

Supportive Services – 5th District (Beaver, Iron, and Washington Counties)

ADDICTION RECOVERY PROGRAMS

- **Alcoholics Anonymous** - helps alcoholics and their families overcome alcoholism; , 435-635-9603.
- **Dixie Alano Club** - a support group of friends and family members of alcoholics in St. George; 435-673-0608, dixiealanoclub.org.
- **Southwest Behavioral Health Center** - helps individuals prevent and recover from severe and persistent mental illness and addiction and provides referrals to regional in-patient and out-patient treatment centers: **Washington County**, 435-634-5600; **Iron County**, 435-867-7654; **Beaver County**, 435-438-5537.

CRISIS COUNSELING & MENTAL HEALTH SERVICES

- **Child Abuse and Neglect Reporting Line** - is a 24-hour hotline to report suspected child abuse; 855-323-3237.
- **Adult Protective Services** - a 24-hour hotline that investigates allegations of abuse, neglect and exploitation of vulnerable adults; 800-371-7897.
- **Domestic Violence Information Line** - a 24-hour information and referral on domestic violence issues; 800-897-5465.
- **Southwest Behavioral Health** - 24-hour emergency mental health intervention line for callers in crisis that can access Stabilization Mobile Response and Mobile Crisis Outreach Teams in the area; 800-574-6763, ext. 8.
- **Utah Crisis Line** – a statewide 24-hour suicide prevention hotline that provides emotional support, referrals, and mental health resources; 988, Utah crisis intervention, 801-587-3000.

EMPLOYMENT SERVICES

- **Department of Workforce Services** – provides employment help, training and general application for welfare, unemployment, Medicaid, WIC and food stamps; 866-435-7414.
- **LDS Employment Center** – assists with job referral and training for all community members regardless of their faith. **Cedar City**; 435-586-0684; **Saint George**; 435-656-1388.
- **Utah State Rehabilitation Services** – provides vocational rehabilitation and employment services for individuals with a disability: **Cedar City**; 435-586-9995; **Saint George**; 435-986-0055.

DOMESTIC SHELTERS

- **Canyon Creek Women's Crisis Center** – P.O. Box 2081 Cedar City, 84721 – 435-867-9411, hotline 435-233-5732.
- **Dove Center** – 1240 East 100 South, Ste. 221 St. George 84790; hotline 435-628-0458, outreach center, 435-628-1204.
- **Care and Share Emergency Shelter** - 244 W. 900 North Cedar City, 84721, 435-586-4962, ext. 2.
- **Switchpoint Community Resource Center Shelter** - 948 N. 1300 W. St. George, UT 84770; 435-628-9310.

FOOD

- **Iron County Care and Share** – provides emergency food assistance; 435-586-4962, ext. 1.
- **Hurricane Valley Food Pantry** - 435-635-0995.
- **Switchpoint Community Resource Center** – temporary assistance, including a daily soup kitchen, showers, and laundry facility. 948 N. 1300 W. St. George, 84790; 435-628-9310.
- **True Life Center** – Cedar City is a food pantry for community members, Wednesdays from 2-6 pm; 435-867-0405.
- **Women, Infants and Children (WIC)**- offers nutritional counseling and food assistance for families; 877-942-5437.

LOW INCOME HOUSING

- **Housing Authority**- provides affordable, safe housing for low income families, elderly, and disabled persons: **Beaver County**; 435-438-2935; **Cedar City**; 435-586-8462; **St. George**; 435-628-3648.
- **Iron County Care and Share** – provides rent payment assistance for needy families without other resources; 435-586-4962.

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- **Switchpoint Community Resource Center** –assists with temporary housing in St. George; 435-628-9310.
- **Community Action** – provides rental assistance and a rapid rehousing program through Five County Association of Govt.: **Cedar City**; 435-867-8384; **Saint George**; 435-674-5757.
- **Community Housing Services** – provides affordable housing for low income or disabled; 801-328-1050.
- **Weatherization** - provides overall weatherization through Five County Association of Governments; 435-586-0585.
- **Habitat for Humanity of Southwest Utah** - provides a program to enable families to build a home; 435-674-7669.

HELP HOTLINES

- **Utah National Suicide Prevention** - Dial 988 or 801-587-3000.
- **National Utah Domestic Violence Hotline**- 24/7 - at 800-897-LINK (5465).
- **Rape Recovery Center Crisis Line** – 801-467-7273 (hotline); 801-467-7282 (the Center).

VICTIM ADVOCATES FOR ADULTS

- **St. George Police Department** - Alissa Urzi, 435-627-4299; Sally Barna, 435-627-4374.
- **Canyon Creek Women's Crisis Center** - P.O. Box 2081 Cedar City, 84721, 435-867-9411
- **Iron County Atty's Office Victim Services** - Jessica Cramer, 435-865-5318.
- **Cedar City Police Department Victim Advocate** – Wendy Jessen, 435-704-7830.
- **Iron County Sheriff's Office Victim Advocate** – Brionna Sherratt, 435-704-6658.
- **Washington City Police Department** - Shelley Candelaria, (435) 986-1515.
- **Eastern Washington County Victim Services** (including Hurricane City Police, Washington County Sheriff, La Verkin City Police, Springdale Police Department); Tiffany Mower, 435-635-0427, ext. 7.
- **Santa Clara-Ivins Police Department** - Tanya Wambold, 435-414-5147.
- **Cedar City and Iron County Children's Justice Center**; Stephanie Rainey, 435-867-4275.
- **Washington County Children's Justice Center**; 435-634-1134; www.cjcwc.com.

MEDICAL CARE PROVIDERS

- **Cedar City Hospital** - offers general medical care; 435- 868-5000.
- **St. George Regional Hospital** – offers general medical care; 435-251-1000.

SENIOR CITIZEN SERVICES

- **Five County Association of Govt.** - provides in-home services and advocacy for the elderly; 435-673-3548.
- **Easter Seals Employment Program**- provides employment and job training opportunities to persons 55 years or older who are low income: **Cedar City**; 435-865-6555; **Saint George**; 435-986-3576.

UTILITY ASSISTANCE

- **H.E.A.T.** - provides winter home heating assistance and year-round energy crisis intervention for eligible low-income households: **Beaver County**; 435-438-3584; **Iron County**; 435-586-0858; **Kane County**; 435-644-3803; **Washington County**; 435-652-9643.

OTHER RESOURCES:

- **Utah Domestic Violence Coalition** - provides resources and information for victims of domestic violence; 801-521-5544; <https://udvc.org/get-help/>.
- **United Way** – For a complete list of resources in your community, check the United Way Website at <http://211utah.org> or call 211.
- **Office of Recovery Services** - helps collect child support and alimony; 801-536-8500.
- **UCASA** -Utah Coalition Against Sexual Assault; <https://www.ucasa.org/>.

Timpanogos Legal Center (TLC) strongly encourages you to discuss your case with an attorney.
TLC attorneys are available at 801-649-8895 Monday through Friday between 9:00 a.m. and 2:00 p.m.

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