

# RESOURCES FOR ECONOMIC HARDSHIP

## United Way of Utah County 211

United Way of Utah County 211 provides information and referrals to health and human service resources, helping individuals in challenging circumstances find answers and become more self-sufficient.

### WHERE CAN I GET HELP WITH BASIC BILLS LIKE RENT OR UTILITIES?

**American Red Cross** facilitates a utility assistance program for senior citizens and those with disabilities.....373-8580  
**Community Action Services and Food Bank** assists with temporary financial, food and sheltering services for families.....373-8200

### WHERE CAN I GET HEALTH CARE IF I DON'T HAVE INSURANCE?

**Community Health Connect** gives referrals for primary and specialized health care (habla espanol).....818-3015  
**Mountainlands Community Health Center** provides primary medical and dental care for low-income and uninsured.....374-9660  
**Volunteer Care Clinic** provides basic medical care to low-income individuals with no insurance.....812-8094

### WHERE CAN I GO FOR LOW-COST COUNSELING?

**BYU Comprehensive Clinic** provides family, marriage and individual counseling on a sliding-scale rate.....422-7759  
**Family Support & Treatment Center** provides therapy and support groups for victims of child abuse and domestic violence.....229-1181  
**LDS Family Services** counsels families, spouses, children, individuals and adoptive counseling.....422-7620  
**Wasatch Mental Health** provides crisis intervention and counseling services for Medicaid clients.....373-4760  
Wasatch Mental Health also provides a **Wellness Recovery Clinic** with therapy for individuals who are low-income and uninsured.....818-3920

### WHERE CAN I GET ADVICE ABOUT MY MORTGAGE?

**Community Action** provides mortgage counseling, reverse mortgage counseling, first-time homebuyer classes and foreclosure prevention counseling .....373-8200

### WHO CAN I TALK TO WHEN I'M IN CRISIS?

**Center for Women & Children in Crisis** provides a 24-hour hotline for victims of rape and domestic violence.....377-5500  
**Crisis Line of Utah County** is a 24-hour hotline that helps callers in crisis and gives emergency referrals.....226-4433  
**Family Support & Treatment Center** offers a crisis nursery when the family is in a stressful situation.....229-1181  
**Wasatch Mental Health** provides a 24-hour intake and assessment for callers in crisis.....373-7393  
**Vantage Point** mediates conflict between youth ages 11-17 and their families.....373-2215

### WHERE CAN I GET HELP WITH ABUSE OR DOMESTIC VIOLENCE?

**Center for Women & Children in Crisis** provides 24-hour service for victims of domestic violence and rape.....377-5500  
**Division of Child & Family Services** investigates reports of child abuse or domestic violence.....374-7005  
**Family Support & Treatment Center** offers child abuse prevention and therapy .....229-1181

### WHERE CAN I GET HELP MANAGING MY FINANCES OR GETTING OUT OF DEBT?

**AAA Fair Credit** provides free debt counseling and low-cost credit management, consolidation and other services.....1-800-351-4195  
**Utah State University Extension** teaches people how to pay their debts fast and manage their finances.....851-8479

### DEPARTMENT OF WORKFORCE SERVICES (DWS)

provides employment help, job training, and facilitates welfare, unemployment, Medicaid, PCN, CHIP, WIC, child-care assistance and food stamps

- American Fork.....492-4500
- Provo.....342-2600
- Spanish Fork.....794-6600

For more help call 211, toll-free and nationwide or visit [www.unitedwayuc.org/find\\_help](http://www.unitedwayuc.org/find_help)

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED™**

