### 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): 800-371-7897
- Logan
- 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 & Girls Club – Logan: 435-512-4171
- Boy Scouts of America, Trapper Trails Council: 801-479-5460
- Care About Childcare – Bridge Elder (USU): 435-797-1552 or 060-670-1552
- Children’s Justice Center: 435-753-7017
- Children’s Service Society of Utah (Grandfamilies): 800-839-7444
- The Family Place - Norma Miller (Child Neglect): 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
- 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 Assault (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
- 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): 800-733-9277
- Utah Labor Commission: 800-530-6800
- 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: 435-793-2445

### Government Services
- Division of Motor Vehicles (DMV): 800-DMV-UTAH (368-8824)
- Randolph
- Driver License Division: 801-965-4437
- Garden City
- Garden City Library: 435-946-2901
- Rich County
- 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/Clincs
- Bear Lake Community Health Center (Garden City): 435-946-3660
- Bear River Health Department (Main): 435-752-6500
- Randolph
- 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
- Veterans Community Based Outpatient Clinic (Ogden): 801-479-4105

### Homeless Services
- Homeless Veterans Fellowship (Ogden): 801-392-7662
- Lantem 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)  435-724-2045
Utah Assistive Technology Foundation  435-797-2025
Utah Assistive Technology Program  435-797-3824
Utah Parent Center and Autism Information Resources  800-468-1160
Salt Lake City (Parents of children with disabilities)  800-662-5540
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  800-331-4341
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
Logisticares (Medical transport for Medicaid patients)  855-563-4403
George E Wahlen Dept of Veterans Affairs Medical Center (Veteranos)  800-613-4012
Veteran’s Van to SLC VA Hospital  866-435-7414
Options for Independence (persons with disabilities)  435-753-5353
Rich County Senior Center (Seniors)  435-793-2122
Road Conditions  2-1-1

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)  800-331-4341
Constituent Affairs  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.