huntsman Mental Health Institute	801-583-2500
USU Marriage & Family Therapy Clinic	435-797-7430
USU Psychology Community Clinic (Logan)	435-797-3401

### Otros servicios

Better Business Bureau	800-456-3907
Box Elder Chamber of Commerce	435-723-3931
Bridgerland Literacy Program	435-797-1210
English Language Center of Cache Valley	435-750-6534
USU Small Business Development Center	435-797-2277

### Personas con discapacidad

Cache Employment and Training Center	435-752-7952
Center for Persons with Disabilities (CPD)	435-797-2444
Common Ground Outdoor Adventures	435-713-0288
CVTD Call-A-Ride (Cache Valley Transit District Call-A-Ride Paratransit Service)	435-792-3122
Stride Services	435-797-8528
Division of Services for People with Disabilities (DSPD)	844-275-3773
Options for Independence - Logan	435-753-5353
Relay Utah	7-1-1 or 888-735-5906
RISE Services - Logan	435-752-2405
Utah Assistive Technology Program - Logan	435-797-2025
Utah Parent Center and Autism Information Resources	800-468-1160
Utah State Division of Rehabilitation Services - Logan	435-792-0599
<b>Help Me Grow Utah</b>	<b>801-691-5322</b>
Utah State Library for the Blind and Disabled	800-662-5540
Options for Independence - Logan	435-753-5353

### Embarazo

<i>See also: Health Care/Hospitals/Clinics</i>	
Baby Your Baby Hotline	800-826-9662
Center for Pregnancy Choices	435-752-1222
Children's Service Society of Utah	800-839-7444
MotherToBaby (former Pregnancy Riskline)	866 625-6847
Planned Parenthood (Logan)	800-230-7526

### Personas mayores

AARP	866-448-3616
Bear River Area Agency on Aging	435-752-7242
Cache County Senior Citizen Center (Logan)	435-755-1720
Hyrum Senior Center	435-245-3570

### Información sobre enfermedades de transmisión sexual/SIDA

<i>See also: Health Care/Hospitals/Clinics</i>	
Bear River Health Department (STD/HIV/AIDS Education)	435-792-6500
Northern Utah Coalition HIV/AIDS	801-393-4153
Planned Parenthood Association of Utah -Logan	435-752-0724
UAF Legacy Health	801-823-1988
Health Information Hotline	800-865-5004

### Abuso de sustancias/adicción

<i>See also: Mental Health / Counseling</i>	
Bear River Health Department Division of Substance Abuse	435-792-6420
24-Hour Public Health Emergency Line	435-881-0358
Family Institute of Northern Utah	435-752-1976
Intermountain Specialized Abuse Treatment Center (Detox) (SLC)	801-886-8900
Ogden Regional Medical Center's ACT Program (Detox)	801-479-2250
Tobacco Quit Line	800-784-8669

### Grupos de apoyo

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

### Transporte

Bear River Association of Governments (Medical Voucher Program)	435-752-7242
Cache County Senior Citizens Center	435-755-1720
CVTD (Cache Valley Transit District)	435-752-2877
Paratransit Service	435-753-2255
George E Wahlen Dept of Veterans Affairs Medical Center (Veteranos)	
Veteran's Van to SLC VA Hospital	800-698-2411
Options for Independence - Logan (persons with disabilities)	435-753-5353
Road Conditions	5-1-1
USU Aggie Shuttle (aggiebus.com)	435-797-3414

### Servicios financieros y de bienestar

Utah Department of Workforce Services (DWS)	866-435-7414
Social Security Administration (SSA) (Ogden)	877-378-9081
National	800-772-1213
Unemployment Insurance Center (Desempleo)	888-848-0688
Utah State Office of Recovery Services - Salt Lake (ORS)	801-536-8500
VITA (Volunteer Income Tax Assistance, Jan-Apr 15)	2-1-1

Última actualización: Enero de 2025

Visite [211utah.org](http://211utah.org) para obtener las listas de recursos más recientes.

**Utah 211 es el lugar al que puede llamar si necesita ayuda o quiere ayudar. Las personas que llaman pueden ser vinculadas a recursos disponibles de programas de salud y servicios humanos en todo el estado.**