

Emergencies (24 Hours)

Life Threatening	9-1-1
Bear River Mental Health (suicide prevention)	435-752-0750
After-hours Crisis Line	435-452-8612
Crisis/Suicide Prevention Line (UNI)	801-587-3000
National Suicide Prevention Lifeline	800-273-TALK (8255)
Poison Control	800-222-1222
Utah Human Trafficking Tip Line (Utah Attorney General Strike Force)	801-200-3443

Adult & Child Abuse/Neglect

Adult Protective Services (APS) (Reporting)	800-371-7897
Logan	435-787-3425
Cache County Children's Justice Center	435-753-7017
Division of Child and Family Services (Logan)	435-787-3400
Child Abuse/Neglect Hotline (Reporting)	855-323-3237
The Family Place (formerly Child and Family Support Center)	435-752-8880
Guardian Ad Litem/Court Appointed Special Advocate (CASA)	435-713-6637

Child/Youth/Family Services

Bear River Head Start (0 - 5 years old)	435-787-8885
Boys and Girls Club – Logan	435-512-4171
Boy Scouts of America, Trapper Trails Council	801-479-5460
Cache Valley Youth Center (Detention Center)	435-713-6260
Care About Childcare (USU) – Bridgerland	435-797-1552
Centro de la Familia - Providence	435-754-3730
Children's Justice Center	435-753-7017
The Family Place - Norma Miller (Hyrum)	435-752-8880
Girl Scouts of Utah-Northern Utah (former Cache Valley Girl Scouts)	801-265-8472
Help Me Grow (prenatal and developmental info)	801-691-5322
Juvenile Justice Services (Salt Lake)	801-538-4330
Literacy Clinic (K-6)	435-797-8629
Logan Family Center	435-755-5171
National Runaway Safeline	800-786-2929
School District	
Cache	435-752-3925
Logan City	435-755-2300
Up to 3 Early Intervention	435-797-3727
Whittier Community Center	435-753-9008
Youth and Families with Promise (USU Extension) (4-H)	435-797-0208

Domestic Violence/Rape/Sexual Assault

24-Hour Rape/Sexual Assault Crisis Line	888-421-1100
Cache County Victim Services (District Attorney)	435-755-1830
Citizens Against Physical and Sexual Abuse (CAPSA) (shelter)	435-753-2500
Domestic Violence Information Line	800-897-LINK (5465)
The Family Institute of Northern Utah (Counseling)	435-752-1976
Intermountain Specialized Abuse Treatment Center (ISAT)	800-303-9805
Utah Coalition Against Sexual Assault (UCASA)	801-746-0404
Utah Legal Services	800-662-4245
Utah State Office for Victims of Crime	800-621-7444
Victim Services - Cache County Attorney's Office	435-755-1830
VINE (Victim Information & Notification Everyday)	877-884-8463

Employment/Job Training/Education

Bridgerland Technical College - Logan	435-753-6780
Logan West Campus	435-753-4708
Deseret Industries (DI) (Logan)	435-752-4511
Job Corps (youth)	800-733-5627
LDS Employment Resource Services (Logan)	435-752-7911
Utah Department of Workforce Services (DWS) (Logan)	866-435-7414
Utah Labor Commission	801-530-6800
Anti-discrimination and labor issues	800-222-1238
Utah State Division of Rehabilitation Services (Logan)	435-787-3480

Ethnic/Cultural Support

Alliance Community Services - Ogden	801-430-8184
NAACP - Ogden	801-678-7640
Refugee and Immigrant Center - Asian Association of Utah	801-467-6060
Utah Division of Indian Affairs	801-715-6702

Financial Counseling

American Credit Foundation	800-259-0601
Fair Credit Foundation (former AAA Credit Foundation)	800-351-4195
Neighborhood Housing Solutions (homeowner/credit counseling)	435-753-1112
Utah Legal Services (Bankruptcy Hotline)	800-662-4245
Utah State University Extension Services - Cache	435-752-6263
Utah State University Family Life Center	
Housing and Financial Counseling Services	435-797-7224

Food Assistance Programs

Bear River Area Association on Aging (BRAG)	435-752-7242
Cache Community Food Pantry	435-753-7140
Cache County Senior Citizens Center (Logan)	435-755-1720
Home Delivered and Congregate Meals -Senior Citizens	435-755-1722
Hyrum Senior Center	435-245-3570
Mobile Food Pantry, Utah Food Bank	2-1-1
Utah Department of Workforce Services (DWS) (SNAP)	866-435-7414
WIC (Women, Infants & Children), Bear River Health Department	435-792-6500

Government & Emergency Services

Cache County Sheriff Area Dispatch (Non-emergency police & fire)	435-753-7555
Cache County	www.cachecounty.org
Clerk	435-755-1460
Fire	435-755-1670
Sheriff	435-755-1000
Treasurer	435-755-1500
Zoning	435-755-1640
Division of Motor Vehicles (DMV) (Vehicle Registration)	435-755-1610
Toll-free	800-DMV-UTAH (368-8824)
Hyde Park City	435-563-6507
Hyrum City	435-245-6033
Lewiston City	435-258-2141
Logan City	435-716-9000
Animal Control	435-716-9410
Business License Division	435-716-9230
Environmental Health	435-716-9755
Fire	435-716-9500
Mayor	435-716-9004
Parks & Recreation	435-716-9250
Planning and Zoning & Building Inspections Divisions	435-716-9021
Police (Administration)	435-716-9300
Mendon City	435-753-3449
Millville City	435-750-0924
Newton City	435-563-9283
Nibley City	435-752-0431
North Logan City	435-752-1310
Paradise City	435-245-6737
Providence	435-752-9441
Richmond City	435-258-2092
River Heights	435-752-2646
Smithfield City	435-563-6226
United States Postal Service (USPS)	800-ASK-USPS (275-8777)
Utah Dept of Public Safety - Driver License Division	801-965-4437

Health Care/Hospitals/Clinics

Bear Lake Community Health Center	
Hyrum	435-245-6988
Logan	435-755-6075
North Logan	435-755-6061
Bear River Health Department	435-792-6500
24-Hour Public Health Emergency Line	877-716-8771
Cache Valley Hospital	435-713-9700
Logan Regional Hospital (IHC)	435-716-1000
Medicaid & CHIP	
Children's Health Insurance Program (CHIP)	877-KIDS-NOW
Medicaid Information Line	800-662-9651
Utah Department of Workforce Services (DWS) (Applications)	866-435-7414
Midtown Community Health Center (Logan)	435-752-7060
Planned Parenthood	800-230-7526
Primary Care Network (PCN) and Utah Premium Partnership for Health Insurance (UPP) (helps pay employer-provided insurance premiums)	
	888-222-2542
Utah Insurance Department	800-439-3805

Homeless Services

Homeless Veterans Fellowship (Ogden) 801-392-7662
 Lantern House/St. Anne's Center (Ogden) 801-621-5036
 Youth Futures - Ogden (12-18 year old) 801-528-1214

Household Items/Furniture/Clothing

Cache Valley Habitat ReStore (Habitat for Humanity) 435-752-2786
 Deseret Industries (DI) (Logan) 435-752-4511
 Somebody's Attic 435-752-8502

Housing/Utilities

Bear River Association of Governments (BRAG) 435-752-7242
 Bear River Regional Housing Authority 435-752-7242
 Blue Stakes of Utah 8-1-1 or 800-662-4111
 Cache HEAT Program (Home Energy Assistance Target) (Utilities) 435-713-1444
 Dominion Energy 800-323-5517
 Gas Leaks 800-767-1689
 Habitat for Humanity of Cache Valley (low-income home builds) 435-752-8419
 Hyrum City Power & Light 435-245-6033
 Lifeline Program (former Utah Telephone Assistance Program) 800-234-9473
 Logan City Utilities 435-716-9208
 Rocky Mountain Power 888-221-7070
 Outages/Emergencies 877-508-5088
 Utah Department of Workforce Services (DWS) 866-435-7414

Legal Information/Consultation

Disability Law Center 800-662-9080
 Division of Consumer Protection 800-721-SAFE (7233)
 Utah Legal Services 800-662-4245
 Pro Se Legal Clinic (Held at Cache County District court) 435-750-1300
 Utah State Courts' Self Help Center 888-683-0009
 Free legal clinic listings www.utcourts.gov/howto/legalclinics

Libraries

Hyrum City 435-245-6411
 Lewiston City 435-258-5515
 Logan City 435-716-9123
 Mendon City 435-774-2200
 Newton City 435-563-9283
 North Logan 435-755-7169
 Providence City 435-752-7881
 Richmond City 435-258-5525
 Smithfield City 435-563-3555
 Utah State Library Program for the Blind and Disabled 800-662-5540

Mental Health / Counseling

Bear River Mental Health 435-752-0750
 Bear River House 435-753-9046
 Child and Family Support Center of Cache (Parenting) 435-752-8880
 Family Institute of Northern Utah (Logan) 435-752-1976
 LDS Family Services - Logan 435-752-5302
 NAMI (National Alliance on Mental Illness) 435-787-4165
 USU Marriage & Family Therapy Clinic 435-797-7430
 USU Psychology Community Clinic (Logan) 435-797-3401

Other Services

Better Business Bureau 800-456-3907
 Box Elder Chamber of Commerce 435-723-3931
 Bridgerland Literacy 435-750-3262
 English Language Center of Cache Valley 435-750-6534
 United Way of Cache Valley Volunteer Center 435-554-8631
 USU Small Business Development Center 435-797-2277

People with Disabilities

Cache Employment and Training Center 435-752-7952
 Center for Persons with Disabilities (CPD) 435-797-1981
 Common Ground Outdoor Adventures 435-713-0288
 CVTD Call-A-Ride (Cache Valley Transit District Call-A-Ride Paratransit Service) 435-792-3122
 Developmental Skills Laboratory 435-797-8528
 Division of Services for People with Disabilities (DSPD) 877-568-0084
 Options for Independence - Logan 435-753-5353
 Relay Utah 7-1-1 or 866-772-8824
 RISE Services - Logan 435-752-2405
 Utah Assistive Technology Program - Logan 435-797-3824
 Utah Parent Center and Autism Information Resources 800-468-1160
 Utah State Division of Rehabilitation Services - Logan 435-787-3480

Pregnancy

See also: Health Care/Hospitals/Clinics

Baby Your Baby Hotline 800-826-9662
 Center for Pregnancy Choices 435-752-1222
 Children's Service Society of Utah 800-839-7444
 MotherToBaby (former Pregnancy Riskline) 800-822-BABY (2229)
 Planned Parenthood (Logan) 800-230-7526

Senior Citizens

AARP 866-448-3616
 Bear River Area Agency on Aging 435-752-7242
 Cache County Senior Citizen Center (Logan) 435-755-1720
 Hyrum Senior Center 435-245-3570
 Options for Independence - Logan 435-753-5353
 Special Needs Registry 2-1-1
 Utah State Library for the Blind and Disabled 800-662-5540

Sexually Transmitted Diseases/AIDS Info

See also: Health Care/Hospitals/Clinics

Bear River Health Department (STD/HIV/AIDS Education) 435-792-6500
 People with AIDS Coalition of Utah 801-484-2205
 Planned Parenthood Association of Utah -Logan 800-230-7526
 Utah AIDS Foundation 800-FON-AIDS (366-2437)
 Health Information Hotline 800-865-5004

Substance Abuse/Addiction

See also: Mental Health / Counseling

Bear River Health Department Division of Substance Abuse 435-792-6420
 24-Hour Public Health Emergency Line 435-881-0358
 Family Institute of Northern Utah 435-752-1976
 Intermountain Specialized Abuse Treatment Center (Detox) (SLC) 801-886-8900
 New Vision (Detox) (Layton) 801-807-7925
 Ogden Regional Medical Center's ACT Program (Detox) 801-479-2250
 Tobacco Quit Line 800-784-8669

Support Groups

Call for details on various groups 2-1-1

Transportation

Bear River Association of Governments (Medical Voucher Program) 435-752-7242
 Cache County Senior Citizens Center 435-755-1720
 CVTD (Cache Valley Transit District) 435-752-2877
 Paratransit Service 435-753-2255
 George E Wahlen Dept of Veterans Affairs Medical Center (Veteranos) 800-613-4012
 Veteran's Van to SLC VA Hospital 855-563-4403
 Logisticare (Medical transport for Medicaid patients) 435-753-5353
 Options for Independence - Logan (persons with disabilities) 435-753-5353
 Road Conditions 5-1-1
 USU Aggie Shuttle (aggiebus.com) 435-797-3414

Welfare and Financial Services

Utah Department of Workforce Services (DWS) 866-435-7414
 Social Security Administration (SSA) (Ogden) 877-378-9081
 National 800-772-1213
 Unemployment Insurance Center (Desempleo) 888-848-0688
 Utah State Office of Recovery Services - Salt Lake (ORS) 801-536-8500
 VITA (Volunteer Income Tax Assistance, Jan-Apr 15) 2-1-1

Last Update: March 2019

Please visit 211utah.org for the most current resource lists.
United Way 2-1-1 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.