Emergencies (24 Hours)

Life Threatening - 9-1-1
Bear River Mental Health (suicide prevention) 435-752-0750
After-hours Crisis Line 435-757-3240
Crisis/Suicide Prevention Line (Huntsman Mental Health) 801-587-3000
National Suicide Prevention Lifeline 800-273-TALK (8225)
Utah 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 435-755-1800
Division of Child and Family Services (Logan) 435-787-3400
Child Abuse/Neglect Hotline (Reporting) 855-323-3237
The Family Place 435-752-8880
Guardian Ad Litem/Court Appointed Special Advocate (CASA) 435-713-8637

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 Crossroads of the West Council 801-479-5460
Cache Valley Youth Center (Detention Center) 435-713-6210
Care About Childcare (USU) 435-797-1552
Cen tro de la Famila - Providence 435-754-3720
Cache County Children's Justice Center 435-755-1800
The Family Place - Norma Miller (Hyrum) 435-722-8880
Girl Scouts of Utah-Northern Utah 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

Domestic Violence/Rape/Sexual Assault

24-Hour Rape/Sexual Assault Crisis Line (Utah Coalition Against Sexual Assault) 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 Legal Services 800-662-4245
Utah State Office for Victims of Crime 800-621-7444
VINE (Victim Information & Notification Everyday) 877-VINELINE

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 Resources Services (Logan) 435-752-7911
Utah Department of Workforce Services (DWS) (Logan) 435-792-0599
Utah Labor Commission 801-530-6800
Anti-discrimination and labor issues 801-530-6801
Utah State Division of Rehabilitation Services (Logan) 801-526-0950

Ethnic/Cultural Support

Alliance Community Services - Ogden 801-265-1111NAACP – Ogden
385-288-0940
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 801-483-0999
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) 435-753-7324
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
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's Office (Non-emergency police & fire) 435-753-7555
Cache County Clerk
    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)

Health Care/Hospitals/Clinics

Bear Lake Community Health Center
    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 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
Lineline Program (former Utah Telephone Assistance Program) 800-234-9473
Logan City Utilities 435-716-9206
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 Free legal clinic listings utcourts.gov/howto/legalclinics

Libraries
Hyrum City 435-245-6411
Lewiston City 208-796-2525
Logan City 435-716-9123
Mendon City 435-774-2200
Newton City 435-563-9283
North Logan 435-755-7169
Cache County Library 435-752-7881
Richmond City 435-258-5525
Smithfield Public 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 Clubhouse 435-753-9046
Child and Family Support Center of Cache (Parenting) 435-752-8890
Family Institute of Northern Utah (Logan) 435-752-1976
LDS Family Services - Logan 435-752-5302
Huntsman Mental Health 801-583-2500
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 435-723-9391
Bridgerland Literacy 435-750-3262
English Language Center of Cache Valley 435-750-6534
United Way of Cache Valley Volunteer Center 435-554-8831
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
CVDT Call-A-Ride (Cache Valley Transit District Call-A-Ride Paratransit Service) 435-792-3122
Stride Services 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 435-792-0599

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
Mothers2Baby (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 800-662-5540
Utah State Library for the Blind and Disabled 866-435-7414

Sexually Transmitted Diseases/AIDS Info
See also: Health Care/Hospitals/Clinics
Bear River Health Department (STD/HIV/AIDS Education) 801-484-2205
People with AIDS Coalition of Utah 800-230-7526
Planned Parenthood Association of Utah - Logan 801-479-2250
Utah AIDS Foundation 801-487-2323
Health Information Hotline 800-865-5004

Substance Abuse/Addiction
See also: Mental Health / Counselling
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 435-752-9176
Intermountain Specialized Treatment Center (Detox) (SLC) 801-886-8900
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
CVDT (Cache Valley Transit District) 435-792-2877
Paratransit Service 435-753-2255
George E Wahlent Dept of Veterans Affairs Medical Center (Veteranos) 800-613-4012
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) 888-886-0688
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: November 2021
Please visit 211utah.org for the most current resource lists.
Utah 211 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.