Wasatch County Resource Guide

**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.

*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.*
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

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