

Five County Resource Guide

United Way 2-1-1 is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.



ABUSE, NEGLECT, & SEXUAL ASSULT

Adult Protective Services helps prevent or stop abuse, neglect and exploitation of vulnerable adults; 1-800-371-7897.

Child Abuse and Neglect Reporting Line is a 24-hour hotline to report suspected child abuse; 855-323-3237.

Domestic Violence Information Line provides a 24-hour information and referral on domestic violence issues; 800-897-5465.

Child and Family Services investigates child abuse and neglect cases and offers family and youth services; 855-323-3237.

Canyon Creek Women's Crisis Center - Cedar City provides emergency housing, food, and clothing for battered women and their children; 435-867-9411.

Discovering Opportunities Via Escape (DOVE) - St. George provides a safe and confidential shelter and support for victims of domestic violence; 435-628-0458.

Intermountain Specialized Abuse Treatment Center (ISAT) - St. George provides specialized services to children and families affected by abuse; 435-628-8075.

Utah Court Appointed Special Advocates for Children provides advocates for abused, neglected, and/or abandoned children within the legal system; 435-640-6203.

Children's Justice Center Provides a safe environment for children while being interviewed regarding alleged abuse.

Iron County; 435-867-4275
Washington County; 435-634-1134

COUNSELING & MENTAL HEALTH

Southwest Behavioral Health helps clients and community members recover mental illness.

Washington County; 435-634-5600
Iron County; 435-867-7654
Beaver County; 435-438-5537
Kane County; 435-644-4520
Garfield County; 435-676-8176

CRISIS/SUICIDE PREVENTION

Southwest Behavioral Health provides a 24-hour emergency mental health intervention line for callers in crisis; 800-574-6763.

National Suicide Prevention Lifeline; 1-800-273-8255

EDUCATIONAL SERVICES FOR ADULTS

Utah Adult Education Services provides programs to adults to further education; 801-538-7500.

EMPLOYMENT SERVICES

Department of Workforce Services provides employment help, training and general application for welfare; 866-435-7414 x3.

LDS Employment Center assists with job referral and training for all community members regardless of their faith.

Cedar City; 435-586-0684
Saint George; 435-656-1388

Utah State Rehabilitation Services provides vocational rehabilitation and employment services for individuals with a disability.

Cedar City; 435-586-0684
St George; 435-673-5091

FOOD ASSISTANCE

Department of Workforce Services offers the SNAP nutrition assistance program to eligible low income individuals and families; 866-435-7414 x3 or jobs.utah.gov.

Care and Share provides emergency food assistance for needy persons without other resources.

Beaver (Beaver County); 435-704-6032
Cedar City (Iron County); 435-586-4962
Hurricane (Washington County); 435-635-0995
Orderville (Kane County); 435-648-2504
Kanab (Kane County); 435-691-0228
Escalante (Garfield County); 435-690-0529
Panguitch (Garfield County); 435-676-2509

Switchpoint - St. George a community resource center that assists with temporary food assistance to help individuals on the road to independence; 435-628-9310. Daily hot meals are served at Grace Episcopal Church; 435-767-1201.

True Life Center - Cedar City is a food pantry for community members; 435-867-0405.

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 877-942-5437.

HEALTHCARE

Medicaid provides low-income families and individuals access to healthcare; 866-435-7414 x3. or jobs.utah.gov.

Doctor's Volunteer Clinic of St. George offers general medical care, mental health services, optometry, and dental services for the uninsured, low income or homeless; 435-656-0022.

Family Healthcare provides general medical, mental health and dental care; visit familyhc.org for more information.

Cedar City; 435-865-1387
Saint George & Hurricane; 435-986-2565



2-1-1 Utah



211utah.org

Access 2-1-1 Utah by downloading the app, Instagram, our website, or by texting 898-211.

Garfield Memorial Clinic provides general medical care for Garfield County residents; 435-676-8842.

NeedyMeds is an online information resource that provides assistance to people who are unable to afford their medications; 1-800-503-6897 or visit needymeds.org

FamilyWize provides prescription drug discount cards at no cost; visit familywize.org or call 866-810-3784.

Utah Health Policy Project helps people find understand their options for affordable healthcare coverage; 801-433-2299

Medicare; 1-800-633-4227

PARENTING & FAMILY SERVICES

Head Start Program increase social competence of prekindergarten children in low income families.

Beaver City; 1-800-796-6070

Cedar City; 435-586-6070

Enoch; 435-865-6959

Hurricane Valley; 435-635-5603

Parowan; 435-477-1715

St George; 435-628-5641 or 435-674-4545

Help Me Grow Utah provides an information and referral line to connect families to resources. They also provide developmental screenings; 2-1-1 or 801-691-5322.

Family Support Center helps parents and guardians as they strive to provide a healthy, happy environment for their children.

Washington County; 435-674-5133

Hope Pregnancy Care Center provides free and confidential services to women and men experiencing an unplanned pregnancy. Services include pregnancy tests, adoption and abortion information, mentoring support, parenting programs and material resources; 435-652-8343.

SHELTER & HOUSING SERVICES

Housing Authority provides affordable, safe housing for low-income families, elderly, and disables persons.

Beaver City (Beaver County); 435-438-2935

Cedar City (Iron County); 435-586-8462

Saint George (Washington County); 435-628-3648

Iron County Care and Share Provides programs and services which help homeless and low-income individuals and families work toward self-sufficiency. Programs include food pantries, homeless shelter, laundry and bathing facilities, and other forms of assistance; 435-586-4962.

Switchpoint Community Resource Center in Saint George provides services for individuals who are homeless including shelter, and housing search assistance; 435-628-9310.

Community Action provides rental assistance and a rapid rehousing program through Five County Association of Governments.

Cedar City; 435-867-8384

Saint George; 435-674-5757

Community Housing Services provides information about affordable rentals; 801-328-1050.

Weatherization provides helps households reduce energy costs through the Five County Association of Governments; 435-586-0585.

Habitat for Humanity of Southwest Utah offers a sweat equity program to help families build a home; 435-674-7669 x3.

DISABILITY SERVICES

Red Rock Center for Independence empowers people with disabilities to live independently through education, personalized services, and technology.

Cedar City; 435-704-4798

St George; 435-673-7501

Southern Utah Autism Support Group provides support to families of persons with autism and related conditions; southernutahasg.org.

TURN Community Services helps people with developmental disabilities through community-based programs.

Cedar City; 435-586-1128

Saint George; 435-673-5251

SENIOR CITIZEN SERVICES

Five County Area Agency on Aging provides in-home services and advocacy for the elderly; 435-673-3548.

Easter Seals Employment Program provides employment and job training opportunities to persons 55 years or older who are low income.

Cedar City; 435-865-6555

Saint George; 435-986-3576

SUBSTANCE USE DISORDER & ADDICTION TREATMENT

Alcoholics Anonymous helps alcoholics and their families overcome alcoholism; 801-484-7871.

Southwest Behavioral Health Center helps individuals to prevent and recover from severe and persistent mental illness and addiction.

Washington County; 435-634-5600

Iron County; 435-867-7654

Beaver County; 435-438-5537

Kane County; 435-644-4520

Garfield County; 435-676-8176

UTILITY ASSISTANCE

H.E.A.T. provides winter home heating assistance and year-round energy crisis intervention for eligible low-income households.

Beaver County; 435-438-3584

Garfield County; call 435-826-4410

Iron County; 435-586-0858

Kane County; 435-644-3803

Washington County; 435-652-9643

LEGAL SERVICES

Utah Legal Services in Saint George represents low-income individuals in domestic, civil and public issues; 800-662-4245.

FINANCIAL ASSISTANCE

Office of Recovery Services helps collect child support and alimony; 801-536-8500.

Money Management International offers a 24-hour hotline for free individualized financial counseling; 866-889-9347.

Fair Credit Foundation helps individuals achieve lasting financial stability through education; 1-800-351-4195.

VITA provides tax preparation assistance for low-income families and individuals from January - April; visit utahtaxhelp.org for more information.

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For more information and assistance, call 2-1-1 or text your zip code to 898211.