

[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

Department of Workforce Services offers the SNAP nutrition assistance program to eligible low-income individuals and families; 866-435-7414x3 or jobs.utah.gov

Care and Share provides emergency food assistance for needy persons without other resources.

- Cedar City (Iron County); 435-586-4962
- Hurricane (Washington County); 435-635-0995
- Kanab (Kane County) 435-644-4327
- Escalante (Garfield County); 435-6900-0592
- Panguitch (Garfield County); 435-676-2509

Switchpoint is a community resource center that assists with temporary food assistance to help individuals on the road to independence; 435-767-1201. Daily hot meals are served at Grace Episcopal Church; 435-767-1201.

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 877-842-5437.

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;

- Beaver City (Beaver County); 435-438-2935
- Cedar City (Iron County); 435-586-8462
- St George (Washington County); 435-628-3648

Iron County Care and Share provides programs and services which help homeless and low-income individuals and families work toward self-sufficiency. Programs include food pantries, homeless shelter, laundry and bathing facilities, and other forms of assistance; 435-586-4962.

Switchpoint Community Resource Center in St George provides services for individuals who are homeless including shelter, and housing search assistance; 435-628-9310.

Community Action provides rental assistance and a rapid rehousing program through Five County Association of Governments.

Cedar City; 435-867-8384
St George; 435-674-5757

Community Housing Services provides information about affordable rentals; 801-328-1050.

Weatherization helps households reduce energy costs through the Five County Association of Governments; 435-586-0585.

Habitat for Humanity of Southwest Utah offers a sweat equity program to help families build a home; 435-674-7669 x3.

Disability Services

Red Rock Center for Independence empowers people with disabilities to live independently through education, personalized services, and technology.

Cedar City; 435-704-4798
St George; 435-673-7501

Southern Utah Autism Support Group provides support to families of persons with autism and related conditions; southernutahasg.org.



Utah211.org



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visit our
website

Turn Community Services helps people with developmental disabilities through community-based programs.

Cedar City; 435-586-1128
St George; 435-673-5251

UTILITY ASSISTANCE

H.E.A.T. provides winter home heating assistance and year-round energy crisis intervention for eligible low-income households.

Beaver County; 435-438-3584
Garfield County; 435-826-3584
Iron County; 435-586-0858
Kane County; 435-644-3803
Washington County; 435-652-9643

Legal Services

Utah Legal Services in St George represents low-income individuals in domestic, civil, and public issues; 800-662-4245.

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.

Fair Credit Foundation helps individuals achieve lasting financial stability through education; 801-483-0999.

VITA provides tax preparation assistance for low-income families and individuals from January - April; visit utahtaxhelp.org for more information.

Abuse, Neglect, and Sexual Assault Support

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

Child Abuse and Neglect Reporting Line is a 24-hour hotline to report suspected child abuse; 855-323-3237.

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

Child and Family Services investigates child abuse and neglect cases and offers family and youth services; 855-374-7005.

Health Care

Doctor's Volunteer Clinic of St George offers general medical care, mental health services, optometry, and dental services for the uninsured, low-income, or homeless; 435-656-0022.

Family Healthcare provides general medical, mental health, and dental care; visit familyhc.org for more information.

Cedar City; 435-865-1387.

St George and Hurricane; 435-986-2565.

Garfield Memorial Clinic provides general medical care for Garfield County residents; 435-676-8842.



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

Utah Health Policy Project helps people find and understand their options for affordable healthcare coverage; 801-433-2299. Medicare; 800-633-4227.

Parenting and Family Services

Head Start Program increases social competence of pre-kindergarten children in low-income families.

Beaver City; 800-796-6070

Cedar City; 435-586-6070

Enoch; 435-865-6959

Hurricane Valley; 435-635-5603

Parowan; 435-477-1715

St George; 800-796-5070

Help Me Grow Utah provides an information and referral line to connect families to resources. They also provide developmental screenings; Call 2-1-1 or 801-691-5322.

Family Support Center helps parents and guardians as they strive to provide a healthy, happy environment for their children; 435-652-8343.

Hope Pregnancy Care Center provides free and confidential services to women and men experiencing an unplanned pregnancy. Services include pregnancy tests, adoption, and abortion information, mentoring support, parenting programs, and material resources; 435-652-8343.

RENTAL ASSISTANCE

Community Action Partnership - St George offers rent payment assistance to individuals and families who qualify; 435-674-5757

Switchpoint, provides a one-time rent payment assistance if funding is available. Individuals may be required to engage in other programs offered; 435-628-9310

EMPLOYMENT

Department of Workforce Services provides employment and support services to help customers improve their economic opportunities, including services for veterans; 801-526-9675

Senior Citizen Services

Five County Area Agency on Aging provides in-home services and advocacy for the elderly; 435-673-3548.

Easter Seals Employment Program provides employment and job training opportunities to persons 55 years and older who are low-income. St George; 435-986-3576.

Substance Use Disorder & Addiction Treatment

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

Southwest Behavioral Health Center helps individuals to prevent and recover from severe and persistent mental illness and addiction. Washington County; 435-634-5600
Iron County; 435-867-7654
Beaver County; 435-438-5537
Kane County; 435-644-4520
Garfield County; 435-676-8176