

Aging

AARP Friendly Voices

1-888-281-0145 - connect2affect.org or
aarp.org/home-family/friends-family/friendly-voice/
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 for nonmedical care. Services include:
Assisted & Independent Living Services (groceries),
In-Home Care Services (house-keeping), Alzheimer's Care,
Veterans Assistance.

Alzheimer's Association

1-800-272-3900 alz.org/education
Provides local or online access to care and support for individuals with Alzheimer's and their families.

Easterseals-Goodwill Senior Community Service Employment Program

162 N 400 E, Bldg B, St. George, UT 84770
1-435-986-3576 - esgw.org/scsep
Helping adults over the age of 55 with disabilities, and veterans find and hold meaningful employment. Provides job preparation training, work experience, and paid on-the-job training.

Five County Association of Governments

1070 W 1600 S, Bldg B, St. George, UT 84770
1-435-673-3548 - fivecounty.utah.gov
Offer various services throughout the five counties of southwestern Utah providing support, education, care and safety for children, families, and seniors.

Memory Matters Utah

168 N 100 E, Ste 104, St. George, UT 84770
1-435-319-0407 - memorymattersutah.org
Provides education and support to those with Alzheimer's disease and their caregivers. Provides adult day care Monday - Thursday. Support groups, telephone

reassurance, memory activity classes, cognitive testing, and care consultations.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738
1-435-634-5220 - avalonhealthcare.com/ivins
Medical/Nursing Services 24/7, Pharmacist,, Short-Term Rehabilitation, Wound Care, Orthopedic Care, Post-Stroke Rehabilitation, Medication Management, Diabetes Management, Complex Medical Care, IV Services, Respiratory Care, COPD Care, Pain Management Care, Physical/Occupational/Speech Therapy, Trach Care, Luxury Spa Services (barber & beauty shop), Transportation Services

St. George Active Life Center (Senior Center)

245 N 200 W, St. George, UT 84770
1-435-634-5743 - washco.utah.gov
A place where older adults (60+) can get together for a variety of individual and group services and activities; provide them nutritious meals; respond to their diverse needs and interests; encourage their involvement within the center and the community; enhance their dignity and quality of life; provide various forms of assistance to enable them to live healthy and independent as long as possible.
Tuesday - Friday: 9:00 a.m. - 4:00 p.m.
Lunch served: 11:30 a.m. - 12:30 p.m.

Children/Youth

24-hour Crisis Line 435-773-0585

Utah 24-hour Child Abuse Reporting Hotline
1-855-353-3237

ABS Kids

25 N 100 E, Ste 102, St. George UT, 84770
1-801-935-4171 abskids.com
Autism diagnosis, community integration and ABA therapy.

Beehive Learning Academy

446 S Mall Dr, Ste B-10, St. George, UT 84790
1-435-986-0505 - beehivelearningacademy.com
Offer care for children ages 3 months to 9 years of age. Programs include Preschool, Kindergarten, Before & After School, Infant Care, and Summer Camp.

Community Health Resources

Washington County, Utah

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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.

Children's Justice Center

463 E 500 S, St. George, UT 84770

1-435-634-1134 - cjcwc.com

After hours Medical 435-251-2757

Visit their Facebook. Provides interviews, victim advocacy, medical services, mental health services, and community outreach. Support children and family experiencing crisis that comes with the disclosure of significant physical or sexual abuse of a child.

Children's Service Society of Utah

249 E. Tabernacle St. Ste 301, Saint George, UT

385-499-3734 cssutah.org

Provides: Case management, resources referral, assistance with guardianship, drug and alcohol prevention services.

Department of Child and Family Services

178 N 200 E, St. George, UT 84770

1-435-652-2960 - dcfs.utah.gov

Offers a variety of services intended to help keep children safe from domestic violence, provide domestic violence services, and clothing vouchers to D.I. along with many other services.

Family Support Center

310 W 200 N, St. George, UT 84770

1-435-674-5133 - fsc4kids.org

Offer multiple family services including crisis and respite nursery, information and resource referral services, and parenting and youth education.

Help Me Grow Utah

helpmegrowutah.org

Help Me Grow Utah is a free information and referral helpline that provides parents, physicians, and community partners all across Utah with resources to make a difference

in the lives of pregnant parents and families with children 8 and under.

Kids On The Move

389 E Tabernacle St, St. George, UT 84770

1-801-221-9930 - kotm.org

Autism center, early head start, early intervention, classes for families, in-home services, telehealth, and PEERS social skills course for teens with autism.

Prevent Child Abuse Utah: Nurse-Family Partnership, Parents as Teachers Programs, STEP (Systematic Training for Effective Parenting)

2 West St. George Blvd., Ste 34 & 35, St. George

435-383-1355 pcautah.org

In-home visiting supporting families with children 0-8yo. Free developmental screenings, local parent connection, resources, family activities and classes that help parents learn effective ways to relate to their children and encourage cooperative behavior from birth through adolescence.

Root for Kids

2044 S Mesa Palms Dr, St. George, UT 84770

1-435-673-5353 rootforkids.org

Provides health services, daycare, early intervention, and family support. Weekly or bi-weekly home visits, health and developmental assessments and screenings, therapy and learning programs for infants and toddlers with special needs, and mental health screenings for pregnant women.

The Well Pregnancy Resource Center

45 S 800 E, St. George, UT 84770

1-435-652-8343 - thewellprc.org

Provides education and maternity and infant supplies to help support disadvantaged families and unplanned pregnancies. Help future parents be prepared for their child to be born.

Utah Behavior Services

1067 E Tabernacle St #7, St. George UT, 84770

1-801-255-5131 ext 4 - utahbehaviorservices.com

Autism and Mental Health services, ABA, medication management, day treatment, parent workshops, and therapy.

Utah Foster Care - St George

230 North 1680 East Ste W 113, St George, UT 84790

utahfostercare.org

A non-profit organization that finds, trains, and supports Utah families who are willing and able to provide a nurturing home for children who have been neglected or abused.

Clothing

Deseret Industries

2480 E Red Cliffs Dr, St. George, UT 84790

1-435-652-8232 - deseretindustries.org

Sells used clothing and household items at a discounted cost.

Hope Chest

656 N Dixie Dr, St. George, UT 84770

435-674-5325 thcthrift.org

Sells used clothing and household items at a discounted cost.

Saint George Catholic Thrift Store

157 N 200 W, St. George, UT 84770

1-435-673-1029 - saintgeorgecatholics.com

Sells used clothing, furniture, and household items at a discounted cost.

Switchpoint Boutique

214 N 1000 E, St. George, UT 84770

1-435-628-9310 - switchpointcrc.org/boutique

Monday - Friday: 9:00 a.m. - 6:00 p.m.

Saturday: 10:00 a.m. - 5:00 p.m.

Re-purposes usable household and clothing items.

Switchpoint Thrift Store

935 N 1300 W, #7, St. George, UT 84770

1-435-900-1020 - switchpointthriftstore.org

Monday - Friday: 9:00 a.m. - 6:00 p.m.

Saturday: 10:00 a.m. - 5:00 p.m.

Re-purposes usable household and clothing items.

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.

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)

168 N 100 E, Ste 101, St. George, UT 84770

1-435-673-7501 - rci.org

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

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.

TURN Community Services

523 E Sunland Dr, Ste #5A, St. George, UT 84790

1-435-673-5251 - turncommunityservices.org

Serves people with intellectual and developmental disabilities in community-based programs.

Domestic Violence

Dove Center

1240 E 100 S, Ste 221, St. George, UT 84790

Help Line: 1-435-628-0458

Office: 1-435-628-1204 - dovecenter.org

Work to empower those impacted by domestic abuse and sexual violence. Provides shelter, advocacy and counseling for survivors of domestic abuse, dating violence, sexual assault, rape, sex trafficking, and stalking.

Shortcreek Dream Center

480 Field Ave, Hildale, UT

435-619-4294 - shortcreekdreamcenter.org

Helping people escaping domestic violence, recovering from substance abuse, overcoming homelessness, healing from trauma and developing life skills.

Utah Domestic Violence Coalition

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

Four focuses: advocate for victim safety and empowerment, collaborate with community partners and services, educate the community, and connect victims to resources.

Education

Dixie Technical College

610 S Tech Ridge Dr, St. George, UT 84770

1-435-674-8400 - dixietech.edu

Provides technical and career-driven education to both adult and secondary students.

Southwest Adult High School

75 Tabernacle, St. George, UT 84770

1-435-652-4709 - swah.washk12.org

Provides education services for students who have not graduated to prepare to take the GED test in English and Spanish. Also offers corrections education and assists adults to become literate and obtain knowledge and skills for employment.

SUU Head Start

494 E 900 S, St. George, UT 84790

1-435-628-5641 - suu.edu

Increase the social competence of young children from low-income families; takes into account the social, emotional, cognitive, and physical development of children and leads to effectiveness in dealing with the present environment and future responsibilities in school and life.

Utah State University Extension Service

338 S 5500 W Hurricane, UT 84737

1-435-634-5706 - extension.usu.edu/washington

Programs include: Nutrition Education, Parenting Skills Classes, Relationship Workshops, Youth Agricultural Programs.

Washington County School District

121 W Tabernacle, St. George, UT 84770

1-435-673-3553 - washk12.org

Programs include: Special Preschools, GED/High School Equivalency Test Instruction, Adult Basic Education.

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

Switchpoint Emergency Shelter

948 N 1300 W, St. George, UT 84770

1-435-628-9310, ext. 0 - switchpointcrc.org

Provides 24/7 homeless shelter, classes, case management, showers, community garden, doggy day care, and food pantry.

Youth Futures

340 E Tabernacle St, St. George, UT 84770

1-435-339-0787 - youthfuturesutah.org

Provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway, and at-risk youth.

Employment

Department of Workforce Services

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

1-435-986-3500 - 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

Bishops' Storehouse

516 N 1400 E, St. George, UT 84770

1-435-673-3491 providentliving.churchofjesuschrist.org

Food and hygiene items. Open Tue-Thurs 10am-6pm and Friday and some Saturdays, 10am-2pm.

*requires an LDS bishop's referral

Full Cart

fullcart.org

Currently offers one-time emergency food assistance sent directly to you.

Visit the website (It is a waiting list at this moment)

Hurricane Valley Food Pantry

489 West 600 North, Hurricane, UT 84737

1-435-635-0995 - fivecountycap.org

Provides emergency food boxes to families in low-income situations with food insecurity.

Monday & Friday: 10-2 pm

Tuesday & Thursday: 10-12 pm, 2-4 pm

Wednesday: 11-1 pm, 3-6 pm

2nd Saturday of the month 9-12 pm

MEALS ON WHEELS

coa.washco.utah.gov

- **Enterprise Senior Center**
165 S 100 E, Enterprise, UT 84725
Call 1-435-878-2557 to verify eligibility.
- **Hurricane Senior Center**
95 N 300 W, Hurricane, UT 84737
Call 1-435-635-2089 to verify eligibility.
- **St. George Active Living Center**
245 N 200 W, St. George, UT 84770
Call 435-301-7290 to verify eligibility.

Salvation Army

568 West Telegraph St. #4, Washington, UT 84780

1-435-275-4975 - stgeorge.salvationarmy.org

Weekly Food assistance: Call for hours

Solomon's Porch

1495 S Black Ridge Dr, A240

St. George, UT 84770

1-435-669-8153 - porchstg.org

Sunday Feast and Friday food boxes at 2:45 pm.

St. George Catholic Church Food Bank- Our Mother's Pantry

157 North 200 West, St. George, Ut 84770

saintgeorgecatholics.com

Food distribution: Thursdays, 9:15-11:30

SWITCHPOINT

1-435-628-9310 switchpointcrc.org

- **FOOD PANTRY**

923 S 250 W, St. George, UT 84770

Provides emergency food assistance. See the website for necessary documentation. Visit us during business hours. Monday - Thursday: 11:00 a.m. - 4:00 p.m. Saturday: 11:00 a.m. - 1:00 p.m. Friday, Sunday - Closed

- **SOUP KITCHEN**

1300 W 948 N, St. George, UT 84770

Free hot meals at the Switchpoint Cafe (upstairs). Monday to Friday: 11:45 a.m. - 1:00 p.m.

Utah Food Bank

1-435-656-9122 - utahfoodbank.org

Helps provide food for those in need.

Mobile Pantry in Hildale, and Washington.

Holiday Needs

Coins For Kids

3143 S 840 E, St. George, UT 84790

1-435-634-6210 coinsforkids.net

Helps provide Christmas presents for kids from low-income families.

Marine Toys for Tots

st-george-ut.toysfortots.org

Contact Pam Curtis, Head Coordinator

Phone: 1-435-272-5051

Email: tftutouth@gmail.com

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

St. George Basket Brigade

1-435-879-7379 stgeorgebasketbrigade.org

Non-profit organization that provides a full Thanksgiving meal basket to families in need.

Utah Police Civilian Association

Shop with a Cop

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

St. George Housing Authority

975 N 1725 W, #101, St. George, UT 84770

1-435-628-3648 - stgeorgehousingauthority.org

Assists low-income families with safe, decent and affordable housing options to achieve self-sufficiency.

Legal

Southern Utah Community Legal Center

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

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.

Humanitarian Organizations

American Red Cross

Central and Southern Utah

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

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

Humanitarian organization providing emergency assistance, disaster relief, financial assistance due to national disaster, smoke alarm assistance, preparedness classes, and education.

Medical/ Dental/ Vision

Creek Valley Health Clinic

20 S Colvin Street, Colorado City, AZ

435-900-1104 creekvalleyhc.com

Provides dental and medical services on a sliding scale basis. Accepts UT Medicaid.

Doctors' Volunteer Clinic

(Medical/ Dental/ Vision)

1036 E Riverside Dr, St. George, UT 84790

1-435-656-0022 - volunteerclinic.org

Provides non-urgent medical care, specialty medical care, dental care, and mental health services for individuals without insurance with sliding scale payment. Eye exams and prescriptions for low-income and uninsured.

By appointment only on Monday mornings. Call 1-435-656-0022, option 1, and then option 2 to schedule an appointment. Affordable eyeglasses can be purchased at Walmart or Zenni Optical (online).

Enterprise Valley Medical

223 South 200 E St, Enterprise, UT 84726

435-878-2281 evmc.org

Provides preventative, primary and chronic care services on a sliding scale.

Family Healthcare

391 N 200 W, Hurricane, UT 84737

2276 E Riverside Dr., St. George, UT 84790

Medical: 1-435-986-2565

Dental: 1-435-359-2165 - familyhc.org

Preventative care, infant and child care, women's health care, prenatal care, oral health, mental health, and discount prescriptions.

Four Points Health

1449 N 1400 W, St. George, UT 84770

1-435-688-7572 - fourpointshealth.org

Provides general medical care, dental care, and mental health services on a sliding scale basis.

Hometown Wellness

1070 N Hildale St, Hildale, UT 84784

1-435-216-5488 - hometown-wellness.com

Medical clinic providing well child exams, IV hydration, HRT, primary medical care, OB/GYN.

Intermountain Regional Medical Center- River Road Campus

1380 East Medical Center Drive, Saint George, UT 84790.

(435) 251-1000 intermountainhealthcare.org

Provides inpatient, outpatient, and emergency medical care.

Medicaid Application Assistance

Family Health Care Navigators

See USARA and Hope Rising Recovery (under Substance Abuse section.)

Sound of Life Foundation

180 N Main St, #2378, St. George, UT 84771

1-877-435-7551 - soundoflifefoundation.org

Non-profit focused on helping with hearing aid costs to improve quality of life for those with hearing difficulties.

Southwest Utah Public Health Department

620 S. 400 E., St. George, UT 84770

1-435-673-3528 - swuhealth.gov

Environmental health, permits, vaccinations, WIC, baby your baby, vital records, wellness, outreach.

Utah Tech Dental Clinic

1526 Medical Center Dr, St. George, UT 84790

1-435-879-4900 - health.dixie.edu

Inexpensive dental care by students, monitored by dental professionals.

Mental Health

Creek Valley Health Clinic

20 S Colvin Street, Colorado City, AZ

435-900-1104 creekvalleyhc.com

Provides mental health and substance abuse services on a sliding scale basis. Accepts UT Medicaid.

Crimson Heights Counseling

340 E 600 S, St. George, UT 84790

1-435-705-7574 - crimsoncounseling.net

Focuses on teens and young adults with autism who are experiencing difficulties with transitioning into independent living. The challenges may be related to social skills, communication challenges, inability to establish and maintain relationships, and executive functioning challenges.

Doctors Volunteer Clinic- Mental Health

1036 E Riverside Dr, St. George, UT 84790

1-435-656-0022 - volunteerclinic.org

Medication Management and counseling services for uninsured and underinsured or in need of transitional care.

Family Healthcare

391 N 200 W, Hurricane, UT (Hurricane Clinic)

2408 E Riverside Dr, St. George, UT 84790

1-435-986-2565 - familyhc.org

Provides behavioral health care services to children and adults. Play therapy for ages 3-11.

Intermountain Access Center

380 East Medical Center Drive St. George, UT 84790.

Located on the 4th floor of the North Tower

1-435-251-4480

intermountainhealthcare.org/behavioralhealth

Walk-in hours are 24/7. Behavioral Health Access Centers offer immediate crisis treatment, observation, and fast access to mental health treatment from licensed behavioral health professionals. This allows you to get the best level of care and lowers the overall costs.

Intermountain Psychiatry and Counseling

292 S 1470 E, St. George, UT 84790

1-435-251-5900 - intermountainhealthcare.org

Provides medication management, diagnoses, and counseling.

Intermountain Partial Hospitalization Program for Teens in Crisis

409 E, 500 S, St. George, UT 84770

435-251-4490 - intermountainhealthcare.org

Supporting teens and their families with individual and group therapy, medication assistance during school hours.

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

474 W 200 N, St. George, UT 84770

1-435-634-5600 - sbhc.us

Assists in preventing and recovering from mental illness and addiction.

Southwest Forensic Nursing and Healthcare

230 N 1680 E Ste. Q2, Saint George, UT.

1-888-436-7421 or 435-900-6787

swforensichealthcare.org

Provides medical forensic exams for survivors of sexual assault, interpersonal violence, strangulation, and/or human sex trafficking.

Trauma Treatment & Counseling

249 E Tabernacle St #100, St. George, UT 84790

1-435-227-5506 traumatreatmentandcounseling.com

Supporting those seeking help from past trauma, support for anxiety or depression, or advanced treatment options.

Substance Use

Access Foundation

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

435-429-1269 accessfah.org

Provides housing for those who choose sobriety, who need a place to decompress, who need a break in life.

Alano Club

12 Step Recovery Meeting

559 N. 1060 E., St. George, UT

435-673-0608 dixiealanoclub.org

Capstone Counseling

801-341-0411 capstonecounselingcenters.com

Online Treatment program focusing on education and substance abuse treatment. Private cash pay only.

Desert Haven

474 W. 200 N, Suite 200, St. George, UT 84790

435-634-5600 southernutahcares.com

Women Only, can have children 8 & under, Medicaid and private pay.

Four Points Health

1449 N 1400 W 319, St. George, UT

435-688-8199 fourpointshealth.org

Providing Outpatient programs in Ivins, Cedar City, Richfield, Kanosh on a sliding scale basis.

High Desert Counseling

561 E Tabernacle St., St. George, UT

435-673-2899 highdesert.help

Day treatment, intensive outpatient, and general outpatient services for those choosing recovery from addiction. Medicaid/ Medicare provider.

Hope Rising Detox

865 W 100 N, Hurricane, UT
1474 S. 2300 E, New Harmony, UT
435-632-3335 hoperisingrecovery.com
671 1000 E. St., St. George 435-215-7533
Free Medicaid application assistance. Dual diagnosis facility, including mental health counseling and medications, substance use medication assisted treatment (MAT) and substance use treatment.

Lions Gate Recovery

24-Hour Hotline 866-471-9476
260 West St. George Blvd, St. George Utah 84770
info@talbotrehab.com
They are people in recovery helping people find recovery. We offer a community of recovery. We provide support through group therapy and counseling. We help to develop social and life skills. Our goal is to help you reconnect with your family.

New Season Treatment Center

620 S 400 E, Suite 404, St. George, UT 84770
435-656-8918 newseason.com
Methadone Treatment of Opioid, Heroin and prescription drug addiction.

Premier Counseling

192 E 200 N Ste. 101, St. George, UT
435-610-1696 premiercounselingservices.org
Premier Counseling offers Day Treatment (PHP), Intensive Outpatient (IOP), General Outpatient (GOP), and Mental Health Services.

Renaissance Ranch

44 N 800 E, St. George, UT 84790
804-997-5011 renaissanceranch.net
Accepts TAM Full Service substance abuse and mental health treatment center for adult men and family members.

Steps

1085 Bluff St., St. George, UT
435-674-9999 stepsrc.com Outpatient Program

True North Recovery & Wellness Center

640 East 700 South Bldg. #3, St. George UT
435-673-1004 truenorthutah.com
5:30AM-12PM Mon-Fri, Sat 7-9AM. Medicaid accepted. MAT services.

Unity House

435-313-4986 unityhouseutah@gmail.com
Sober living for Women. A structured sober environment for women who have the same common goal, to recover from drug addiction or alcoholism. A home with a built in support group of women helping each other. Residents are required to work and attend support groups.

Upper Mesa Recovery

485 W. Utah Ave., Hildale, UT 84784
435-414-5762 uppermesarecovery.com
Treatment facility for substance abuse.

USARA - Utah Support Advocates for Recovery Awareness

113 E 200 N #1, St. George, UT 84770
435-319-8800 utahrecovers.org/locations/stg
USARA helps those recovering from the effects of substance use disorders on the person, families, and the community. USARA St. George provides family-friendly recovery activities monthly, family support, and coaching.

Utah (Tobacco) Quitline

English: 1-800-784-8669
Spanish: 1-855-335-3569
waytoquit.org

Suicide Prevention

Crisis & Suicide Hotline - 988

Suicide Prevention Hotline

1-800-273-8255 - suicidepreventionlifeline.org
24/7 free and confidential emotional support for people in emotional distress or suicidal crisis.

Live On Utah

@LiveOnUtah [Liveonutah.org](https://liveonutah.org)

Live On is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On. Join their FREE suicide prevention course by following their instagram account

Reach 4 Hope

[Reach4hopeutah.org](https://reach4hopeutah.org)

They offer trainings and resources that can help you learn suicide warning signs, talk openly and honestly about suicide, offer hope to someone in crisis, and save a life. Follow their Youtube, Facebook, and Instagram accounts.

Support Groups

Alcoholics Anonymous- Dixie Central Office

435-674-4791 [Aaofutah.org](https://aaofutah.org)

Family Support Center of Washington County

310 West 200 North, Saint George, UT 84770

(435) 674-5133 fsc4kids.org

A clean, safe, home like environment where parents can find support and children can find fun and structured activities, nutritious meals and a place of comfort.

LDS Family Services - St George

2480 East Red Cliffs Drive, St George, UT 84790

(435) 673-6446 providentliving.churchofjesuschrist.org

Offers mental health counseling, marriage and family relationship counseling, and addiction recovery meetings. Most services are available to the public. Some services require a bishop's authorization. Please consult the office staff for additional information.

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.

Survivors of Suicide Loss Support Group: St. George

Meets every 1st Thursday of the month, 6:30pm - 8:00pm @ RRCI Office - 168 N 100 E Suite 101, St. George Call or text Claudine 631-902-8972

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[Facebook Support Group](#) This group is for individuals, families, and youth who are grieving the loss of a loved one to suicide. Join with a community of suicide loss survivors to find comfort and resources, gain understanding and share stories of hope and healing. This is a peer mentor facilitated group, not run by a licensed clinician. Call or text Claudine before attending the first time so she can accommodate your needs. Check out their facebook page for group meeting reminders and helpful posts.

Transportation

Dial-a-Ride

St. George Active Life Center (Senior Center)

245 N 200 W, St. George, UT 84770

1-435-634-5743, option #1

coa.washco.utah.gov/st-george/transportation

Provides transportation to those 60 years of age or older and disabled individuals under 60 years of age. Tuesday - Friday: 9:30 a.m. - 2:30 p.m.

Five County Community Action Program - Gas Voucher Program

1-435-674-5757 - fivecountycap.org

The flexible gas voucher program provides transportation opportunities to households looking for or maintaining employment (if client qualifies).

Salt Lake Express

805 S Bluff St, St. George, UT 84770

1-208-656-8824 - saltlakeexpress.com

Shuttle, bus, and charter services to and from St. George, Las Vegas, Salt Lake City and more.

St. George Shuttle

1275 E Red Hills Pkwy, St. George, UT 84770

1-435-628-8320 - stgshuttle.com

Shuttle, taxi, and chartered bus services. Phone service 24 hours a day 7 days a week.

SunTran

953 E Red Hills Pkwy, St. George, UT 84770

1-435-673-8726 - sgcity.org/suntran

SunTran is the city of St. George's public transit system. You can pay your fare in cash or purchase a pre-paid pass:

sgcity.org/suntran/faresandpasses

Taxi USA

45 N 300 E, St. George, UT 84770

1-435-656-1500 - calltaxiusa.com

Taxi service available 24 hours a day 7 days a week.

Additional services include wheelchair and non-emergency medical transport, and food and prescription delivery.

Utilities

Comcast Internet

internetessentials.com

Offers high-speed internet for low-income families in Utah.

Emergency Broadband Benefit

getemergencybroadband.org

Discounted internet (if client qualifies) offered through AT&T, CenturyLink, Verizon, SC Broadband, etc.

H.E.A.T. Program

Home Energy Assistance Target

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

1-435-652-9643 - fivecountyheat.org

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

Salvation Army

568 W. Telegraph St. #4, Washington, UT 84780

Connection Center: 1-855-768-7977

1-435-275-4975 westernusa.salvationarmy.org

Can assist with utilities once eligibility has been determined.

Weatherization Assistance Program: Five County

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.

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.

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.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - avalonhealthcare.com/ivins

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.

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.

Veterans Angels Inc

10170 W Tropicana Ave, #156-440, Las Vegas, NV 89147

1-888-319-1117 - vetangels.org

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

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