

Category	Organization	Description	City	Office Phone
Abuse, Neglect & Sexual Assault	Center for Women & Children in Crisis	Help, education, and guidance pertaining to domestic violence and sexual assault	Provo	HOTLINE: 801-377-5500 or Outreach: 801-374-9351
	Children's Justice Center	A homelike facility serving children and families who are experiencing physical or sexual abuse	Provo	801-851-8554
	Family Support & Treatment Center	Help preventing and treating child abuse	Orem	801-229-1181
	Intermountain Specialized Abuse Treatment (ISAT) Center	Specialized services to individuals and families affected by abuse, in order to help in the healing process and prevent future victimization.	Provo	801-373-0210
	Provo Police Department	Call 911 anytime a life is in danger. Contact the department for any questions or anonymous tips.	Provo	801-852-6201
	Utah Valley Exchange Club	Child abuse help & prevention	All Areas	1-801-374-5553
	Victim's Advocate Programs	Advocates to assist victims through the criminal court process	Payson	801-465-5224
			Lone Peak	Dispatch: 801-756-9800 or Office: 801-851-8364
			American Fork	Police Dispatch: 801.763.3020
			Lehi	Police Dispatch: 801-766-5800
			Orem	Police Dispatch: 801-229-7128
			Pleasant Grove	801-785-3506
			Provo	801-852-6375
Springville	801-489-9421			
Provo	801-851-8364			
Clubs/Businesses	Girl Scouts of Utah	Helping girls discover their strengths, passions, and talents	American Fork	801-716-5109
	United Way of Utah County	Call 211 anytime for help. A full guide to get help now.	Provo	801-374-2588
	Utah National Parks Council-Boy Scouts	Helping boys discover their strengths, passions, and talents	Orem	801-437-6236
Counseling & Mental Health	Alliance Clinical Services	Mental health treatment services	American Fork	801-763-7775
	BYU Comprehensive Clinic	Counseling services for individuals, couples, and families	Provo	801-422-7759
	Institute for Cognitive Therapy, Inc.	Treatment for mental health, substance abuse or domestic issues	Orem	(801) 802-8608
	NAMI Utah	Help for mental illness and suicide prevention	Lehi-Payson	(385) 208-1796

	UVRMC Behavioral Health Center	Psychiatry and Counseling Clinic	Provo	801-357-7525
	Wasatch Mental Health UT County	Mental health care	Provo	801-373-4760 or Crisis Line: 801-373-7393
<b>Crisis &amp; Suicide Prevention</b>	Crisis Line of Utah County	Call now if you're experiencing a crisis of any kind	All Areas	801-226-4433 or Crisis Line: 801-691-Life
	Vantage Point	A place where youth (12 -17) can come for a safe place	Provo	801-373-2215
<b>Dental</b>	Community Health Connect	Health and <b>dental</b> care for low-income uninsured people	Provo	801-818-3015
	Food and Care Charity Dental Clinic	Provide dental care for patrons who are currently receiving services through the Food & Care Coalition	Orem	801-373-1825
	Half Price Dental	Free exam and x-ray! Cleanings only \$39.00 with a licensed hygienist	Orem	801-426-0774
	Mountain lands Community Health Center	Provide primary health, dental, pharmacy, and mental health services	Provo	801-429-2000 or 801-374-9660
	UVU Dental Hygiene Clinic	Dental at hugely discounted prices	Orem	(801) 863-7608
<b>Disability Assistance (Mental &amp; Physical)</b>	Ability First	Youth programs, "walk, run & roll" activities and more	Provo	801-373-5044
	Division of Services for People with Disabilities	Promotes opportunities and provides supports for people with disabilities	Provo	1-877-568-0084
	Easter Seals	Provides services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities	All Areas	800-221-6827
	Friday's Kids Respite	Provides temporary care of children with special needs, providing a short period of rest or relief to their usual caregivers	All Areas	801-494-9837
	Recreation and Habilitation Services (RAH!)	Provides a variety of services and supports to people with disabilities	Provo	801-374-8074
	Rise, Inc.	Specializes in home and community-based support services for children and adults with developmental and other disabilities	Orem	801-373-1197
	TURN Community Services	Supports people in residential settings that are customized to provide the exact level of services that the individual needs or desires	All Areas	(801) 343-3900
<b>Disaster Services</b>	American Red Cross	Disaster relief services	Provo	801-373-8580
	Downtown Provo Inc.	Disaster relief for Provo	Provo	801-750-4871

<b>Education for Adults</b>	Alpine School District Adult Education	Provides education for Adults	American Fork	801-610-8400
	English for Speakers of Other Languages (ESOL)	Provides teaching for those trying to learn English	Provo	801-374-4904
	Mountain land Applied Technology College	Focuses on hands-on experience learning for Adults	Orem	801-492-6282
	Nebo School District Adult Education	Provides education for Adults	Spanish Fork	801-798-4093
	Project Read	Focuses on improving reading and educational skills	Provo	801-852-6654
	Provo School District Adult Education	Provides education for Adults	Provo	(801) 374-4840
	Turning Point	Supporting, educating, and empowering people in transition	Orem	801-863-7580
<b>Employment</b>	Department of Workforce Services	Provides all types of serveries from help filing for unemployment to finding jobs	American Fork	801-753-4500
			Provo	801-342-2600
			Spanish Fork	801-794-6600
	LDS Employment Center	Provides help finding a job	All Areas	1-801-818-6161
	People Helping People	Teaching low-income women, primarily single mothers, how to earn an adequate income through stable employment that pays a living wage	Salt Lake City	801-853-5300
<b>Financial Assistance</b>	Office of Recovery Services	Help ensure that parents are financially responsible for their children by providing child support services and support for children in care	Ogden	801-536-8500
	Rocky Mountain Care Foundation	Assist under-served individuals in the community with a wide variety of services	Woods Cross	801-397-4160
	VITA	Offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers	Provo	801-377-6600
	Community Action Food Bank	Provides a two-step process to solving poverty: first, to stabilize the person and then rebuild their life	Provo	801-373-8200
	Food and Care Coalition	Provide services, including hygiene, shower facilities, laundry services, internet access, haircuts, emergency shelter, client outreach, and more	Provo	801-373-1825
	Meals on Wheels	Committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes	All Areas	1-888-998-6325
		For Women, Infants, and Children (WIC) - provides foods,	American Fork	801-851-7320

	WIC	health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five	Heber	435-657-3266
			Orem	801-851-7340
			Payson	801-851-7360
			Provo	801-851-7300
			All Areas	801-851-4942
Health Care	American Cancer Society	Help for those dealing with <b>Cancer</b>	All Areas	800-227-2345
	American Diabetes Association	Help for those dealing with <b>Diabetes</b>	All Areas	(801) 363-3024
	American Heart Association	Help for those dealing with <b>Heart Conditions</b>	All Areas	1-800-242-8721
	American Lung Association	Help for those dealing with <b>Lung Conditions</b>	All Areas	1-800-586-4872
	Arthritis Foundation	Help for those dealing with <b>Arthritis</b>	All Areas	1-844-571-4357
	Community Nursing Services	Provides care for those who becomes seriously ill, suffers an injury or are nearing the end of life	Provo	801-224-8138
	Diabetes Management Clinic	Provides prescriptions and supplies to assist those dealing with <b>Diabetes</b>	Provo	801-357-7546
	Epilepsy Association	Help for those dealing with <b>Epilepsy</b>	All Areas	1-800-332-1000
	Health Clinics of Utah	Provide high quality medical care at the lowest cost possible	All Areas	801-374-7011
	Muscular Dystrophy Association of America	Help for those dealing with <b>Muscular Dystrophy</b>	All Areas	800-572-1717
	National Federation of the Blind	Help for those dealing with <b>Blindness</b>	All Areas	410-659-9314
	National Kidney Foundation	Help for those dealing with <b>Kidney Conditions</b>	All Areas	1-855-653-2273
	National Multiple Sclerosis Society	Help for those dealing with <b>Multiple Sclerosis</b>	All Areas	1-800-344-4867
	Prevent Blindness	Help to prevent <b>blindness</b>	All Areas	1-800-331-2020
	Red Cross	Healthcare for those in need	All Areas	1-800-733-2767
	United Cerebral Palsy Association	Help for those dealing with <b>Cerebral Palsy</b>	All Areas	800-872-5827
	Utah AIDS Foundation	Help for those dealing with <b>AIDS</b>	All Areas	801-487-2323
	Utah County Health Department	Health care provider	Provo	801-851-7000
	Utah County Health Department's Wellness Clinic	Help for those dealing with <b>Cancer</b>	American Fork	801-851-7031
	UVRMC	Help for those dealing with <b>Cancer</b>	Orem	801-357-8200
Volunteer Care Clinic	For residents who are uninsured and living below federal poverty standards	Provo	801-812-8094	

<b>Hospital</b>	American Fork Hospital	Provides medical, surgical treatment, and nursing care	American Fork	801-763-3300
	Mountain View Hospital		Payson	801-465-7000
	Orem Community Hospital		Orem	801-224-4080
	Provo Hospital		Provo	801-357-7850
	Timpanogos Hospital		Orem	801-714-6000
<b>Housing: Homeless Resource</b>	Center for Women & Children in Crisis	Transitional housing for victims of domestic violence	All Areas	801-691-5414
	Community Action Services and Food Bank	Provides temporary emergency housing to eligible households	Provo	801-373-8200
	Department of Workforce Services	Immediate short term help for destitute families	All Areas	866-435-7414
	Friends of the Coalition	Emergency shelter vouchers for temporary shelter	Provo	801-373-1825
	Golden Spike Outreach	Provide housing, up to one year, for those that have addiction issues esp. adults on probation/parole	Provo	866-435-7414
	LDS Transient Services	Provides temporary assistance for transients and the homeless	Provo	801-818-6156
<b>Housing: Low-Income Rental</b>	Bay Harbor Apartments	Provides low-cost rental	Provo	801-812-1200
	Maple Village Apartments		American Fork	801-756-5568
	Mayflower Harbor Apartments		Lehi	801-768-0300
	Mountain View		Payson	801-465-3885
	The Boulders		Provo	801-375-1295
	Timber mill Station Apartments		Heber	435-654-4153
	Provo City Housing Authority	Provides affordable public, voucher, or permanent housing	Provo	801-900-5676
<b>Housing: Maintenance &amp; Repair</b>	City of Orem	Provides emergency-repair, accessibility, home-improvement	Orem	801-229-7025
	Neighbor Works	Mortgage Counseling, post purchase education, and foreclosure mitigation help	Provo	801-375-5820
	Tool Lending Library	Checkout needed tools or equipment for home repair or maintenance	Orem	801-299-7560
	Weatherization Assistance Program	Helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes	Provo	801-344-5184
<b>Housing: Permanent Homeownership</b>	Habitat for Humanity	Build to provide healthy, affordable homes for low-income or underprivileged individuals	Orem	801-344-8527

	Housing Authority of Utah County	Assist program eligible families with safe, decent, energy efficient and affordable housing	Provo	801-373-8333
	Provo Housing Authority	Provide affordable housing for disabled individuals, elderly, and families	Provo	801-900-5676
	Self Help Homes	Provide groups and materials to build your own home. Eligibility; low-income families	Provo	801-357-2205
<b>Insurance</b>	Children's Health Insurance Program (CHIP)	provides low-cost health coverage to children and pregnant women in families that earn too much money to qualify for Medicaid.	All Areas	1-877-543-7669
	Medicaid	Covers all low-income adults below a certain income level	All Areas	1-800-662-9651
	Medicare	If you are under age 65, you will qualify for Medicare	All Areas	1-800-633-4227 or 1-800-MEDICARE
	Primary Care Network (PCN)	Covers services administered by a primary care provider	Salt Lake City	1-888-222-2542
<b>Legal Services</b>	BYU Law Help	Student run organization providing free law help	Provo	801-422-3025
	Utah Legal Services	Free law help for low-income Utahans with urgent needs	Provo	800-662-4245
<b>Parenting &amp; Family</b>	Big Brother, Big Sister	Seeks to engage, connect and support children who will benefit from a stable relationship with a volunteer adult mentor	All Areas	801-313-0303
	Care About Childcare	Provides families looking for child care with profiles of licensed childcare providers	Orem	801-863-8589
	Mountain land Head Start	Kindergarten readiness pre-school program and Early Head Start Services to pregnant women and children who are low-income or have a disability	Provo	801-375-7981
	Parent Education Resource Centers (PERC)	A free lending library of learning aids	Orem	801-229-7390.
<b>Pet/Animal Help</b>	The Humane Society: Clinic	Help with vaccinations, medical, and more for pets and animals	All Areas	(801) 261-2919
	The Humane Society: Behavior			(801) 506-2417
	The Humane Society: Clinic Director			(801) 261-2919
	The Humane Society: Education			(801) 261-2919
	The Humane Society: Investigations			(801) 261-2919
	The Humane Society: Transfer Director			(801) 506-2415

<b>Pregnancy &amp; Child Development</b>	Baby Your Baby	13 Steps to a healthy pregnancy and other pregnancy help	Provo	801-851-7059
	Help Me Grow	An information and referral network that provides parents with the knowledge and resources you need to make a difference in your child's life	Provo	801-691-5322
	Welcome Baby	A free community service designed to promote a healthy, secure and enjoyable beginning for parents, new babies and their family	All Areas	801-374-8108
<b>Senior Citizen Services</b>	Area Agency on Aging	Help older adults and people with disabilities live with dignity and choices in their homes and communities for as long as possible	All Areas	801-229-3804 or Hotline: 1-800-371-7897
	Senior Companion Program	Volunteers age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills	Provo	801-851-7767
<b>Substance Abuse Treatment</b>	Access to Recovery	Provide help and treatment for those struggling with any sort of addiction	Provo	801-851-7134
	Alcoholics Anonymous & Al-Anon	Helping individuals and loved ones concerned with a drinking problem	All Areas	801-375-8620
	Foothill Residential Treatment Center	A place to live while recovering from substance abuse providing help with recovery	Spanish Fork	801-851-7652
	House of Hope	Providing substance use disorders treatment, education, and prevention services	Provo	801-375-9222
	Utah County Department of Drug and Alcohol Prevention	Prevention, treatment, and early intervention programs for both youth and adult citizens	All Areas	801-584-9048
	Utah County Division of Substance Abuse		All Areas	801-851-7128