

Aging

AARP Friendly Voices

1-888-281-0145 - connect2affect.org

Combat isolation and anxiety by providing calls and resources for those (45+) who are alone or isolated.

Always Best Care

1079 E Riverside Dr, Ste 202

St. George, UT 84770

1-435-216-7080 - alwaysbestcarestgeorge.com

Local experts in senior care, providing a resource for aging and senior living. Services include: Assisted & Independent Living Services, In-Home Care Services, Alzheimer's Care, Veterans Assistance.

Area Agency on Aging - Five County Association of Governments

1070 W 1600 S, Bldg B, St. George, UT 84770

1-435-673-3548 - fivecounty.utah.gov

Provides support, education, care, and safety for seniors.

Garfield County Nursing Home

200 N 450 E, Panguitch, UT 84759

1-866-882-3746 - intermountainhealthcare.org

Residential nursing care.

Panguitch Senior Center

87 N 40 W, Panguitch, UT 84759

1-435-676-1140 - garfield.utah.gov

Meals, ride program, and activities. They occasionally have specialists such as hearing come to the senior center.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - nasvh.org

Medical and nursing services 24/7, pharmacist, social services, PT, OT, speech therapy, wound care, dietary services, recreational therapy, hospice, and barber and beauty shop.

Children/Youth

Care Coordinated Services- DHHS

435-383-3546- familyhealth.utah.gov/ccrs

An evidence-based approach to family-driven, team-based, collaborative planning for developing and implementing individualized care plans for children and youth with significant mental illness, emotional disturbance and or behavioral disorders.

Department of Child and Family Services

875 N Main St, Beaver, UT 84713

106 N 100 E, Cedar City, UT 84720

1-435-438-3400 or 1-435-865-5600

dcfs.utah.gov

To keep children safe from abuse and neglect and provide domestic violence services.

Family Support Center of Southwestern Utah

535 S Main St, Ste 6, Cedar City, UT 84720

1-435-586-0791 - familysupportutah.org

Crisis nursery ages 0-11 years old. Crisis care is judged case-by-case.

Garfield County Children's Justice Center

250 Center St, Panguitch, UT 84759

435-867-4275

The Children's Justice Center is a homelike facility which serves children and families who are experiencing the crisis and chaos that comes from the disclosure of significant physical or sexual abuse of a child. The services they offer are Victim Advocacy, Coordination of Child Abuse, and Investigations.

Clothing

Garfield Memorial Health Care Foundation (GMHCF) Thrift Store

65 N Main St, Panguitch, UT, 84759

(435) 676-8996 - panguitchthriftstore@gmail.com

Extremely low cost clothing. All monies go to fund the Garfield Memorial Hospital. It is a non-profit that sells donated goods to help support the hospital.

Skyhoopi Thrift Store

50 W Main, Escalante, UT 84726

Good quality clothing at a low cost. They also have household items and books at very low costs as well.

Disability

Adult Protective Services

1-800-371-7897 - daas.utah.gov

Abuse and neglect of seniors and adults with disabilities. Can call or report online.

Chrysalis

660 N Airport Rd, Cedar City, UT 84721

1-435-586-4078 - gochrysalis.com

24-hour residential care, autism services, host homes, support for those with behavioral, emotional and cognitive disabilities.

Division of Services for People with Disabilities

Toll Free: 1-877-568-0084 - dspd.utah.gov

Supported living, respite care, and residential rehab for children and adults with intellectual disabilities, physical disabilities, brain injuries, and autism.

Red Rock Center for Independence (RRCI)

635 N Main, Ste 685, Richfield, UT 84701

1-435-979-6416 - rrci.org

Non-profit empowering people with disabilities to live independently through education, personalized services, and technology.

Southern Utah Vocational Rehabilitation

665 N Main St, Panguitch, UT 84759

(435) 586-9995 - usor.utah.gov

Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

Domestic Violence

Canyon Creek Services

297 N Cove Dr, Cedar City, UT 84721

1-435-233-5732 - canyoncreekservices.org

Provides free, confidential, and comprehensive services to survivors of domestic violence and sexual assault.

Utah Domestic Violence Coalition

24-Hour Linkline: 1-800-897-5465 - udvc.org Creating a state where domestic and sexual violence are intolerable.

Education

Garfield County School District

145 E Center St, Panguitch, UT 84759

1-435-676-8821 - garfk12.org

Programs include: Adult Basic Education, English as a Second Language, GED/High School Equivalency Test Instruction, Special Preschools.

Utah State University Extension

55 S Main St, PO Box 77, Panguitch, UT 84759

1-435-676-1113 - extension.usu.edu/garfield

Provides research-based community education, resources and programs in the areas of agriculture and natural resources; business and community; food, health, and wellness; home, finance, and relationships; and 4-H and youth.

Waterford Upstart

1-877-299-7997 - waterford.org

Provides four-year-old children access to the highest form of academic support in their early education at no cost to participants: personalized family education and coaching, a new computer and Internet if needed, and adaptive educational software.

Emergency Housing

Five Counties Community Action Partnership

1664 S Dixie Dr, #L104, St. George, UT 84770

1-435-652-9643 - fivecountycap.org

Assists in moving from shelter into housing. May be able to provide a hotel voucher.

Iron County Care and Share

244 W 900 N, Cedar City, UT 84720

1-435-586-5142 - careandshare-ut.org

Provides shelter, and case management. Drop in services for showers, laundry, and meals.

Employment

Department of Workforce Services

665 N Main St, Panguitch, UT 84759

1-866-435-7414 - jobs.utah.gov

Job assistance, veteran employment programs, work clothing, work-related fee payment assistance, and work tools/equipment.

Southern Utah Vocational Rehabilitation

965 E 700 S, Ste 202, St. George, UT 84790

1-435-673-5091 - usor.utah.gov

Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

Food

Central Food Sharing - Junction

180 W 500 N, Junction, UT 84740

1-435-896-5225 - cufoodsharing.org

They are a local food bank. Open the first Thursday of the month 10-2. They do not serve meals.

Garfield County Care and Share

87 N 50 W, Panguitch, UT 84759

1-435-676-2509 - foodpantries.org

They are a local food pantry. They provide food items to individuals and families in need. They are open the

3rd week of the month Wed-Sat. Need proof of income.

Escalante Care and Share

75 N 100 W, Escalante, UT 84726

1-435-826-4665 foodpantries.org

They are a local food pantry. They provide food items to individuals and families in need. 1st and 3rd Friday 11:00am - 4:00pm 1st and 3rd Saturday 12:00pm - 4:00pm

Utah Food Bank (Mobile Pantry)

52 N Main St, Tropic, UT 84776

1-435-656-9122 utahfoodbank.org

The second Thursday of the month a drive-through service is available to community members to provide them with food. No proof of income needed. They ask for your name, zipcode, and how many people live in your household.

Holiday Needs

Toys for Tots

panguitch-ut.toysfortots.org

Phone: 1-435-313-6540

Email: panguitch.ut@toysfortots.org

To help less fortunate children throughout the United States experience the joy of Christmas.

Utah Police Civilian Association

5151 S 900 E, #231, Salt Lake City, UT 84117

1-801-990-6213 - utahpolicecivilianassociation.org

Shop With a Cop - during the end-of-the-year holiday season kids are invited to shop to purchase gifts for members of their immediate family.

Housing

Five Counties Housing Assistance Programs

1070 West 1600 South, Bldg. B, St. George, UT

1-435 -673- 3548

fivecountycommunityaction.squarespace.com

See website for screening and eligibility: Rental and Deposit Assistance, Rapid Rehousing programs

Humanitarian Organizations

American Red Cross

Central and Southern Utah

476 East Riverside Dr., St. George, UT 84790

800-733-2767 coleton.stam@redcross.org

Coleton Stam 385-505-4839, Disaster Program Specialist. Humanitarian organization providing emergency assistance, disaster relief, financial assistance due to national disaster, smoke alarm assistance, preparedness classes, and education.

Legal

Southern Utah Community Legal Center

229 East St. George Boulevard #103, St. George, UT 84770

Contact: Steve Julien 435-628-1604

southernutahcares.com

*All new clients or existing clients with a new problem need to call Salt Lake Central Intake Unit
800-662-4245 or 801-328-8891*

Utah Legal Services is a non-profit agency created in 1974 to help low income people with some of their legal problems.

Talk to a Lawyer Clinic SUBA (Southern Utah Bar Association)

Call 800-662-4245 ext. 3662 to schedule an appointment. ulsoi.legalserver.org

Clinics sponsored by Utah Legal Services (ULS) are designed to help low-income Utahns; you must qualify under their guidelines to get help.

Medical/Dental

Bryce Valley Clinic

25 S Redrock Dr, Cannonville, UT 84718

435-679-8545 intermountainhealthcare.org

Open Tuesdays and Thursdays from 8:30 am-2:00 pm. Medical Clinic.

Family Healthcare

245 E 680 S, Cedar City - East Clinic

74 W Harding Ave - Cedar Harding Clinic

1-435-865-1387 - familyhc.org

Provides behavioral health care services to children and adults on sliding scale basis. Play therapy for ages 3-11. Navigator assistance for Medicaid applications.

Southwest Utah Public Health Department

601 E Center St, Panguitch, UT 84759

1-435-710-5003 - swuhealth.org/png

Tuesdays, 9:00 a.m.- 3:00 p.m.

(Closed for lunch from 12:00 - 1:00 p.m.)

Call to schedule an appointment.

Garfield Memorial Hospital

200 N 400 E, Panguitch, UT 84759

1-435-676-8811 - intermountainhealthcare.org

Emergency and Long term care, imaging services, labor & delivery, hospice and palliative care, skilled nursing.

Wayne Community Health Center- Kazan Memorial Clinic

570 Mouqui Lane, Escalante, UT 84726

1-435-826-4374 - waynechc.org

Medical clinic, dental clinic, and pharmacy. Has benefits for those facing financial, geographic, and cultural barriers to health care.

Mental Health

Multicultural Counseling Center

1-801-915-0359 - mccounseling.com

Provides quality short-term behavioral health services.

*caters to POC *telehealth option

NAMI - National Alliance on Mental Illness

24/7 crisis support: text NAMI to 741-741
Helpline: 1-800-950-6264 or info@nami.org
Monday - Friday: 10:00 a.m. - 10:00 p.m. (ET)
nami.org Free service providing information, resource referrals, and support to people living with a mental health condition, their family members, and caregivers.

Southwest Behavioral Health Center - Garfield

601 E Center St, Panguitch, UT 84759

1-435-676-8176 - sbhc.us

Assists clients and families in preventing and recovering from mental illness and addiction.

Suicide Prevention Hotline

1-800-273-8255 - suicidepreventionlifeline.org

24/7 free and confidential emotional support for people in emotional distress or suicidal crisis.

The Trevor Project

1-866-488-7386 - thetrevorproject.org

Text "START" to 678-678

24/7 chat online, over text, or on the phone.

Suicide prevention, crisis intervention, and support for LGBTQIA people under the age of 25.

Wayne Community Health Center- Kazan Memorial Clinic

570 Mouqui Lane, Escalante, UT 84726

435-324-4347 - waynechc.org

Behavioral health services available. Has benefits for those facing financial, geographic, and cultural barriers to health care.

Substance Abuse

Access Foundation - Recovery

283 W Auto Mall Dr, #4, St. George, UT 84770

1-435-559-1817 or 1-435-680-1459

access2soberliving.com

Affordable housing in the form of sober living group homes that are alcohol and drug-free for those who choose sobriety throughout St. George and Cedar.

ASPIRE365

aspire365.com

Telehealth and virtual visits for substance abuse and mental health services.

Hope Rising Recovery

1474 S. 2300 E., New Harmony, UT

435-632-3335 hoperisingrecovery.com

Free Medicaid application assistance. Dual diagnosis facility, including mental health counseling and medications, substance use medication assisted treatment (MAT) and substance use treatment.

Lion's Gate - Recovery

535 S Main St, #2, Cedar City, UT 84720

1-866-471-9476 - lionsgaterehab.com

Residential treatment for drug and alcohol abuse, provides therapy.

Support Groups

Alcoholics Anonymous- Dixie Central Office

435-674-4791 Aaofutah.org

Narcotics Anonymous of Southern Utah

PO Box 457, Washington, UT 84780

(435) 467-4403 nasouthernutah.org

Helpline 866-222-3035

Provides peer support groups for those struggling with overcoming drug addiction.

Postpartum Support International (PSI)

postpartum.net Fifty virtual groups supporting parents and families before/ during/ after the perinatal period.

Utah (Tobacco) Quitline

English: 1-800-784-8669

Spanish: 1-855-335-3569

waytoquit.org

Utilities

H.E.A.T. Program

Home Energy Assistance Target

1-435-676-1411 - fivecountyheat.org

Provides assistance to individuals and families to meet increased energy costs in winter and summer months.

Weatherization Assistance Program

1-435-586-0585 or 1-888-503-5321

wxworkssite.wordpress.com

Reduces energy consumption and costs, and increases comfort and safety in the home.

Veterans Services

American Legion

1-435-253-2975 - legion.org

Benefits, career, education, and health center. USAA Financial, troop and family support.

Department of Workforce Services

Accelerated Credentialing to Employment (ACE) Program

162 N 400 E, Ste B100, St. George, UT 84770

1-435-986-3530 - jobs.utah.gov

Assists Utah veterans, members of the Active Components, actively drilling members of the Guard and Reserve and their respective spouses, overcome barriers to employment or better employment.

Homeless Veterans Fellowship

541 23rd Street Ogden, UT 84402

801-392-7662 - homelessveterans.org

Provides a stabilized living environment, counseling services, and additional programs that will enable homeless veterans and veterans at risk of being

homeless to return to self-sufficiency. Anyone with at least one day of active duty service can receive help.

Saint George Vet Center

1664 S Dixie Dr, Ste C-102, St. George, UT 84770

1-435-673-4494 - va.gov

Individual and group counseling for veterans, service members, and their families. Family counseling for military related issues, bereavement counseling, sexual trauma counseling, and referrals for employment and substance abuse.

St. George VA Clinic

230 N 1680 E, Bldg N, St. George, UT 84790

1-435-634-7608 - va.gov

Family medicine, internal medicine, and mental health services.

Quilts of Valor

PO Box 191, Winterset, IA 50273

1-515-619-6556 - govf.org

Nominate online - to cover service members and veterans touched by war with comforting and healing quilts.

Veterans Angels Inc

10170 W Tropicana Ave, #156-440

Las Vegas, NV 89147

1-888-319-1117 - vetangels.org

Provide senior veterans and their families with information and support in applying for the VA benefit to help with the cost of care.

Last Revised 10.2025