



San Juan County Client Resource Guide

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1. Emergency, Crisis & Abuse Assistance

Service/Program Name	Focus & Description	Contact Information	Link
Utah Domestic Violence	24/7 statewide crisis line for domestic violence	1-801-377-5500 (24/7)	https://therefugeutah.org/domestic-violence/
Utah Rape & Sexual Assault Crisis Line	24/7 statewide crisis line for rape and sexual assault	1-801-356-2511 (24/7)	https://therefugeutah.org/sexual-assault/
SafeUT Crisis Chat and Tip Line	Provides real-time crisis intervention, suicide prevention, and referrals for youth (K-12 and higher education)	Call or Text 988 (24/7)	SafeUT 24/7 Crisis Support for Utah Students (Use Mobile App)
San Juan County Victim Advocate	Assists victims of domestic violence, rape, sexual assault, and stalking. Free and Anonymous	General: 435-210-2406 Sheriff's Office 435-587-2237	https://sanjuancountyut.gov/community/page/victim-advocate
Seekhaven Family Crisis & Resource Center	Helps individuals and families survive domestic violence and sexual assault. Offers crisis resources and shelter	435-259-2229	https://www.seekhaven.org/
Gentle Ironhawk Shelter	Provides shelter for women and children fleeing domestic violence	435-678-2445 (24/7) Toll Free: 866-206-0379	https://www.domesticshelters.org/help/ut/blanding/84511/gentle-ironhawk-shelter
(APS) Adult Protective Services	State service for reporting the abuse, neglect, or exploitation of vulnerable adults	1-800-371-7897	https://daas.utah.gov
(CPS) Utah Child Protective Services	Statewide line for reporting child abuse/neglect	1-855-323-3237	https://dcfs.utah.gov/services/child-protective-service

2. Housing & Utility Assistance

Service/Program Name	Focus & Description	Contact Information	Link
San Juan Homeless Prevention	Provides assistance for rent, security deposits, and utilities . Also offers budget planning and help resolving landlord problems. (Eligibility requirements apply: crisis event, income limits)	Desteny Bingham 435-459-3994 (Mon-Thu, 8AM - 1PM)	https://sanjuancountyut.gov/administration/webform/homeless-prevention-application
(HASU) Housing Authority of Southeastern Utah	Provides affordable housing options to moderate and low-income families in San Juan County	435-259-5891	https://www.hasuhomes.org/
USDA Rural Development	Offers home repair loans/grants (Section 504) and home ownership programs (no down payment/PMI) for lower-income families in rural areas	435-587-2473 Ext. 4 1-800-670-6553	http://www.rd.usda.gov
(SERDA) Weatherization Program	Assists with improving home insulation, repairing windows, and repairing/replacing damaged heating systems	Lorraine Berryhill 435-637-5444 Ext. 400	https://serda.utah.gov/weatherization
(SERDA) Mutual Self Help/ Single Family Housing Rehab	Program for housing rehabilitation assistance	SERDA General 435-637-5444	https://serda.utah.gov/self-help-housing
Empire Electric Company	Information on payment options and assistance programs for electricity/gas bills (Monticello)	970-565-4444 800-709-3726	https://www.eea.coop/payment-options-and-assistance-programs

3. Food & Nutrition Assistance

Service/Program Name	Focus & Description	Contact Information	Link
Food Stamps (SNAP)	Offers nutrition assistance to buy healthy food for eligible individuals and families	1-866-435-7414	https://jobs.utah.gov/customereducation/services/foodstamps/
WIC (Women, Infants, and Children)	A nutrition program for low-income pregnant women, new mothers, infants, and children up to age 5	Navajo Nation WIC 1-800-307-4231 San Juan Public Health 435-587-3838	https://sanjuanpublichealth.org/wic
Utah Food Bank	Food pantry services and distribution centers in the Southeastern region	Blanding 435-674-5498 Montezuma Creek 435-216-9117 Monument Valley 435-652-5114	https://www.utahfoodbank.org/about/southeastern-distribution-center/
Small Food Pantry	Local food pantry. By Appointment Only (La Sal)	Tiffany Broderick 435-419-0221	https://www.facebook.com/p/La-Sal-Food-Bank-61566450479724/

4. Counseling, Mental Health & Recovery

Service/Program Name	Focus & Description	Contact Information	Link
Veteran's Crisis Line	Confidential, toll-free hotline for Veterans and their loved ones	1-800-273-8255 press "1"	https://www.veteranscrisisline.net/
The Trevor Project Hotline	Provides accredited, life-affirming crisis and suicide prevention services to LGBTQ youth	1-866-488-7386 text START to 678-678	https://www.thetrevorproject.org/
San Juan Counseling	Professional treatment, education, and advocacy to strengthen emotional wellbeing	435-678-2992	https://044b232.netsolhost.com/
Postpartum Support International	Provides support, resources, and a helpline for emotional changes during pregnancy and postpartum	Helpline: 1-800-944-4773 English: 503-894-9453 Español: 971-420-0294	https://postpartum.net/
Mom's Mental Health Matters	Dedicated mental health resources for mothers	Moms Mental Health 801-587-7329	http://www.utahmmhc.com
Utah Tobacco Quit Line	Supports individuals who want to quit tobacco with counseling and resources	1-800-784-8669	https://medicaid.utah.gov/tobacco-cessation
Coronavirus Help	Contact for those in isolation or quarantine who need a care package	UNHS Behavioral Health 435-678-0269 San Juan Public Health 435-587-3838	https://wearenavajo.com/unhs-behavioral-health/ https://sanjuanpublichealth.org/vaccine-info

5. Senior & Caregiver Services

Service/Program Name	Focus & Description	Contact Information	Link
San Juan County Aging Services	Umbrella organization providing services and managing programs for older adults	435-587-3225	https://sanjuancountyut.gov/aging-services
Senior Meals Program	Provides home-delivered meals. (5 days a week in Blanding/Monticello; 2 times a week in Bluff/La Sal)	Blanding 435-459-3179 Monticello 435-459-2656 Bluff 435-672-2390 La Sal 435-686-9990	https://sanjuancountyut.gov/aging-services/page/services-provided-san-juan-county
Alternatives Program (HCBA)	Home and Community Based Alternatives: provides in-home services (Home Health Aides, Homemaking, Home Modification) for eligible individuals (18+) at risk of nursing home placement	SJC Caregiver Case Managers 435-459-3192 Darin Black Delton Pugh	https://sanjuancountyut.gov/aging-services/page/alternatives-program
Care Giver Program	Assists family caregivers of frail older adults, and relatives (55+) caring for children/disabled adults. Offers respite, support groups, and counseling	SJC Caregiver Case Managers 435-459-3192 Darin Black / Delton Pugh	https://sanjuancountyut.gov/aging-services/page/care-giver-program

6. Children & Family Services

Service/Program Name	Focus & Description	Contact Information	Link
Division of Child and Family Services (DCFS)	Offers services including Adoption, Child Protective Services, Foster Care, and Youth Services	Blanding DCFS office 435-678-1491	https://dcfs.utah.gov/
Help Me Grow, Utah	Information and Referral helpline available at no cost . Provides child development screenings and connects parents/providers to resources	801-691-5322	https://www.helpmegrowutah.org/
Utah Parent Center	Helps parents support children, youth, and young adults with all disabilities to live included, productive lives	1-800-468-1160	http://www.utahparentcenter.org/
Parents as Teachers (PAT)	An evidence-based home-visiting program for early childhood family support and parent education from pregnancy to age 3	San Juan Public Health 435- 587-3838	https://sanjuanpublichealth.org/nursing-services#parents-as-teachers
Care about Childcare	Provides families looking for childcare with profiles of regulated childcare providers throughout Utah	N/A	https://careaboutchildcare.utah.gov/parent/

7. Employment & Education

Service/Program Name	Focus & Description	Contact Information	Link
Utah Department of Workforce Services (DWS)	Provides job services, employment center resources, and general assistance	Blanding Employment Center: 435-678-1400 UT State Headquarters 1-866-435-7414	https://jobs.utah.gov/
Division of Rehabilitation Services (Vocational Rehab)	Offers vocational rehabilitation services to help individuals with disabilities find and keep jobs	435-678-1452 1-800-531-9912	https://jobs.utah.gov/usor/vr/services/index.html
Job Corps	A free education and career training program for young people aged 16–24	1-800-733-5627	https://info.joinjobcorps.com/beginhere
Utah Labor Commission	Provides assistance with anti-discrimination and general labor issues	1-801-530-6800	https://laborcommission.utah.gov/divisions/utah-antidiscrimination-and-labor-uald
Adult Education	Programs offering Adult Basic Education (ABE), Adult Secondary Education (ASE), and GED Prep at various local campuses	USU Blanding 435-678-2201 White Mesa Education Center 970-238-6854	https://statewide.usu.edu/blanding/ https://www.projectpeak.org/whitemesa

8. Financial Services & Legal Aid

Service/Program Name	Focus & Description	Contact Information	Link
Social Security Administration	National office for Social Security benefits and services	1-800-772-1213	https://www.ssa.gov/number-card/replace-card
Unemployment Insurance Center	Assistance with unemployment benefits	1-888-435-7414	https://jobs.utah.gov/ui/home
Utah Legal Services	Provides free civil legal aid, including assistance with bankruptcy information	1-801-328-8891	https://www.utahlegalservices.org/node/16/who-qualifies-get-help-utah-legal-services
Utah State Courts Self-Help Center	Provides legal information and assistance for self-represented litigants	1-888-683-0009 Text: 801-742-1898 Self Help	https://www.utcourts.gov/en/self-help/services/contact.html
Lawyer Referral	Service to refer individuals to appropriate legal counsel	801-531-9077	https://www.licensedlawyer.org/
Free Legal Clinics List	A directory of free legal clinics in Utah	N/A	https://www.utcourts.gov/en/legal-help/
Division of Consumer Protection	Consumer protection, safety, and fraud reporting	1-800-721-7233	https://dcp.utah.gov/
AAA Fair Credit Foundation	Credit counseling and debt management services	1-800-351-4195	https://livefittc.org/financial-counseling-services-welfare/

9. Disability Support Services

Service/Program Name	Focus & Description	Contact Information	Link
(DSPD) Division of Services for People with Disabilities	Provides a wide range of support, resources, and services for people with disabilities	Toll Free 1-844-275-3773	https://dspd.utah.gov/
Disability Law Center	Provides legal representation and advocacy for the rights of people with disabilities	1-800-662-9080	https://disabilitylawcenter.org/
RISE	Provides day programs, residential services, and other services for people with disabilities	(435) 613-1640	https://riserviceinc.org/services/utah/

10. Tribal Services

Service/Program Name	Focus & Description	Contact Information	Link
(IHS) Indian Health Services	Provides comprehensive health services to American Indians and Alaska Natives	Window Rock 928-871-5811 Tec Nos Pos Clinic 928-656-3294 Kayenta Clinic 928-697-4000	https://www.ihs.gov/
DNA (Dinébe'iiná Náhiilna be Agha'diit'ahii)	Legal services for Diné (Navajo) individuals	928-871-4151	https://dnalegalservices.org/
Navajo Housing Authority	Provides housing assistance and management for Navajo families. (Kayenta)	928-697-3100	https://www.navajohousingauthority.org/
(UNDC) Utah Navajo Development Council	Community development, education, and family services. (Bluff)	435-672-2381	https://www.navajonationcouncil.org/council/
Ute Mountain Ute Administration	Local tribal administration contact (White Mesa)	435-678-3397	https://www.utemountainutetribe.com/white%20mesa%20administration.html
Ute Mountain Ute Health Center	Health services for the Ute Mountain Ute Tribe. (Towaoc)	970-565-4441	https://www.ihs.gov/Albuquerque/healthcarefacilities/utemountainute/

[SAN JUAN COUNTY FAMILY RESOURCE GUIDE](#)