

General Community Resources



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

ABUSE AND NEGLECT

Center for Women & Children in Crisis provides a confidential and safe shelter for women and children affected by domestic violence; 801-377-5500.

The Children's Justice Center provides support services in a homelike facility for children who have experienced physical or sexual abuse; 801-851-8554.

Family Support & Treatment Center provides prevention and treatment of child abuse, trauma and neglect; 801-229-1181.

Child Abuse Reporting Line; 855-323-3237
Adult Protective Services; 800-371-7897

EMPLOYMENT

People Helping People is an employment program dedicated to helping low-income individuals reach their full potential in the workplace; 801-437-4415.

UVU Center for Personal and Career Development offers resources for individuals wanting to improve on a personal, educational and professional level; 801-863-7580.

Department of Workforce Services assists individuals to develop the skills they need to find employment, as well as job search assistance. Visit jobs.utah.gov to find your local office.

EXPENSE PAYMENT ASSISTANCE

Home Energy Assistance Target (HEAT) Program assists vulnerable families and individuals with their gas and electric bills. Program is open from November to April, crisis program offered year-round; 801-229-3855.

Community Action Services and Food Bank offers emergency crisis assistance. Services include rental deposit assistance, rent payment assistance, motel vouchers, and more; 801-373-8200.

VITA provides free tax preparation assistance during tax season (January-April). To make an appointment, call 2-1-1.

Weatherization Office of Utah County helps low-income individuals and families reduce energy costs; 801-344-5184.

FOOD ASSISTANCE

Community Action Services and Food Bank supplies food for families in need; 801-373-8200.

Food and Care Coalition provides hot meals and sack lunches to individuals who are homeless, low income or transient; 801-373-1825.

Women, Infants and Children (WIC) offers nutritional counseling and food assistance for families; 801-851-7300.

Tabitha's Way provides a food pantry to those in need; Spanish Fork: 801-709-8573, American Fork: 801-692-1881.

Compassionate Sheep provides a food pantry, laundry service and showers to those in need; 801-691-0166.



2-1-1 Utah



211utah.org

Access 2-1-1 Utah on Instagram, online, and apps available for download.

HOUSING ASSISTANCE

Habitat for Humanity of Utah County provides programs for low-income families to build or renovate homes; 801-344-8527.

Self-Help Homes provides an opportunity for low-income families and individuals to build their own new homes; 801-375-2205.

LEGAL SERVICES

BYU Law Help provides legal counseling to income eligible individuals. Call one week before to make an appointment; 801-422-3025.

Utah County Family Justice Center is a community effort to serve persons seeking legal advice; 801-851-8508.

Utah Legal Services provides free legal help in non-criminal cases to low-income Utahns; 800-662-4245.

MORTGAGE/ DEBT COUNSELING

AAA Fair Credit provides a free credit, debt, personal finance and mortgage delinquency counseling. Also offers other related services; 800-351-4195.

Community Action Home Buyers Services provides pre-purchase homeownership, homebuyer education class, financial management class and financial learning center; 801-691-5241.

Utah Saves is a statewide campaign which provides programs to help individuals and families save money, reduce debt and build wealth; 1-800-350-9899.

American Credit Foundation provides debt consultation and management programs; 800-259-0601.

PARENTING AND FAMILY

Care about Child Care provides referrals, early childhood education, resources and information about available financial aid; 801-863-8589.

Help me Grow connects families to community resources, pregnancy, and child development information, including developmental screenings; 801-691-5322 or 2-1-1.

Vantage Point mediates parent/child conflict between youth ages 11-17 and their families; 801-373-2215.

Welcome Baby promotes a healthy, secure and enjoyable beginning for parents, new babies and their family members; 801-691-5334.

USU Extension Service provides parenting classes and workshops for blended families; register online at extension.usu.edu/utah.

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