

Emergencies (24 Hours)

Life Threatening 9-1-1
 Bear River Mental Health Crisis Line 800-620-9949
 National Suicide Prevention Lifeline 800-273-TALK (8255)
 Poison Control 800-222-1222
 UNI Crisis/Suicide Prevention Line (24/7) 801-587-3000

Adult & Child Abuse/Neglect

Adult Protective Services (APS) (Reporting) Logan 800-371-7897
 435-787-3425
 Cache County Children's Justice Center 435-753-7017
 Division of Child and Family Services (Logan) 435-787-3400
 24-Hour Reporting Line 855-323-3237
 The Family Place (parenting) 435-752-8880
 Guardian Ad Litem/Court Appointed Special Advocate (CASA) 435-232-6637

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
 Care About Childcare – Bridgerland (USU) 435-797-1552 or 800-670-1552
 Children Justice Center 435-753-7017
 Children's Service Society of Utah (Grandfamilies) 800-839-7444
 The Family Place- Norma Miller (& Crisis Nursery) 435-713-0704
 Girl Scouts of Utah - Northern Utah Service Center 801-265-8472
 Help Me Grow (prenatal and developmental info) 801-691-5322
 Logan Family Center 435-755-5171
 National Runaway Switchboard 800-786-2929
 Rich County School District 435-793-2135
 Up to 3 Early Intervention 435-797-3727
 Utah State University Extensions Service - 4-H Rich County 435-793-2435

Domestic Violence/Rape/Sexual Assault

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

Employment/Job Training/Education

Bridgerland Applied Technology College (BATC) (Rich Co.) 435-793-4500
 Deseret Industries (DI) (Logan) 435-752-4511
 Division of Rehabilitation Services (people with disabilities) 435-787-3480
 Job Corps (youth) 800-733-5627
 Utah Labor Commission 801-530-6800
 Anti-discrimination and labor issues 800-222-1238
 LDS Employment Resource Services 435-752-7911
 Utah Department of Workforce Services (DWS) (Logan) 866-435-7414

Ethnic/Cultural Support

Alliance Community Services 801-265-1111
 Asian Association & Refugee Center of Utah 801-467-6060
 NAACP 801-678-7640
 Utah Division of Indian Affairs 801-715-6702

Financial Counseling

American Credit Foundation 800-259-0601
 Fair Credit Foundation 800-351-4195
 Family Life Center Home Ownership and Financial Counseling Services 435-797-7224
 Neighborhood Nonprofit Housing Corporation (homeowner/credit counseling) 435-753-1112
 Upsolve (bankruptcy info) www.upsolve.org/ut
 Utah State University Extension Service - Rich County 435-793-2435
 Utah Legal Services (Bankruptcy Hotline) 800-662-4245

Food Assistance Programs

Bear River Area Association on Aging (BRAG) (grocery shopping) 435-752-7242
 Department of Workforce Services (DWS) (SNAP) (Logan) 866-435-7414
 Mobile Food Pantry, Utah Food Bank 2-1-1
 Rich County Senior Center Food Pantry (congregate & home-delivered meals) 435-793-2122
 WIC (Women, Infants & Children), Bear River Health Department Rich County 435-792-6500
 435-793-2445

Government Services

Division of Motor Vehicles (DMV) Randolph 800-DMV-UTAH (368-8824)
 435-793-5215
 Driver License Division 801-965-4437
 Garden City 435-946-2901
 Garden City Library 435-946-2950
 Rich County 435-793-2415
 Bookmobile Library 435-752-7881
 Sheriff, Garden City & Lake Town (non-emergency) 435-793-2285
 Sheriff, Randolph & Woodruff (non-emergency) 435-946-3210
 Randolph City 435-793-3185
 United States Postal Service (USPS) 800-ASK-USPS (275-8777)

Health Care/Hospitals/Clinics

Bear Lake Community Health Center (Garden City) 435-946-3660
 Bear River Health Department (Main) Randolph 435-792-6500
 435-793-2445
 Cache Valley Hospital 435-713-9700
 Department of Workforce Services (DWS) (Applications) 866-435-7414
 Children's Health Insurance Program (CHIP) 877-KIDS-NOW
 Medicaid Information Line 800-662-9651
 Primary Care Network (PCN) and Utah Premium Partnership for Health Insurance (UPP) (helps pay employer-provided insurance premiums) 888-222-2542
 Garden City 435-881-3383
 24-Hour Public Health Emergency Line 877-229-8825
 Environmental Health Building (Logan) 435-792-6570
 Logan Regional Hospital (IHC) 435-716-1000
 Planned Parenthood (Logan) 800-230-7526
 Utah Insurance Department 800-439-3805
 Veterans Community Based Outpatient Clinic (Ogden) 801-479-4105

Homeless Services

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

Household Items/Furniture / Clothing

Habitat for Humanity of Cache Valley 435-752-8419
 Deseret Industries (DI) (Logan) 435-752-4511
 Somebody's Attic (Logan) 435-752-8502

Housing/Utilities

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

Legal Information/Consultation

Division of Consumer Protection	800-721-SAFE (7233)
Disability Law Center	800-662-9080
Utah Legal Services	800-662-4245
Pro Se Legal Clinic (Held at Cache County Council Chamber)	435-915-6088
Utah State Courts' Self Help Center	888-683-0009
Free legal clinic listings	www.utcourts.gov/howto/legalclinics
Utah State Law Library (SLC)	801-238-7990

Mental Health/Counseling

Bear River Mental Health	435-752-0750
Bear Lake Community Health Center (Garden City)	435-946-3660
LDS Family Services - Logan	435-752-5302
NAMI (National Alliance on Mental Illness)	435-787-4165 or 877-230-6264
USU Marriage & Family Therapy Clinic (Logan)	435-797-7430
USU Psychology Community Clinic (Logan)	435-797-3401

Other Services

Better Business Bureau (BBB)	800-456-3907
English Language Center of Cache Valley	435-750-6534
USU Extension- Randolph (Nutrition and Life Skills Education)	435-793-2435
USU Small Business Development Center	435-797-2277
United Way of Cache Valley Volunteer Center	435-554-8631

People with Disabilities

711 Relay (hearing impaired)	7-1-1
Cache Employment and Training Center	435-752-7952
Center for Persons with Disabilities (CPD)	435-797-1981
Common Ground Outdoor Adventures	435-713-0288
Developmental Skills Laboratory	435-797-8528
Division of Rehabilitation Services	435-787-3480
Division of Services for People with Disabilities (DSPD)	877-568-0084
Options for Independence	435-753-5353
RISE Services (Logan)	435-752-2405
Utah Assistive Technology Foundation	435-797-2025
Utah Assistive Technology Program	435-797-3824
Utah Parent Center and Autism Information Resources	
Salt Lake City (Parents of children with disabilities)	800-468-1160
Utah State Library for the Blind and Disabled	800-662-5540

Pregnancy

See also: Health Care/Hospitals/Clinics

Baby Your Baby Hotline	800-826-9662
Center for Pregnancy Choices (Logan)	435-752-1222
Help Me Grow	2-1-1
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
Options for Independence	435-753-5353
Rich County Senior Center (Randolph)	435-793-2122
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

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

Substance Abuse/Addiction

See also: Mental Health/Counseling

Al Anon Information Center (family member support groups)	801-393-2311
Alcoholics Anonymous (AA) of Cache Valley	435-890-5977
Alcohol and Chemical Treatment Center (ACT) (Detox) (Ogden)	801-479-2250
Bear River Health Department Division of Substance Abuse	435-792-6420
24-Hour Public Health Emergency Line	435-881-0358
Intermountain Specialized Abuse Treatment Center (Detox) (SLC)	800-303-9805
Narcotics Anonymous	www.nuana.org
New Vision (Detox) (Layton)	801-807-7925
Tobacco Quit Line	888-567-TRUTH (8788)
Veterans Outpatient Clinic (Ogden)	801-479-4105

Support Groups

Call for details on various groups 2-1-1

Transportation

Bear River Association of Governments (Medical Voucher Program)	435-752-7242
Logisticare (Medical transport for Medicaid patients)	855-563-4403
George E Wahlen Dept of Veterans Affairs Medical Center (Veteranos)	
Veteran's Van to SLC VA Hospital	800-613-4012
Options for Independence (persons with disabilities)	435-753-5353
Rich County Senior Center (Seniors)	435-793-2122
Road Conditions	5-1-1

Welfare and Financial Services

Office of Recovery Services (ORS)	801-536-8500
Social Security Administration (SSA) (Ogden)	877-378-9081
National	800-772-1213
Unemployment Insurance Center	888-848-0688
Utah Department of Workforce Services (DWS)	
Constituent Affairs	800-331-4341
Eligibility	866-435-7414
VITA (Volunteer Income Tax Assistance)	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.