

### Emergencies (24 Hours)

Life Threatening	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

### Adult & Child Abuse/Neglect

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

### Child/Youth/Family Services

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

### Domestic Violence/Rape/Sexual Assault

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

### Employment/Job Training/Education

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

### Ethnic/Cultural Support

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		

### Financial Counseling

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

### Food Assistance Programs

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

### Government & Emergency Services

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

### Health Care/Hospitals/Clinics

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

### Homeless Services

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

### Household Items/Furniture/Clothing

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

### Housing/Utilities

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  
**Enbridge Gas** 800-323-5517  
 Gas Leaks 800-767-1689  
**Fuller Center for Housing of Cache Valley** 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

### Legal Information/Consultation

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](http://utcourts.gov/howto/legalclinics)

### Libraries

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

### Mental Health / Counseling

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

### Other Services

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

### People with Disabilities

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 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  
**Help Me Grow Utah** 801-691-5322  
 Utah State Library for the Blind and Disabled 800-662-5540  
 Options for Independence - Logan 435-753-5353

### Pregnancy

*See also: Health Care/Hospitals/Clinics*  
 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

### Senior Citizens

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

### Sexually Transmitted Diseases/AIDS Info

*See also: Health Care/Hospitals/Clinics*  
 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 435-753-0724  
**UAF Legacy Health** 801-823-1988  
 Health Information Hotline 800-865-5004

### Substance Abuse/Addiction

*See also: Mental Health / Counseling*  
 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

### Support Groups

Call for details on various groups 2-1-1

### Transportation

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 (Veterans) 800-698-2411  
 Veteran's Van to SLC VA Hospital 435-753-5353  
 Options for Independence - Logan (persons with disabilities) 435-753-5353  
 Road Conditions 5-1-1  
 USU Aggie Shuttle ([aggiebus.com](http://aggiebus.com)) 435-797-3414

### Welfare and Financial Services

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

Last Update: January 2025

Please visit [211utah.org](http://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.**