

[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.



ABUSE, NEGLECT & SEXUAL ASSAULT

Adult Protective Services helps prevent or stop abuse, neglect and exploitation of vulnerable adults; 1-800-371-7897.

Child Abuse and Neglect Reporting Line; 1-855-323-3237

Child and Family Services investigates child abuse and neglect cases and offers family and youth services.

- Nephi (Juab County); 435-623-7207
- Delta (Millard County); 435-864-3869
- Manti (Sanpete County); 435-835-0780
- Richfield (Sevier/Piute/Wayne Counties); 435-896-1250

Domestic Violence Hotline provides 24-hour rape crisis team, crisis intervention and counseling, support groups for rape survivors and significant others; 801-377-5500.

New Horizons Crisis Center provides shelter and advocates for victims of domestic abuse and violence.

- Bicknell; 435-896-3419
- Ephraim; 435-287-7058
- Fillmore; 435-406-4683
- Richfield; 435-896-9294

Court Appointed Special Advocates for Children

provides advocates for abused, neglected, and/or abandoned children within the legal system; 801-429-8501.

Children's Justice Center provides a safe environment for children while being interviewed regarding alleged abuse.

- Sanpete County; 435-283-3120
- Sevier County; 435-893-0488

COUNSELING & MENTAL HEALTH

Central Utah Counseling Center helps individuals who experience life-disrupting problems due to mental illness and substance abuse.

- Delta (West Millard County); 435-864-3073
- Ephraim (Sanpete County); 435-283-4065
- Fillmore (East Millard County); 435-743-5121
- Junction (Piute County); 435-896-8236
- Loa (Wayne County); 435-896-8236
- Nephi (Juab County); 435-623-1456
- Richfield (Sevier County); 435-896-8236

CRISIS INTERVENTION

Domestic Violence Information Line provides a 24-hour information and referral on domestic violence issues; 1-800- 897-5465.

National Suicide Prevention Hotline; 1-800-273-TALK (8255) or 988.

Central Utah Counseling Center provides an after-hours emergency mental health service line for callers in crisis; 1- 877-469-2822.

Rape Crisis Line; 1-800-656-4673

EMPLOYMENT SERVICES

Department of Workforce Services provides employment help, and job training; 866-435-7414 or call 2-1-1 to find a local office.

Utah State Rehabilitation Services provides vocational rehabilitation and employment services for individuals with a disability.

- Delta; 435-864-2509
- Richfield; 435-896-1470

FOOD ASSISTANCE

Central Utah Food Sharing provides emergency food assistance for needy persons without other resources.

- Nephi (Juab County); 435-896-5225
- Delta (Millard County); 435-979-0720
- Fillmore (Millard County); 435-979-0720
- Richfield (Sevier County); 435-896-5225
- Junction (Piute County); 435-896-5225
- Bicknell (Wayne County); 435-691-3923
- Hanksville (Wayne County); 435-491-0646

Eureka Mobile Food Pantry provides grocery items on the 4th Wednesday of the month. For more information, see www.utahfoodbank.org or call 801-978-2452

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 1-877-942- 5437.

Department of Workforce Services provides food stamps/EBT cards; 866-435-7414 x3.



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EDUCATIONAL SERVICES FOR ADULTS

Utah State Board of Education provides programs to adults to further education; 801-538-7500.

Children's Health Insurance Program (CHIP) provides children access to healthcare. Call your local DWS office for eligibility; 866-435-7414 x3.

Circleville Clinic in Piute County provides healthcare to persons of all income levels; 435-577-2958.

Fountain Green Medical Clinic in Sanpete County accepts most insurances and offers discounts for complete payments within 30 days; 435-445-3301.

Nephi Medical Clinic in Juab County accepts most insurances and offers discounts for complete payments within 30 days; 435-623-3200.

Medicaid; 1-800-662-9651 or 801-538-6155.

Medicare; 1-800-MEDICARE(633-4227).

NeedyMeds is an online information resource that provides assistance to people who are unable to afford their medications; 1-800-503-6897 or visit needymeds.org

FamilyWize provides a prescription drug discount card at no cost; 800-222-2818 or visit forms.familywize.org.

Wayne Community Health Center provides general medical care. Bicknell; 435-425-3744. Hanksville; 435-542-3281.

PARENTING AND FAMILY

Early Learning Essentials increase social competence of pre- kindergarten children in low income families.

- Juab County; 435-623-0941
- Sevier County; 800-841-2867 x132.

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.

Central Utah Public Health Department - Parents as Teachers provides home visits focused on parent-child interactions and building protective factors within the family; 435-896-5451 x348.

Family Support Center of Southwestern Utah supports parents and guardians with respite care, parenting skills classes, and more; 435-896-4256 or 435-586-0791.

Utah State (USU) Extension Service provides educational materials and parenting skills classes.

- Juab County; 435-623-3450
- Sanpete County; 435-283-3472
- Sevier County; 435-893-0470

- Piute County; 435-577-2901
- Wayne County; 435-836-1312.

SHELTERING & HOUSING SERVICES

Six County Association of Governments offers a list of low-cost rental listings in the six county area. Depending on funding, they may be able to help with rent payment and rental deposit assistance; 435-893-0721.

Community Housing Services resources for affordable housing throughout the state; 801-328-1050.

New Horizons Crisis Center in Richfield provides shelter and advocates for victims of domestic abuse.

- Richfield; 435-896-9294
- Ephraim; 435-287-7058
- Fillmore; 435-406-4683
- Bicknell; 435-896-3419

Weatherization provides energy conservation programs through Six County Association of Governments; 435-893-0721.

DISABILITY

Ability 1st in Ephraim empowers people with disabilities to live independently through education and provides disability resource information; 435-283-4949.

Learning Disabilities Association of Utah supports individuals with learning disabilities and the people who work with them; 801-553-9156.

SENIOR CITIZEN SERVICES

Six County Area Agency on Aging provides in-home services and advocacy for the elderly; 435-893-0725.

Meals on Wheels through the Six County Association of Governments provides lunchtime meals for qualifying seniors; 435-893-0725.

SUBSTANCE ABUSE AND ADDICTION TREATMENT

Alcoholics Anonymous helps alcoholics and their families overcome alcoholism; 801-484-7871.

MATR Behavioral Health in Mount Pleasant provides outpatient and inpatient substance abuse services; 435-462-2781.

Central Utah Counseling Center offers substance abuse counseling services to individuals in need. For county-specific contact information, please visit their website, where you can find details that may differ from those listed under **Counseling & Mental Health**.



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UTILITY ASSISTANCE

H.E.A.T. provides winter home heating assistance and year-round energy crisis intervention for eligible low-income households. Contact through the Six County Association of Governments. For assistance in:
Wayne County and Piute County; 435-893-0744
Millard County and Juab County; 435-743-4060
Sevier County; 435-893-0745
Sanpete County; 435-835-2831.

LEGAL SERVICES

Utah Legal Services provides statewide representation to low-income individuals in domestic, civil and public issues; toll free 1-800-662-4245; Utah office 801-328-8891.

FINANCIAL ASSISTANCE

Office of Recovery Services helps collect child support and alimony; 801-536-8500.

Money Management International offers a 24-hour hotline for free individualized financial counseling; 866-889-9347.

VITA provides free tax preparation from Jan-April; visit utahtaxhelp.org or call 2-1-1.



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