

Emergencies (24 Hours)

Life Threatening	9-1-1
Bear River Mental Health Crisis Line	800-620-9949
National Suicide Prevention Lifeline	800-273-TALK (8255)
Poison Control	800-222-1222
Huntsman Mental Health Institute Crisis Line	9-8-8 or 801-587-3000

Adult & Child Abuse/Neglect

Adult Protective Services (APS) (Reporting) Logan	800-371-7897 435-787-3425
Cache County Children's Justice Center	435-755-1800
Division of Child and Family Services (Logan) 24-Hour Reporting Line	435-787-3400 855-323-3237
The Family Place (parenting)	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, Trapper Trails Council	801-479-5460
Care About Childcare – (USU)	435-797-1552
Cache County Children Justice Center	435-755-1800
Children's Service Society of Utah (Grand families)	801-355-7444
The Family Place- Norma Miller (& Crisis Nursery)	435-752-8880
Girl Scouts of Utah - Northern Utah Service Center	801-265-8472
Help Me Grow (prenatal and developmental info)	801-691-5322
National Runaway Switchboard	800-786-2929
Rich County School District	435-514-1288
Up to 3 Early Intervention	435-797-3727
Utah State University Extensions Service - 4-H Rich County	435-793-2435

Domestic Violence/Rape/Sexual Assault

24-Hour Rape/Sexual Assault Crisis Line	888-421-1100
Citizens Against Physical and Sexual Abuse (CAPSA) (shelter)	435-753-2500
Domestic Violence Information Line	800-897-LINK (5465)
Utah Legal Services	801-328-8891
Utah State Office for Victims of Crime	801-238-2360
VINE (Victim Information & Notification Everyday)	866-277-7477
Utah Coalition Against Sexual Assault (UCASA)	801-746-0404

Employment/Job Training/Education

Bridgerland Applied Technology College (BATC) (Rich Co.)	435-793-4500
Deseret Industries (DI) (Logan)	435-752-4511
Division of Rehabilitation Services (people with disabilities)	801-526-0950
Job Corps (youth age 16 - 24)	801-479-9806
Utah Labor Commission	801-530-6800
LDS Employment Resource Services	435-734-9461
Utah Department of Workforce Services (DWS) (Logan)	801-526-0950

Ethnic/Cultural Support

Alliance Community Services	801-265-1111
Asian Association & Refugee Center of Utah	801-467-6060
NAACP	801-250-5088
Utah Division of Indian Affairs	801-715-6702

Financial Counseling

American Credit Foundation	800-259-0601
Community Development Corporation of Utah	801-994-7222
Neighborhood Housing Solutions (homeowner/credit counseling)	435-753-1112
Upsolve (bankruptcy info)	upsolve.org/ut
Utah State University Extension Service - Rich County	435-793-2435
Utah Legal Services (Bankruptcy Hotline)	800-662-4245

Food Assistance Programs

Bear River Area Association on Aging (seniors grocery shopping)	435-752-7242
Department of Workforce Services (DWS) (SNAP) (Logan)	801-526-0950
Rich County Senior Center Food Pantry	435-793-2122
WIC (Women, Infants & Children), Bear River Health Department	435-792-6500

Government Services

Division of Motor Vehicles (DMV) Randolph	800-DMV-UTAH (368-8824) 435-793-5215
Driver License Division	801-965-4437
Garden City Government	435-946-2901
Garden City Library	435-946-2950
Rich County Government	435-793-2415
Randolph City	435-793-3185
United States Postal Service (USPS)	800-ASK-USPS (275-8777)

Health Care/Hospitals/Clinics

Bear Lake Community Health Center (Garden City)	435-946-3660
Bear River Health Department	435-792-6500
Cache Valley Hospital	435-713-9700
Department of Workforce Services (DWS Main - Applications) Children's Health Insurance Program (CHIP)	801-526-0950 877-543-7669
Medicaid Information Line	800-662-9651
Utah Premium Partnership for Health Insurance (UPP)	888-222-2542
Environmental Health Building (Logan)	435-792-6570
Logan Regional Hospital (IHC)	435-716-1000
Planned Parenthood (Logan)	435-753-0724
Utah Insurance Department	800-439-3805
Veterans Community Based Outpatient Clinic (Ogden)	801-479-4105

Homeless Services

Homeless Veterans Fellowship (Ogden)	801-392-7662
Lantern House/St. Anne's (Ogden)	801-621-5036
Youth Futures (Ogden) (11-19 year old)	801-528-1214

Household Items/Furniture / Clothing

Fuller Center for Housing	435-752-2786
Deseret Industries (DI) (Logan)	435-752-4511
Somebody's Attic (Logan)	435-535-8424

Housing/Utilities

Bear River Regional Housing Authority	435-752-7242
Blue Stakes	811 or 800-662-4111
Lifeline Program (former Utah Telephone Assistance Program)	800-234-9473
Dominion Energy	800-323-5517
Gas Leaks	800-767-1689
Fuller Center for Housing (low-income home builds)	435-752-2786
HEAT (Home Energy Assistance Target) (Utilities)	877-772-7242
Weatherization Services	435-752-7242
Rocky Mountain Power	888-221-7070
Outages/Emergencies	877-508-5088
Utah Department of Workforce Services (DWS)	801-526-0950

Legal Information/Consultation

Division of Consumer Protection	800-721-SAFE (7233)
Disability Law Center	800-662-9080
Utah Legal Services	800-662-4245
Utah State Courts' Self Help Center	888-683-0009
Free legal clinic listings	utcourts.gov/en/self-help.html
Utah State Law Library (SLC)	801-238-7990

Mental Health/Counseling

Bear River Mental Health	435-752-0750
Bear Lake Community Health Center (Garden City)	435-946-3660
LDS Family Services - Logan	435-752-5302
NAMI (National Alliance on Mental Illness)	801-323-9900
USU Psychology Community Clinic (Logan)	435-797-3401

People with Disabilities

711 Relay (hearing impaired)	7-1-1
Cache Employment and Training Center	435-752-7952
Common Ground Outdoor Adventures	435-713-0288
Division of Rehabilitation Services	801-526-0950
Division of Services for People with Disabilities (DSPD)	844-275-3773
Options for Independence	435-753-5353
RISE Services (Logan)	435-752-2405
Utah Assistive Technology Program	435-797-2025
Utah Parent Center (Parents of children with disabilities)	800-468-1160
Utah State Library for the Blind and Disabled	800-662-5540

Pregnancy

See also: Health Care/Hospitals/Clinics

Baby Your Baby Hotline	800-826-9662
Center for Pregnancy Choices (Logan)	435-752-1222
Help Me Grow	801-691-5322
Mother to Baby (former Pregnancy Riskline)	866-626-6847
Planned Parenthood (Logan)	800-230-7526

Senior Citizens

AARP	866-448-3616
Bear River Area Agency on Aging	435-713-1467
Options for Independence	435-753-5353
Rich County Senior Center (Randolph)	435-793-2122

Sexually Transmitted Diseases/AIDS Info

See also: Health Care/Hospitals/Clinics

Planned Parenthood Association of Utah	800-230-7526
STD/HIV/AIDS Education, Bear River Health Department	435-792-6500
UAF Legacy Health	801-823-1988

Substance Abuse/Addiction

See also: Mental Health/Counseling

Al Anon Information Center (family member support groups)	866-262-9587
Alcoholics Anonymous (AA) of Cache Valley	435-890-5977
Alcohol and Chemical Treatment Center (ACT) (Detox) (Ogden)	801-479-2250
Bear River Health Department- Substance Abuse Crisis Line	435-730-2793
Intermountain Specialized Abuse Treatment Center (Detox) (SLC)	801-886-8900
Narcotics Anonymous	nautah.org
Tobacco Way to Quit Line	800-784-8669
Veterans Outpatient Clinic (Ogden)	801-479-4105

Transportation

Bear River Association of Governments (Medical Vouchers)	435-752-7242
Logisticare (Medical transport for Medicaid patients)	855-563-4403
Veteran's Van to SLC VA Hospital	801-582-1565
Road Conditions	511

Welfare and Financial Services

Office of Recovery Services (ORS)	801-536-8500
Social Security Administration (SSA) (Ogden)	877-378-9081
National	800-772-1213
Unemployment Insurance Center	888-848-0688
Utah Department of Workforce Services (DWS) Eligibility	866-435-7414
VITA (Volunteer Income Tax Assistance)	211

Other Services

Better Business Bureau (BBB)	800-456-3907
English Language Center of Cache Valley	435-750-6534
USU Extension- Randolph (Nutrition and Life Skills Education)	435-793-2435
Logan Small Business Development Center	435-797-2277

Last Update: January 2025

Please visit 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.