

[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.



HEALTH SERVICES

5 minute clinic provides services to individuals without health insurance. Services include primary care, blood work, x-rays and basic fracture casting and care; 435-654-1377.

Heber Valley Hospital provides emergency medical care. Those without insurance may qualify for a sliding scale fee; 435-654-2500.

GENERAL DENTISTRY

Wasatch County Health Department provides dental services to low-income Wasatch County families. Services include patient exams, x-rays, prophylaxis (Cleaning and scaling), fluoride treatment, sealants, simple restoration and extractions; 435-657-3307.

RENT/DEPOSIT ASSISTANCE

Community Action Services and Food Bank offers rental assistance. Must have an eviction notice in hand. Also offers rental deposit assistance. Households gross income must be less than 200% of the poverty guideline and have at least one legal resident of the US; 435-654-2182.

Department of Workforce Services – Eligibility Services Division offers rental assistance to families that have a least one child under 18 in the household, a formal eviction notice, and the ability to make future housing payments; 866-435-7414 x3.

UTILITY ASSISTANCE

Mountainlands HEAT Program is available every year from the first of November through April. Emergency services are available during other months of the year on a limited basis; 801-229-3855.

The Salvation Army provides assistance with utility bills for those who have at least one of the following: An elderly adult, an individual with a disability, someone experiencing a medical emergency (Power only), or a child under 2 lives in the household; 801-988-4204.

Department of Workforce Services – Eligibility

Services Division provides short-term assistance. Must have a child under 18 in the home; 866-435-7414 x3.

Mountainland Weatherization Assistance Program helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes; 801-229-3850.

FOOD ASSISTANCE

Heber Valley Center Stage provides a food pantry for those in need; 435-657-9493.

Community Action Services and Food Bank in Heber provides food to families in need; 435-654-2182.

Department of Workforce Services – Eligibility Services Division provides EBT cards/Food Stamps; 866-435-7414 x3.

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 435-657-3266.

COMMUNITY CLINICS/IMMUNIZATIONS

People’s Health Clinic provides medical services to uninsured individuals and families in Summit and Wasatch Counties; 435-333-1850.

Mountainlands Family Health Center provides primary healthcare services, immunizations, and more. Offers sliding scale fee for those that are uninsured. Also accepts Medicaid and Medicare insurance; 801-429-2000.

GENERAL COUNSELING

Summit Community Counseling of Heber serves all ages, offers individual, couples family therapy, as well as psychological testing. Accepts Medicaid; 801-266-2485.

Wasatch Mental Health – Wasatch County Family Clinic provides mental health services for adults and children. Accepts Medicaid and offers a sliding scale for those without insurance; 435-654-3003.



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ADDICTION RECOVERY

Sasquatch Area of Narcotics Anonymous holds regular meetings for recovering addicts; 24 hour help line: 435-215-0033.

Alcoholics Anonymous is a fellowship of community members who assist each other in recovery from alcoholism; 801-484-7871 or visit utahaa.org

CRISIS/SAFETY

Heber City Police Department; 435-654-3040.

Heber City Government; 435-654-0757.

The Refuge (Previously known as the Center for Women and Children in Crisis); 435-657-9930.

UNI Crisis Line; 801-587-3000



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