### Emergencies (24 Hours)

- Life Threatening: 9-1-1
- Crisis/Suicide Prevention (San Juan): 888-833-2992
- After hours: 800-273-8255
- 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
- Division of Child and Family Services (DCFS) (Blanding): 435-678-1491
- Child Abuse/Neglect Reporting Line (CPS): 855-323-3237
- Navajo Nation Department of Family Services (Arizona): 866-251-5651

### Child/Youth/Family Services

- Canyonland Youth Center, Juvenile Justice Services (Blanding): 435-678-3140
- Care About Childcare - Eastern Region (Price): 435-613-5619
- Head Start, Rural Utah Child Development (Blanding): 800-841-2867
- Help Me Grow (prenatal and developmental info): 801-691-5322
- National Runaway Safeline: 800-786-2929
- San Juan County School District: 435-678-1211
- Utah Foster Care Foundation (Moab): 435-261-2368

### Domestic Violence

- Arizona Crime Victim Reparations (Apache County): 928-337-7560
- Navajo County: 928-524-4332
- Crime Victim Compensation Program (Colorado): 970-565-1147
- New Mexico Crime Victims Reparation Commission: 800-306-6262
- Domestic Violence Information Line: 800-897-LINK (5465)
- Gentle Ironhawk Shelter (Blanding): 435-678-2445
- Toll free: 866-206-0379
- Navajo Nation Department of Family Services (Arizona): 928-660-8991
- Tóh Dena’sá Shet'li Hówhatai (Kayenta): 928-697-3635
- Utah Legal Services: 800-662-4245
- Utah State Office for Victims of Crime (Salt Lake City): 888-662-9080
- Utah Foster Care Foundation (Moab): 435-587-2237 ext.136
- VINE (Victim Information & Notification Everyday): 877-884-8463

### Employment/Job Training

- Easter Seals Employment Program (Price) (Senior citizens, 55+): 435-536-7016
- Utah State Division of Rehabilitation Services (Blanding): 435-678-3200
- Job Corps: 800-733-5627
- Utah Department of Workforce Services (DWS) (Blanding): 866-435-7414
- Utah Labor Commission
  - Anti-discrimination and labor issues: 800-222-1238
  - Office of Coal Mine Safety: 435-613-5902
- Utah State University Eastern (Blanding): 435-678-2201
- Utah State University Extension (USU) – San Juan: 435-567-3239

### Financial Counseling

- American Credit Foundation: 800-259-0061
- Fair Credit Foundation: 800-351-4195
- Upsolve (bankruptcy info): [www.upsolve.org/ut](http://www.upsolve.org/ut)
- Utah State University – San Juan County (Monticello): 435-587-3239
- Utah Legal Services (Bankruptcy Info): 800-662-4245

### Food Assistance Programs

- Utah Dept. of Workforce Services (DWS) (SNAP): 866-435-7414
- Grand County Food Bank (Moab): 435-259-6456
- Home Delivered Meals/Congregate Meals (Senior citizens)
  - Southeastern Utah Area Agency on Aging (Price): 435-613-0036
- Mobile Food Pantry, Utah Food Bank: 2-1-1
- WIC (Women, Infant & Children), Southeastern Health Department (Blanding): 435-359-0038

### Government Services

- San Juan County: 435-587-3225
- Assessor: 435-587-3222 ext. 4131
- Building Inspection/ Commissioner/ Planning: 435-587-3221
- Clerk/Auditor/Economic Development: 435-587-3223 ext. 1113
- Landfill: 435-678-3070
- Recorder: 435-587-3228
- Treasurer: 435-587-3237 ext 2
- State and Federal Services
  - Division of Motor Vehicles (DMV) (Monticello): 435-587-3221
  - Driver’s License Division (Customer service): 888-353-4224
  - Unclaimed Property Division: 888-217-1203
  - United States Postal Service (USPS): 800-275-8777

### Health Care/Hospitals/Clincs

- Community Nursing Services (CNS) (Moab): 800-486-2186
- Medicaid and CHIP
  - Children’s Health Insurance Program (CHIP): 877-KIDS-NOW
- Medicaid Information Line: 800-662-9651
- Department of Workforce Services (DWS) (Applications): 866-435-7414
- Utah Navajo Health System
  - Blanding Family Practice: 435-678-3601
  - Monument Valley Community Health Center: 435-727-3000
  - Navajo Mountain Community Health Center: 928-672-2498
- Planned Parenthood Association of Utah (Planificación de familia)
  - Cortez, CO: 970-565-7011
  - St. George: 800-230-7526
- Primary Care Network (PCN) and Utah’s Premium Partnership for Health Insurance (UPP) (UPP helps pay employer-provided insurance premiums): 888-222-2542
- Rocky Mountain Home Care (Blanding & Moab): 435-678-3266
- San Juan Hospital & Clinic (Monticello): 435-587-5054
- San Juan Clinic -Blanding: 435-678-2254
- San Juan County Health Department (Blanding): 435-359-0038
- Utah Insurance Department: 800-439-3805
- Veterans Affairs Medical Center (Grand Junction): 970-242-0731
- Toll-free: 866-206-6415

### Housing/Utilities

- See also: Government Services for local Utility Providers
- Southeastern Utah Association of Local Governments: 435-637-5444
- HEAT (Home Energy Assistance Target) (Utilities): 435-259-6362
- Housing: 435-613-0040
- Weatherization: 435-613-0025
- Housing Authority of southeastern Utah: 435-259-5891
- USDA Rural Development (Monticello) (Home Loan Program): 435-587-2473
- Utah Department of Workforce Services (DWS): 866-435-7414
- Dominion Energy: 800-323-5517
- Gas Leaks: 800-767-1689
- Blue Stakes: 811 or 800-662-4111
- Lifeline Program (former Utah Telephone Assistance Program): 800-948-7540
- Rocky Mountain Power: 888-221-7070
- Outages/Emergencies: 877-508-5088

### Law Enforcement/Emergency Services/Fire

- Highway Patrol (Moab) (Grand, San Juan, Eastern Emery): 435-259-5441
- San Juan County Fire Department: 435-587-3225

### Legal Information/Consultation

- Utah State Division of Consumer Protection: 800-721-7233
- Disability Law Center: 800-662-9080
- Utah Legal Services: 800-662-4245
- Utah State Courts’ Self Help Center: 888-683-0009
- Free legal clinic listings: [www.utcourts.gov/howto/legalclinics](http://www.utcourts.gov/howto/legalclinics)
## Libraries
- **Blanding**: 435-678-2335
- **Bluff**: 435-672-2274
- **La Sal**: 435-686-9936
- **Montezuma Creek**: 435-651-3309
- **Monticello**: 435-587-2281

## Mental Health/Counseling
- **National Alliance on Mental Illness (NAMI)**: 877-230-6264
- **San Juan Counseling (Blanding)**: 435-678-2992

## Other Services
- **Better Business Bureau**: 800-456-3907
- **Utah State University Extension (Monticello)**: 435-587-3239
- **Four Corners Gay and Lesbian Alliance for Diversity (CO)**: 970-385-7202

## People with Disabilities
- **Relay Utah**: 7-1-1
- **Early Intervention (ages 0-3), San Juan School District**: 435-678-1222
- **Disability-Related Information**: 2-1-1
- **Division of Services for People with Disabilities (DSPD)(Intake)**: 844-275-3773
- **Utah Parent Center Autism Information (Salt Lake City)**: 800-468-1160

## Pregnancy
- **Baby Your Baby Hotline**: 800-926-9662
- **Children’s Service Society of Utah (Adoption)**: 800-839-7444
- **Planned Parenthood Association of Utah (Salt Lake City)**: 800-230-7526
- **MotherToBaby (former Pregnancy Riskline)**: 800-822-2229

## Rape/Sexual Assault
- **Rape, Abuse, and Incest National Network (RAINN)**: 800-656-4673
- **Utah Coalition Against Sexual Assault (UCASA)**: 888-421-1100
- **San Juan County Advocate Program Sheriff (Monticello)**: 435-587-2237
- **Seekhaven Family Crisis & Resource Center (formerly Moab Seekhaven)**: 435-259-2229

## Senior Citizens
- **AARP**: 866-448-3616
- **San Juan County Area Agency on Aging**: 435-587-3225

## Sexually Transmitted Diseases/AIDS Info
- **People with AIDS Coalition of Utah**: 801-484-2205
- **Planned Parenthood Association of Utah (Salt Lake City)**: 800-230-7526
- **Southeastern Utah Health Department (Moab)**: 435-259-5602
- **Utah AIDS Foundation**: 800-865-5004

## Substance Abuse
- For information on inpatient and outpatient substance abuse treatment programs, please call 2-1-1.
- **AA (Alcoholics Anonymous) (Dixie Central Office)**: 435-674-4791
- **Tobacco Quit Line**: 800-784-8669
- **Veterans Affairs Medical Center (Grand Junction)**: 970-242-0731

## Support Groups
- Call for details on various groups: 2-1-1

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### Tribal Services
- **Indian Health Service (IHS) (Arizona)**: 928-697-4000
- **Kayenta IHC Clinic**: 435-651-3525
- **Headquarters (Window Rock)**: 928-871-7182
- **Ojito Chapter**: 435-727-5850
- **Navajo Area Agency on Aging (Window Rock, AZ)**: 928-729-4520
- **WIC(Wind Rock, AZ)**: 968-871-6698
- **Navajo Housing Authority Kayenta (AZ)**: 928-697-3100
- **Shiprock (AZ)**: 505-368-2030
- **Navajo AIDS Network (Chinle, AZ)**: 928-674-5676
- **Northern Navajo Medical Center (Shiprock, NM)**: 505-368-6001
- **Office of Special Education & Rehabilitation (Window Rock)**: 888-341-9918

### Volunteers
- **JustServe**: [www.justserve.org](http://www.justserve.org)

### Welfare and Financial Services
- **Office of Recovery Services (ORS)**: 801-536-8500
- **Social Security Administration (SSA) (National)**: 800-772-1213
- **Provo Office**: 866-366-9549
- **Unemployment Insurance Center**: 888-848-0688
- **Utah Department of Workforce Services (DWS)**: 866-435-7414
- **VITA (Volunteer Income Tax Assistance, Jan-Apr 15)**: 2-1-1
- **Worker’s Compensation Fund (WCF)**: 800-446-2667

### 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.*