**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. Those without insurance may qualify for a sliding scale fee; 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.

**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.

Mountainland Weatherization Assistance Program helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes; 801-229-3850.

**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.

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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.

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; 435-657-3253.

**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. Accepts Medicaid; 801-266-2485.

Wasatch Mental Health - Wasatch County Family Clinic provides mental health services for adults and children. Accepts Medicaid and offers sliding scale for those without insurance; 435-654-3003.

**ADDITION RECOVERY**

Sasquatch Area of Narcotics Anonymous holds regular meetings for recovering addicts; 435-200-4814.

Alcoholics Anonymous is a fellowship of community members who assist each other in recovery from alcoholism; 801-484-7871 or visit utahaa.org

**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 2019

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