CRISIS/INFORMATION LINES

- UNI Crisis Line (Suicide Prevention) 801-587-3000
- National Suicide Prevention Lifeline 800-273-TALK (8255)
- Child Abuse/Neglect Hotline (Reporting) 855-323-3237
- Domestic Violence Information Line 800-897-LINK (5465)
- National Runaway Safeline 800-RUN-AWAY
  - Crisis intervention, message delivery service, and bus transportation home for runaway youth through age 21.
- Poison Control 800-222-1222
- Rape Recovery Center 801-467-7273
- Utah Human Trafficking Tip Line (Utah Attorney General Strike Force) 801-200-3443
  - 24/7 assistance programs

QUICK REFERENCE NUMBERS

- United Way 2-1-1 2-1-1
- Bishop Weigand Homeless Day Center 801-363-7710
- Crossroads Urban Center 801-364-7765
- Homeless Outreach Program (VOA Van) 801-631-7584
- LDS Church - Transitional Services 801-240-7340
- The Road Home 801-359-4142
- Salvation Army 801-988-4204
- Utah Transit Authority 801-200-3443

EMERGENCY SHELTERS

- Family Promise - Salt Lake
  - Any size family with children under 18
  - 814 West 800 South
  - Phone: 801-961-8622

- Rescue Mission of Salt Lake
  - Serves men, check in at 5:30 pm (ID required)
  - 463 South 400 West
  - Phone: 801-359-1302

- Rescue Mission Women's Center (Former Rescue Haven)
  - Serves single women
  - 1165 South State Street
  - Phone: 801-521-5925

- The Road Home Family, Men’s, & Women’s Shelter
  - 210 South Rio Grande (455 West)
  - Phone: 801-359-4142

- Salt Lake County Youth Services
  - Serves youth under age 18 with shelter and transitional services
  - 177 West Price Avenue (3610 South)
  - Phone: 385-468-4500

- South Valley Services (Sanctuary)
  - Serves female and male victims of domestic violence and their children
  - 322 East 300 South
  - Phone: 801-537-8600

- YWCA Shelter
  - Serves female victims of domestic violence and their children
  - 322 East 300 South
  - Phone: 801-537-8600

DAY CENTERS

- Bishop Weigand Homeless Day Center
  - Shower, laundry, phone, bag storage, haircuts, and referrals to other assistance programs
  - 437 West 200 South
  - Phone: 801-363-7710
  - Hours: Service hours vary.

- Rescue Mission
  - 463 South 400 West
  - Phone: 801-355-1302
  - Hours: Shelter available 24/7; other services may have different hours.
  - Free check room where transients can check their luggage

PREPARED MEALS

- Eagle Ranch
  - 500 South 600 West (outdoors)
  - Phone: 801-254-4945
  - Hours: Su 7 am – 11 am

- Good Samaritan Program
  - 347 East South Temple
  - Phone: 801-537-7171
  - Hours: Sack lunches: 9 am – 8 pm daily

- Rescue Mission of Salt Lake
  - 463 South 400 West
  - Phone: 801-355-1302
  - Hours: M - Sa 6:15 am – 6:45 am; Lunch: Daily from 12 noon - 12:30 pm; Dinner: Daily at 8 pm following 7 pm chapel service

- St. Vincent de Paul Center (Bishop Weigand Homeless Center)
  - 437 West 200 South
  - Phone: 801-363-7710
  - Hours: Lunch: M – F 11:30 am – 12:30 pm. Dinner: 5 pm – 6 pm daily.
  - Brunch: Sa 10 am – 11 am

GROCERIES/EMERGENCY FOOD

- For nearby food pantries, see Food Resource List or call 2-1-1

MEDICAL

- Fourth Street Clinic (Only serves the homeless community)
  - 409 South 400 West
  - Phone: 801-364-0058, by appointment only
  - Hours: M, W, Th 8 am – 6 pm; Tu 8:30 am – 6 pm; F 8 am - 5 pm

DENTAL

- Salt Lake Donated Dental Services Clinic
  - 1383 South 900 West Ste 128
  - Phone: 801-983-0345, call for hours and eligibility

For a referral to additional medical clinics, call 2-1-1
For a referral to additional dental clinics, call 2-1-1
COUNSELING SERVICES
Valley Behavioral Health
Intake Line: 888-949-4864

For a referral to additional mental health clinics, call 2-1-1

WELFARE/FINANCIAL ASSISTANCE
Utah Department of Workforce Services
SNAP, financial assistance, child care, medical coverage, etc.
Central Eligibility: 866-435-7414 x3

EMPLOYMENT ASSISTANCE
Metro Employment Center (Dept. Workforce Services)
720 South 200 East
Phone: 866-435-7414

CRISIS NURSERY/DAY CARE
Care About Childcare
Assistance in selecting a daycare provider in local area
Phone: 800-839-7444

Family Support Center
Sugarhouse: 2020 South Lake Street (740 East)
Phone: 801-487-7778
Midvale: 777 West Center Street (7720 South)
Phone: 801-255-6881

CLOTHING
Rescue Mission of Salt Lake (men)
463 South 400 West
Phone: 801-355-1302
 Hours: M, W, F 9:30 am – 11:30 am

Rescue Mission Women’s Center (Rescue Haven)
1165 South State Street
Phone: 801-521-5925
 Hours: Daily 9 am – 5 pm

St. Vincent de Paul Center (men, women)
437 West 200 South
Phone: 801-363-7710
 Hours: Tu & F 8 am - 10:15 am

PERSONAL CARE ITEMS
Good Samaritan Program
347 East South Temple
Phone: 801-328-5633

VOA Homeless Outreach Program
Sleeping bags, winter clothing, food sacks
Phone: 801-631-7584

OPTICAL
Fourth Street Clinic
409 South 400 West
Phone: 801-364-0058 (call for schedule)
 Eye exam and glasses: Sliding scale fee (Must be paid up front)

SUBSTANCE ABUSE TREATMENT
AA Meetings (24 hour number) 801-484-7871
First Step House, 411 North Grant Street 801-359-8862
Fourth Street Clinic (Referrals only) 801-364-0058
VOA Alcohol/Drug Detox Center
252 West Brooklyn Avenue (1025 South) 801-363-9400

LEGAL
Street Law Free Legal Clinic
Open to any low-income Utahn on a first-come first-serve basis
Horizonte School 1234 South Main Street
Hours: 2nd, 3rd, and 4th Tu 5 pm - 6:30 pm

VETERANS ASSISTANCE
VA Homeless Outreach Program
Phone: 801-582-1565 x 6315

OTHER SERVICES
Adult Education/GED
Horizonte 801-578-8574
Haircuts 801-363-7710
Bishop Weigand Homeless Day Center
 (Sign up in person M 7 am) 801-364-0744
Homeless Youth Resource Center
Mall
Downtown Post Office 230 West 200 South 801-532-5501
Shower
Bishop Weigand Homeless Day Center 801-363-7710
M - F, 7am – 10:20 am
Temporary Storage
Bishop Weigand Homeless Day Center 801-363-7710
 (14 day storage for small items only)
Transitional Storage Program (A Place for Your Stuff) 801-535-6402
Utah ID, Birth Certificates
The Road Home 801-359-4142

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.