



Emergency (24 Hours)

Life Threatening	911
Crisis/Suicide Prevention (HMHI)	800-273-8255
National Suicide Prevention Lifeline	988
Poison Control	800-222-1222
Utah Human Trafficking Tip Line	888-373-7888

Adult & Child Abuse/Neglect

Adult Protective Services (APS Reporting)	800-371-7897
Child Abuse/Neglect Hotline (Reporting)	855-323-3237
Children's Justice Center (Salt Lake)	385-468-4560
Family Support Center (Crisis Nursery)	
Midvale	801-255-6881
Sugarhouse	801-487-7778
West Valley	801-967-4259
Taylorsville	801-955-9110
Guardian Ad Litem/Court Appointed Special Advocate (CASA)	801-578-3962

Domestic Violence

Domestic Violence Information Line	800-897-5465
South Valley Services	801-255-1095
- Hotline, Support Groups, Shelter	
YWCA Utah	801-537-8600
- Hotline, Support Groups, Shelter	
Legal Aid Society of Salt Lake	801-238-7170
VINE (Offender Custody Status Updates)	866-277-7477

Employment/Job Training

Department of Workforce Services (DWS)	801-526-0950
Deseret Industries (DI) (Welfare Square)	801-240-7202
Job Corps	800-733-5627
LDS Employment Services	801-240-7240
People Helping People	801-583-5300
Circles	801-364-0200
Mosaic Inter-Faith Ministries	801-588-0139
Utah State Division of Rehabilitation Services (Disabilities)	866-454-8397
Indian Training and Education Center (Native Americans)	801-973-6484
Veterans' Employment and Training (Veterans)	801-524-5703
Labor Commission (Discrimination Assistance, Workers Comp)	801-530-6800

Financial Counseling

American Credit Foundation	800-259-0601
Community Development Corporation of Utah	801-994-7222
Upsolve (bankruptcy info)	upsolve.org
Utah Legal Services (bankruptcy info)	801-328-8891
Utah State University Extension Services - Salt Lake County	385-468-4820
Utah Saves	801-539-1590
Tax Help Utah	800-568-9397

Food Assistance Programs

(For a more comprehensive list including food pantries and soup kitchens, see the Food Resource List or dial 2-1-1)

Department of Workforce Services (DWS) (SNAP)	801-526-0950
Meals on Wheels/Senior Meals	385-468-3200
Senior Food Box/Commodity Supplemental Food Program	801-978-2452
Crossroads Urban Center	801-364-7765
The Salvation Army	801-988-4204
Catholic Community Services – Basic Needs	801-363-7710
Rescue Mission	801-355-1302

Health Care/Hospitals/Clinics/Dental

(For a more comprehensive list see the Salt Lake / Summit Resource List, Dental Resource List, or dial 2-1-1)

Ellis R Shipp Community Health Center	801-676-4405
Fouth Street Clinic	801-364-0058
Maliheh Free Clinic	801-266-3700
Midtown Community Health Center	801-486-0911

Homeless Services

(For a more comprehensive list see the Homeless Resource List or dial 2-1-1)

Drop In Centers

Catholic Community Services of Utah	801-363-7710
Salt Lake City Mission	801-355-6310

Shelters

Family Promise (Families)	801-961-8622
Gail Miller Resource Center	801-328-1894
Geraldine E King Resource Center (Women)	801-990-9999
Rescue Mission	801-355-6310

Household Items/Furniture/Clothing

Catholic Community Services	801-363-7710
Deseret Industries (DI) (Welfare Square)	801-240-3001
Rescue Mission Women's Center (women's & children's clothing)	801-521-5925
Assistance League	801-484-3401
Central Compassion Center	801-664-1392
MAGNA Fact	801-250-4811

Utilities Assistance

Salvation Army (Electricity and Water)	801-988-4204
Lifeline Program (former Utah Telephone Assistance Program)	800-234-9473
Salt Lake HEAT Program	801-359-2444
Dept. Of Workforce Services	801-526-0950
Crossroads Urban Center (48 Hour Shut Off Notice Req.)	801-364-7765
Salt Lake City Government	801-483-6000

Housing Assistance

Utah Community Action	801-359-2444
Housing Connect	801-284-4400
West Valley City Housing Authority	801-963-3320
Salt Lake City Housing Authority	801-487-2161
Community Development Corporation of Utah	801-994-7222
Community Housing Services (subsidized rental units)	801-328-1050
Utah Housing Corporation (home loans and down payment loans)	801-902-8200
Salt Lake Habitat for Humanity (Critical Home Repairs)	801-263-0136
Fuller Center for Housing (Critical Home Repairs)	801-441-1992

Legal Information/Consultation

Nonprofit Legal Services of Utah	385-419-4111
Utah Legal Services	801-328-8891
Utah State Bar	801-531-9077
Disability Law Center (Disabilities)	800-662-9080
Legal Aid Society (Family Law)	801-328-8849
Legal Aid Society (Domestic Violence)	801-328-7170

Mental Health/Counseling

4 Healing Center	801-266-4643
Family Counseling Center	801-261-3500
Family Support Center (parents and children)	801-955-9110
Fourth Street Clinic	801-364-0058
Jewish Family Services	801-746-4334
Utah Partners for Health – West Jordan	801-417-0131
Valley Behavioral Health Intake Line	888-949-4864
Volunteers of America Cornerstone Counseling	801-355-2846
Salt Lake County Youth Services (Youth)	385-468-4500
The Utah House (Youth)	801-678-3317

Disabilities Services

Division of Services for People with Disabilities	844-275-3773
Disability Law Center	800-662-9080
Ability Inclusion Services	801-977-9779
Columbus Community Center	801-262-1552
Utah State Library Program for the Blind and Disabled	801-715-6789
Foundations for Independence	801-996-8218
Utah Council of the Blind	801-245-9264
UTA Paratransit ADA Program	801-743-3882
Family to Family Network	801-272-1051
Neighborhood House Adult Day Centers	801-363-4589
Relay Utah	801-715-3470
RISE Services	711 or 801-960-4347
Utah Independent Living Center	801-466-5565

Pregnancy

Planned Parenthood Association of Utah	800-344-4134
Pregnancy Resource Center of Salt Lake City	801-363-5433
Infertility Connections (Fertility Issues Counseling and Support)	385-313-0990
Baby Your Baby Hotline	800-826-9662
Comunidad Materna en Utah (Español)	801-613-0034
The Children's Service Society of Utah (adoption)	801-355-7444
MotherToBaby	801-328-2229

Rape/Sexual Assault

Rape Recovery Center	801-467-7282
Sego Lily Center for the Abused Deaf	help@segolily.org
Utah Coalition Against Sexual Assault (UCASA)	801-736-4356
Español	801-924-0860
Salt Lake Area Family Justice Center	801-236-3370

Crime Victim Support

Utah State Office for Victims of Crime	801-238-2360
Draper City	801-576-6500
Murray City	801-264-2673
Salt Lake City	385-468-7000
Sandy City	801-568-7200
South Salt Lake	801-412-3660
Unified Police Department	385-468-9674
Utah State Dept of Corrections, Victim Services Unit	801-545-5658
West Jordan City	801-569-5000
West Valley City	801-963-3300

Senior Citizens

AARP	866-448-3616
Neighbors Helping Neighbors	801-585-9505
Salt Lake County Aging and Adult Services	385-468-3200
Easterseals-Goodwill Senior Employment Program	385-414-9181
Danville Support Services	801-363-1521
Senior Centers Administration	385-468-3200

Sexually Transmitted Diseases/AIDS Info

Planned Parenthood Association of Utah	800-344-4134
Primary Care Alliance – Ryan White Program	801-585-2031
Salt Lake County Health Dept	385-468-4225
UAF Legacy Health	801-823-1988

Substance Abuse

(For information on inpatient and outpatient substance abuse treatment programs, please call 211.)

AA (Alcoholics Anonymous) of Salt Lake City Central Office	801-484-7871
AI-Anon Family Groups	801-262-9587
Assessment and Referral Services (University of Utah)	801-587-2770
Narcotics Anonymous	801-252-5326
Nicotine Anonymous	469-737-9304
Tobacco Way to Quit Line	800-784-8669

Welfare and Financial Services

Department of Workforce Services (DWS) Eligibility Services	801-526-0950
Social Security Administration	
Salt Lake Office	866-851-5275
South Jordan Office	866-690-1947
Utah State Office of Recovery Services (Child support)	801-536-8500
Unemployment Insurance Center	801-526-4400
VITA (Volunteer Income Tax Assistance, Jan-Apr 15)	211

Last Update: October 2024

Please visit 211utah.org for the most current resource lists.

211 Utah 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.