

[United Way 2-1-1](#) is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.



## FOOD ASSISTANCE

**Food Bank** executes state and federal programs at a regional level including a food bank, homelessness program, etc.

- Carbon County; 435-637-9232
- Emery County; 435-381-5410
- Grand County; 435-259-6456

**Bluff Community Center Food Pantry** monthly food pantry for those in need; 801-718-8007

## HOUSING ASSISTANCE

**Housing Authority** promotes and provides safe and affordable housing, free from discrimination, with self-sufficiency opportunities for persons of low to medium income;

- Carbon County; 435-637-5170
- Emery County; 435-381-3580
- Grand County; 435-259-5891
- San Juan County; 435-259-5891

**Habitat for Humanity - Castle Country Fuller Center** partners with local low-income families to help them build or renovate and then buy their own homes within Carbon and Emery counties; 435-637-9701

**USDA Rural Development** offers more than 40 programs to provide grants, loans, and loan guarantees to support economic development and essential community services for rural areas; 801-524-4320

## HEALTH ASSISTANCE

### **Carbon Medical Services Association**

provides accessible quality medical, dental, behavioral health, free COVID-19 testing, and pharmacy services to those facing financial, geographic and/or cultural barriers to health care for all citizens of the community and surrounding areas; 435-888-4411

**Southeast Utah District Health Department** provides services that promote the achievement and maintenance of optimal health for all people living in Southeastern Utah. Castle Dale; 435-381-2252; Price: 435-637-3671; Moab: 435-259-5602

## UTILITY ASSISTANCE

**Southeastern Utah Association of Local Governments** provides year-round energy assistance and energy related crisis assistance for eligible low-income households throughout Utah; 435-637-5444

**Five County Association of Governments- H.E.A.T Program** provides year-round energy assistance and energy related crisis assistance for eligible low-income households; 435-673-3548

**Community Action Partnership - St George**, provides water payment assistance to those who qualify; 435-674-5757

## RENTAL ASSISTANCE

**Community Action Partnership - St George** offers rent payment assistance to individuals and families who qualify; 435-674-5757

**Switchpoint**, provides a one-time rent payment assistance if funding is available. Individuals may be required to engage in other programs offered; 435-628-9310

## EMPLOYMENT

**Department of Workforce Services** provides employment and support services to help customers improve their economic opportunities, including services for veterans; 801-526-9675

## LEGAL ASSISTANCE

**Utah Legal Services** provides statewide representation to low-income individuals in domestic, civil and public issues; 801-328-8891

**Utah State Bar** provides no-cost, over-the-phone legal counseling. The program connects the client with a lawyer for up to 30 minutes to discuss a legal issue; 801-531-9077



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## GENERAL COUNSELING

### **Four Corners Community Behavioral Health**

promotes the emotional wellbeing and growth of individuals who experience life-disrupting problems due to mental illness or chemical use; Carbon County: 435- 637- 2358; Emery County: 435-381-2432; Grand County: 435-259-6131

## PARENTING AND FAMILY

**Help Me Grow** provides an information and referral line to connect families to resources. They also provide developmental screenings; 2-1-1 or 801-691-5322.

**Prevent Child Abuse Utah** educates children to recognize abuse, engage children to learn safety strategies and empower children to report abuse; (801) 393-3366

## SENIOR CARE

**Southeastern Utah Area Agency on Aging** provides information and services on a range of assistance for older adults and those who care for them; 435-613-0027

## CRISIS/SAFETY

**Colleen Quigley Women's Center** provides a safe, healthy environment for victims of domestic violence and their children; 435-637-6589

**Division of Child and Family Services** works to keep children safe and strengthens families through prevention, child protective services, in-home services, and out-of-home care; 435-636-2360 or Southwest regional office: 435-865-5600



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