

[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

**Carbon, Emery, and Grand County Food Banks** execute state and federal programs at a regional level, including a food bank, homelessness program, and more:

- 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; Moab: 435-259-5602; Price: 435-637-3671

## 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

**Southeastern Utah Association of Local Governments - H.E.A.T Program**, provides year-round energy assistance and energy related crisis assistance for eligible low-income households; 435-613-0100

## RENTAL ASSISTANCE

**Carbon County Food Bank**, eligible families must have a dependent child in the home. If you are receiving food stamps, Medicaid or are enrolled in the TANF program you may be eligible for this assistance; 435-637-5444

## EMPLOYMENT

**Department of Workforce Services**, provides employment and support services to help customers improve their economic opportunities, including services for veterans; 866-435-7414

## LEGAL ASSISTANCE

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



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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

## 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 (24/7)

**Division of Child and Family Services (DCFS)** Works to keep children safe and strengthens families through prevention, child protective services, in-home services, and out-of-home care; 1-855-323-DCFS (3237)



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