

# Wasatch 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.*

## HEALTH SERVICES

**5 Minute Clinic** provides services to individuals without health insurance. Services include primary care, blood work, x-rays and basic fracture casting and care; 435-654-1377.

**Heber Valley Hospital** provides emergency medical care for those in need; 435-654- 2500.

## GENERAL DENTISTRY

**Wasatch County Health Department** provides dental services to low-income Wasatch County families. Services include patient exams, x-rays, prophylaxis (cleaning and scaling), fluoride treatment, sealants, simple restoration and extractions; 435-657- 3307.

## RENT/DEPOSIT ASSISTANCE

**Community Action Services and Food Bank** offers rental assistance. Must have an eviction notice in hand. Also offers rental deposit assistance. Households gross income must be less than 200% of the poverty guideline and have at least one legal resident of the US; 435-654-2182.

**Department of Workforce Services - Eligibility Services Division** offers rental assistance to families that have at least one child under 18 in the household, a formal eviction notice, and the ability to make future housing payments; 866-435-7414 x3.

## UTILITY ASSISTANCE

**Mountainland HEAT Program** is available every year from the first of November through April. Emergency services are available during other months of the year on a limited basis; 801- 229-3855.

**The Salvation Army** provides assistance with utility bills for those who have at least one of the following: an elderly adult, an individual with a disability, someone experiencing a medical emergency (power only), or a child under 2 lives in the household; 855-969-0526.

**Department of Workforce Services - Eligibility Services Division** provides short-term assistance. Must have a child under 18 in the home; 866-435-7414 x3.

**Housing Authority of Utah County Weatherization Office** (serves Wasatch County) helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes; 801-344-5184.



2-1-1 Utah



211utah.org

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

## **FOOD ASSISTANCE**

**Heber Valley Center Stage** provides a food pantry for those in need; 435-657-9493.

**Community Action Services and Food Bank** in Heber provides food to families in need; 435-654-2182.

**Department of Workforce Services - Eligibility Services Division** provides EBT cards/Food Stamps; 866-435-7414 x3.

**Women, Infants and Children (WIC)** offers nutritional counseling and food assistance for families; 435-654-2700.

## **COMMUNITY CLINICS/ IMMUNIZATIONS**

**People's Health Clinic** provides medical services to uninsured individuals and families in Summit and Wasatch Counties; 435-333-1850.

**Mountainlands Family Health Center** provides primary healthcare services, immunizations, and more. Offers sliding scale fee for those that are uninsured. Also accepts Medicaid and Medicare insurance; 801-429-2000.

## **GENERAL COUNSELING**

**Summit Community Counseling of Heber** serves all ages, offers individual, couples family therapy, as well as psychological testing; 801-266-2485.

**Wasatch Mental Health - Wasatch County Family Clinic** provides mental health services for adults and children; 435-654- 3003.

## **ADDICTION RECOVERY**

**Sasquatch Area of Narcotics Anonymous** holds regular meeting for men and women who are recovering addicts; 435-200-4814.

**Heber Valley Hospital** offers outpatient substance abuse treatment and detoxification; 435-654-2500.

## **CRISIS/SAFETY**

**Heber City Police Department**; 435-654-3040

**Heber City Government**; 435-654-0757

**Center for Women and Children in Crisis**; 435-657-9930

**UNI Crisis Line**; 801-587-3000

Revised July 2018

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