

Utah Community Support and Crisis Resources

Immediate Emergency Help

911 Emergency Services

Immediate emergency danger, violence, medical emergencies, or urgent safety threats.

911

<https://www.911.gov>

SafeUT Crisis Chat & Tip Line

Confidential Utah emotional crisis support, suicide intervention, and school safety reporting.

833-372-3388

<https://safeut.org>

988 Suicide & Crisis Lifeline

24/7 emotional crisis support, suicide prevention, panic support, and mental health crisis intervention.

988

<https://988lifeline.org>

Utah 211

Connects individuals and families to shelter, food, transportation, counseling, utility help, and emergency assistance.

211

<https://211utah.org>

Utah Crisis Services

Utah crisis stabilization, mobile crisis outreach, and statewide behavioral health resources.

988

<https://sumh.utah.gov/crisis-services>

Utah Statewide Crisis & Mental Health Support

Huntsman Mental Health Institute

Crisis services, mental health treatment resources, and behavioral health support.

801-587-3000

<https://healthcare.utah.edu/hmhi>

NAMI Utah

Mental health advocacy, peer support, education, and family support programs.

801-323-9900

<https://www.namiut.org>

Psychology Today Utah Therapist Finder

Search Utah therapists by specialty including trauma, EMDR, abuse recovery, anxiety, and family therapy.

<https://www.psychologytoday.com/us/therapists/utah>

OpenCounseling Utah

Directory of affordable and sliding-scale counseling options.

<https://www.opencounseling.com/utah>

Crisis Text & Hotline Resources

Crisis Text Line

Text-based support for emotional overwhelm, panic, abuse, or suicidal thoughts.

Text HOME to 741741

<https://www.crisistextline.org>

Trevor Project

Crisis intervention and suicide prevention for LGBTQ+ youth.

1-866-488-7386

<https://www.thetrevorproject.org>

Veterans Crisis Line

24/7 confidential support for veterans and their families.

988 then Press 1

<https://www.veteranscrisisline.net>

National Runaway Safeline

Support for runaway youth and concerned families.

1-800-RUNAWAY

<https://www.1800runaway.org>

Domestic Violence & Abuse Support

DOVE Center

Southern Utah domestic violence and sexual assault support including shelter, therapy, legal advocacy, and safety planning.

435-628-0458

<https://dovecenter.org>

Utah Domestic Violence Coalition

Statewide domestic violence advocacy, shelter referrals, and safety planning.

1-800-897-LINK

<https://udvc.org>

Safe Harbor Crisis Center

Emergency shelter, counseling, legal advocacy, and family crisis assistance.

801-444-9161

<https://safeharborhope.org>

South Valley Services

Domestic violence shelter, transitional housing, counseling, and legal support.

801-255-1095

<https://svsutah.org>

YWCA Utah Survivor Services

Domestic violence and survivor advocacy services.

801-537-8600

<https://www.ywcautah.org>

National Domestic Violence Hotline

24/7 confidential support and safety planning.

1-800-799-7233

<https://www.thehotline.org>

Sexual Assault & Trauma Support

UCASA

Utah sexual assault advocacy, survivor education, crisis support, and referrals.

1-888-421-1100

<https://www.ucasa.org>

Rape Recovery Center

Sexual assault therapy, hospital advocacy, crisis response, and survivor healing services.

801-467-7282

<https://www.raperecoverycenter.org>

RAINN

National sexual assault hotline and online support.

1-800-656-HOPE

<https://www.rainn.org>

Seekhaven

Sexual assault and domestic violence services for southeastern Utah.

435-259-2229

<https://seekhaven.org>

EMDRIA Therapist Directory

Find EMDR trauma therapists and PTSD specialists.

<https://www.emdria.org/find-an-emdr-therapist>

Human Trafficking & Exploitation Resources

Utah Attorney General Human Trafficking Program

Utah trafficking awareness, education, and reporting resources.

<https://attorneygeneral.utah.gov/human-trafficking>

Asian Association of Utah

Victim advocacy, refugee services, interpretation, and trafficking-related support.

801-467-6060

<https://aau-slc.org>

Salt Lake Area Family Justice Center

Victim advocacy, coordinated services, and safety planning.

801-236-3370

<https://slcfjc.org>

Utah Office for Victims of Crime

Victim compensation, counseling support, and financial assistance.

800-621-7444

<https://crimevictim.utah.gov>

National Human Trafficking Hotline

24/7 confidential reporting and trafficking support.

1-888-373-7888

<https://humantraffickinghotline.org>

Victim Advocacy & Survivor Support

Utah Crime Victims Legal Clinic

Victim-centered legal advocacy and representation.

801-746-1204

<https://www.ucvlc.org>

Utah Victims Rights Committee

Victim rights education and advocacy.

<https://justice.utah.gov/victims-rights>

Children's Justice Centers of Utah

Child-friendly advocacy and forensic interview support.

<https://site.utah.gov/ojj/childrens-justice-centers>

Love Is Respect

Dating abuse support, education, and safety planning.

1-866-331-9474

<https://www.loveisrespect.org>

SPARC Stalking Prevention Center

Education and safety planning related to stalking and harassment.

<https://www.stalkingawareness.org>

Free Legal Aid & Pro Bono Resources

Utah Legal Services

Free civil legal assistance for qualifying Utah residents.

435-628-1604

<https://www.utahlegalservices.org>

Utah Courts Self Help Center

Protective orders, custody, divorce, stalking injunctions, and legal forms.

<https://www.utcourts.gov/selfhelp>

Utah State Bar Modest Means Program

Reduced-cost attorney referral services.

<https://www.utahbar.org/public-services/modest-means-lawyer-referral-program>

WomensLaw Utah

Plain-language legal information for abuse and safety concerns.

<https://www.womenslaw.org/laws/ut>

Southern Utah Legal Clinics

Community legal clinic and referral information.

<https://www.utcourts.gov/en/self-help/legal-help/finding-legal-help/legal-clinics.html>

Child Abuse, Youth & Family Safety

Utah DCFS Reporting

Report child abuse, neglect, or exploitation in Utah.

1-855-323-3237

<https://dcfs.utah.gov/services/child-protective-services>

Prevent Child Abuse Utah

Child abuse prevention education and support.

801-393-3366

<https://pcautah.org>

Childhelp National Hotline

24/7 child abuse hotline and crisis support.

1-800-422-4453

<https://www.childhelphotline.org>

Washington County Children's Justice Center

Child advocacy and forensic support in Southern Utah.

435-634-1134

<https://site.utah.gov/ojj/childrens-justice-centers>

Family Support Center

Crisis nursery, respite care, and family support services.

435-628-9310

<https://www.familysupportcenter.org>

Youth Crisis & Family Services

Washington County Youth Crisis Center

Family crisis intervention, runaway youth support, and stabilization services.

435-656-6100

<https://southernutahcares.com/directory/washington-county-youth-crisis-center/>

Youth Futures

Emergency shelter and support for homeless and runaway youth.

801-528-1214

<https://www.youthfuturesutah.org>

SafeUT

Anonymous youth emotional support and school safety reporting.

833-372-3388

<https://safeut.org>

National Center for Missing & Exploited Children

Support for missing or exploited children.

1-800-THE-LOST

<https://www.missingkids.org>

Elder Abuse & Vulnerable Adult Support

Utah Adult Protective Services

Report abuse, neglect, self-neglect, or exploitation of vulnerable adults.

1-800-371-7897

<https://daas.utah.gov/adult-protective-services>

Utah Aging & Adult Services

Senior support, caregiver help, and aging services.

<https://daas.utah.gov>

National Center on Elder Abuse

Education and elder abuse prevention resources.

<https://ncea.acl.gov>

Five County Aging Services

Southern Utah aging and caregiver support resources.

435-673-3548

<https://www.fivecounty.utah.gov>

Disability & Vulnerable Adult Resources

Disability Law Center Utah

Protection and advocacy for Utahns with disabilities.

1-800-662-9080

<https://disabilitylawcenter.org>

Utah Parent Center

Support for families of children and adults with disabilities.

801-272-1051

<https://utahparentcenter.org>

Utah Independent Living Center

Independent living and disability support resources.

801-466-5565

<https://uilc.org>

Substance Abuse & Addiction Support

Southwest Behavioral Health Center

Addiction treatment, mental health care, crisis stabilization, and recovery services.

435-634-5600

<https://www.sbhbc.us>

USARA

Peer recovery support, addiction recovery coaching, and family support.

385-210-0320

<https://myusara.com>

Odyssey House Utah

Substance use and mental health treatment programs.

801-322-3222

<https://odysseyhouse.org>

Volunteers of America Utah

Behavioral health, detox, and recovery support.

801-363-9414

<https://www.voaut.org>

FindTreatment.gov

Search addiction and behavioral health treatment providers.

<https://findtreatment.gov>

Sliding Fee Scale & Low-Cost Counseling

Southwest Behavioral Health Center

Sliding-fee counseling and behavioral health services based on income and family size.

435-634-5600

<https://www.sbhc.us>

Family Healthcare

Low-cost medical, dental, and behavioral health services.

435-986-2565

<https://familyhc.org>

Doctors Volunteer Clinic

Volunteer-based healthcare and counseling services.

435-656-0022

<https://www.dvclinic.org>

FourPoints Health

Sliding-scale healthcare and counseling support.

435-867-1520

<https://fourpointshealthcare.org>

Housing / Shelter / Emergency Assistance

Switchpoint Community Resource Center

Shelter, food pantry, housing support, case management, and veteran assistance.

435-628-9310

<https://switchpointcrc.org>

The Road Home

Emergency shelter and homelessness support resources.

801-359-4142

<https://theroadhome.org>

Utah Homeless Services

Utah statewide homelessness and housing resources.

<https://jobs.utah.gov/housing/scso/homeless.html>

St. George Housing Authority

Affordable housing and housing support resources.

435-628-3648

<https://www.sgcityutah.gov>

Housing, Emergency & Financial Assistance

Five County Community Action

Rental, utility, and emergency financial assistance.

435-673-3548

<https://www.fivecounty.utah.gov>

Utah Department of Workforce Services

SNAP, Medicaid, childcare assistance, employment, and emergency support programs.

1-866-435-7414

<https://jobs.utah.gov>

MyCase Utah

Manage Utah benefits and assistance programs online.

<https://jobs.utah.gov/mycase>

FindHelp Utah

Search local assistance programs by ZIP code.

<https://www.findhelp.org>

Rental Assistance & Eviction Prevention

Utah Rent Relief

Housing and rental assistance information.

<https://rentrelief.utah.gov>

Utah Legal Services Housing Help

Legal support related to eviction and housing issues.

801-328-8891

<https://www.utahlegalservices.org>

Utah Courts Eviction Information

Eviction process information and housing legal forms.

<https://www.utcourts.gov>

Emergency Utility Assistance

HEAT Utility Assistance

Heating and cooling utility assistance for qualifying households.

801-359-2444

<https://utahca.org/heat-utility-assistance>

Five County H.E.A.T.

Southern Utah utility support assistance.

435-652-9643

<https://www.fivecounty.utah.gov>

Veteran Support Resources

Utah Department of Veterans & Military Affairs

Veteran benefits, programs, and support services.

801-326-2372

<https://veterans.utah.gov>

St. George VA Clinic

Veteran healthcare and mental health support in Southern Utah.

435-634-7608

<https://www.va.gov/salt-lake-city-health-care/locations/st-george-va-clinic/>

St. George Vet Center

Combat trauma counseling, PTSD support, and peer counseling.

435-673-4494

<https://www.va.gov/directory/guide/facility.asp?ID=6153>

Veterans Crisis Line

24/7 crisis support for veterans and families.

988 then Press 1

<https://www.veteranscrisisline.net>

First Responder Support Resources

SafeUT Frontline

Mental health and crisis support app for first responders and healthcare workers.

<https://safeut.org/frontline>

Code Green Campaign

Mental health advocacy and support for first responders.

<https://codegreencampaign.org>

LGBTQ+ Support Resources

Encircle Utah

LGBTQ+ youth and family support, therapy, and community services.

801-613-7305

<https://encircletogether.org>

Utah Pride Center

Community support, referrals, and LGBTQ+ programs.

801-539-8800

<https://utahpridecenter.org>

Equality Utah

LGBTQ+ advocacy and education.

<https://www.equalityutah.org>

The Trevor Project

Crisis support and suicide prevention for LGBTQ+ youth.

1-866-488-7386

<https://www.thetrevorproject.org>

Food Banks & Community Support

Utah Food Bank

Statewide food assistance network and pantry referrals.

801-978-2452

<https://www.utahfoodbank.org>

Utah Food Bank Southern Distribution Center

Southern Utah food distribution and pantry assistance.

435-656-9122

<https://www.utahfoodbank.org>

Switchpoint Pantry

Emergency food support and pantry services.

435-628-9310

<https://switchpointcrc.org>

Transportation Assistance

Utah Medicaid Transportation

Transportation help for eligible medical appointments.

1-855-563-4403

<https://medicaid.utah.gov/non-emergency-transportation>

Modivcare Utah

Transportation scheduling for Medicaid medical transportation.

1-855-563-4403

<https://www.mymodivcare.com>

SunTran St. George

Public transportation services in the St. George area.

435-673-8726

<https://www.sgcityutah.gov/departments/suntran/index.php>

Immigration & Refugee Support

Catholic Community Services of Utah

Immigration legal help, refugee support, and family assistance.

801-977-9119

<https://ccsutah.org>

Asian Association of Utah

Refugee, immigrant, and language-access support.

801-467-6060

<https://aau-slc.org>

International Rescue Committee

Refugee support, resettlement, and employment resources.

801-328-1091

<https://www.rescue.org/united-states/salt-lake-city-ut>

Holy Cross Ministries

Immigration legal support and family assistance.

801-261-3440

<https://hcmutah.org>

Online Safety & Cyber Harassment Help

Right To Be

Harassment prevention and bystander intervention training.

<https://righttobe.org>

Cyber Civil Rights Initiative

Support for sextortion and image abuse victims.

844-878-2274

<https://cybercivilrights.org>

Take It Down

Helps minors remove explicit images online.

<https://takeitdown.ncmec.org>

Online Harassment Field Manual

Guidance on responding to cyber harassment and online abuse.

<https://onlineharassmentfieldmanual.pen.org>

Southern Utah & St. George Community Resources

Doctors Volunteer Clinic

Low-cost and volunteer healthcare services.

435-656-0022

<https://www.dvclinic.org>

Family Healthcare

Low-cost medical, dental, and behavioral health services.

435-986-2565

<https://familyhc.org>

FourPoints Health

Sliding-scale healthcare and counseling support.

435-867-1520

<https://fourpointshealthcare.org>

Southern Utah Cares

Washington County community resource directory.

<https://southernutahcares.com>

Switchpoint

Housing, shelter, pantry, and case management support.

435-628-9310

<https://switchpointcrc.org>

Religious Trauma & Cult Coercion Resources

Religious Trauma Institute

Education and support regarding religious trauma.

<https://www.religioustraumainstitute.com>

Cult Recovery 101

Resources for coercive control and cult recovery.

<https://cultrecovery101.com>

Freedom of Mind Resource Center

Education about coercive control and recovery.

<https://freedomofmind.com>

Religious Trauma Recovery

Support and education for spiritual abuse recovery.

<https://www.religioustraumarecovery.com>

Faith-Based & Community Outreach Resources

Catholic Community Services

Community outreach, refugee support, and emergency assistance.

801-977-9119

<https://ccsutah.org>

Salvation Army Utah

Emergency support, shelter connections, and community services.

801-988-4204

<https://utah.salvationarmy.org>

Volunteers of America Utah

Community outreach, youth support, and behavioral health services.

801-363-9414

<https://www.voaut.org>

Community Advocacy & Safety Resources

Utah Office for Victims of Crime

Victim rights and compensation resources.

800-621-7444

<https://crimevictim.utah.gov>

Utah Protective Orders

Protective order and stalking injunction resources.

<https://www.utcourts.gov>

Love Is Respect

Dating violence support and relationship education.

1-866-331-9474

<https://www.loveisrespect.org>