



Community Resources Updated 2021

Housing Resources

Utah Community Action

<https://www.utahca.org/housing-case-management/>

UT Rent Relief and the Utah Housing Assistance program offers financial assistance for those struggling to pay: rent, utilities, security deposits, & late fees. Application to determine eligibility for assistance is included in this link.

Homeless Prevention and Rapid Re-housing Program & TANF Emergency Fund

<https://jobs.utah.gov/housing/scso/hprrh/>

This website can help families who are experiencing homelessness or who are struggling with housing costs.

SLC Rental Assistance

<https://www.needhelppayingbills.com/>

This website provides multiple resources for help with rental assistance, and has a variety of resources available for those who are renting.

SLC Housing Stability

<https://www.slc.gov/hand/city-housing-programs/affordable-housing-resources/>

This website provides multiple resources for housing assistance, and includes information for both renters and buyers.

Adult Education Resources

Guadalupe School Adult English Classes

<https://quadschool.org/program/adult-education>

Services included: English classes, career planning, and citizenship services.

University Neighborhood Partners (UNP)

<https://partners.utah.edu/>

Offers educational opportunities and resources for communities on the West Side of the Salt Lake Valley

Financial Resources

Utah HEAT Program

<https://jobs.utah.gov/housing/scso/seal/heat.html>

The HEAT Program helps individuals pay their energy/utility bills. The website includes eligibility requirements and information, as well as a link to the application. If approved, you can receive aid to pay a large amount of your energy costs.

Affordable Internet Services

<https://www.highspeedinternet.com/>

This website allows you to compare internet service providers, and the resources they provide. See "Resources" Tab for more information.

Transportation Resources

<https://211utah.org/index.php/transportation>

This website includes information about a variety of transportation related questions. Information related to public transportation assistance, and rideshare programs is also included.

Help With Utility Bills

<https://www.hud.gov/states/utah/renting/energyprgms>

This website provides information about various utility bill resources.

Nutrition

United Way Food Resources

<https://211utah.org/index.php/food>

The United Way 211 food website contains links for individuals who are struggling to acquire food. There is information about food pantries, meal delivery, and food stamps/WIC.

Supplemental Nutrition Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

This website allows users to sign-up for the government subsidized food stamps.

Mental Health

Valley Behavioral Health

<https://valleycares.com/>

Offers mental health treatment, behavior treatment, substance abuse treatment, case-management and others resources. They can serve children, families, adults, and those experiencing homelessness.

Latino Behavioral Health

<https://latinobehavioral.org/>

Offers low cost mental health individual and group therapy. Also offers a Peer Mentorship program.

Utah Crisis Line

<https://healthcare.utah.edu/uni/programs/crisis-diversion.php>

Individuals who are in crisis situations can call the hotline listed on this website 24 hours a day, 7 days a week for free in English, Spanish, and several other languages.

Utah Suicide Prevention

<https://utahsuicideprevention.org>

This website contains information about the warning signs of suicide and instructions for what to do if yourself or someone around you is at risk for dying by suicide.

Utah Division of Substance Abuse and Mental Health

<https://dsamh.utah.gov>

The Utah Division of Substance Abuse and Mental Health provides support for individuals who are struggling with substance abuse. The website can help you locate a provider or service, or gain access to other substance abuse resources.

Parenting Resources

Utah Education Network

[Learn @ Home - UEN](#)

Provides resources and tools for parents and students. Some of these include navigating COVID-19, how to speak with a student about mental health and other big issues. Also provides educational videos, recordings, and material for students to use in the home.

Common Sense Media

www.common sense media.org

Provides articles and resources for parents/teachers about online safety and distance learning. Topics include: Step by step instructions on how to set parental controls, parent's guide to social media sites, and tools to help kids with remote learning. Articles in both English and Spanish.

Utah Parent Center

<https://utahparentcenter.org/>

Has an extensive list of resources for parents and families that have a child with a disability.

Cyber Wise

www.cyberwise.org

Provides articles and resources to help parents teach kids how to use technology safely and wisely. Topics include: how to monitor children's devices, teaching digital citizenship and safety

Wide Open School

www.wideopenschool.org/families-and-teachers

Resources about distance learning for parents and teachers.

Legal and Immigration Resources

Utah Legal Help

<https://www.utahlegalhelp.org/vlc>

Utah Legal Help provides free legal assistance through the Utah State Bar. They have volunteer attorneys who will assist individuals or families with their legal needs.

Comunidades Unidas

<https://www.cuutah.org/>

Offers a variety of services which are often used by the Latinx Community including immigration resources, voter registration, and employment services.

Utah Legal Services 801-328-8891

www.utahlegalservices.org

An online application facilitates the process of determining eligibility for legal services through an interview with an intake worker. Intake workers can chat online in English, or can call 24/7. They have translation services. The intake worker will link to an advocate if appropriate.

[Intake Process](#)

[List of Legal Problems](#) ULS can assist with

Utah Legal Aid Society 801-328-8849

Employment Assistance

Department of Workforce Services

<https://jobs.utah.gov>

The Department of Workforce Services offers job searching resources, and networking events.

Empowerment Employment Services, LLC

<https://www.empowermentemployment.com/job-seekers>

Offers employment and networking resources. Also, has job coaches who can help you find work.

Salt Lake City Utah Employment Resource Center

<https://www.latterdaysaintjobs.org>

Offers various employment resources such as one-on-one job coaching, workshops, and networking opportunities

Health Care

Utah Health Clinic (Salt Lake Clinic)

<https://health.utah.gov/clinics/>

Low-cost health clinic that accepts most insurance including MEDICAID and CHIP

Mid-Valley CBC Clinic: Health and Dental

<https://www.midvalecommunityclinic.com/>

Medical and Dental Clinic for uninsured only.

Utah Department of Health: Medicaid

<https://medicaid.utah.gov/>

Website allows you to apply for Medicaid, and find medical providers who accept Medicaid

Children's Health Insurance Program (CHIP)

<https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/>

Website allows you to apply for CHIP, and find medical providers who accept CHIP

General Resources

211 Resource List

<https://www.211.org>

This website provides a comprehensive list of resources available in the State of Utah