

Helpful Wasatch County Resources



Counseling Services

Christian Center of Park City

Phone: [435-649-2260](tel:435-649-2260) x1

Email: counseling@ccofpc.org

We are now back open to having in-office meetings with our counselors and we currently have availability for appointments. Please contact us today to set up an appointment. Contact Heather Ledbetter, our Counseling Center Administration, who will be available to take calls, answer questions and assist in getting scheduled, Monday - Friday, 8 a.m. - 4 p.m. You can call 435-649-2260 ext 1 or email her at counseling@ccofpc.org. Call or email Heather Ledbetter Monday – Friday, 8:00-4:00 pm

Emotional Health Relief Hotline

Phone: [1-833-442-2211](tel:1-833-442-2211)

Free resource available to anyone who is seeking emotional health guidance during these uncertain times. Call 833.442.2211 to speak with a caregiver, available every day from 10 am – 10pm. Provided through Intermountain Healthcare.

LDS Services

Family Services provides short-term professional counseling for individuals, couples, and families. Services need to be authorized by a bishop, stake president, or mission president.

<https://providentliving.churchofjesuschrist.org/lds-family-services/counseling-services?lang=eng>

Peace House

Peace House Safety Line: [1-800-647-9161](tel:1-800-647-9161)

Phone: 435-658-4739

Peace House offers supportive services to those who have been victimized by domestic violence or sexual assault, through safe housing, legal advocacy, case management, counseling and educational programs in the community for citizens of all ages in order to end and prevent the cycle of abuse and violence. Trained advocates are available 24/7 to give you support and guidance. There is no cost, no judgement – just help.

Peace House Safety Line: 1-800-647-9161. <https://peacehouse.org/events/>

Peoples Health Clinic

Phone: 435-333-1850

Mon 8-5. Tues- 8-8. Wed 8-5. Thurs 8-5. Fri 8-1.

www.peopleshealthclinic.org

People's Health Clinic is a nonprofit clinic providing no-cost quality medical services to uninsured residents of Summit and Wasatch Counties regardless of nationality, race, sex or immigration status.

We provide: primary care, pediatric care, women's health, chronic disease management/education, adult and children's vision services/referrals, prenatal care/education, mental health visits/referrals, specialty care (cardiology, orthopedic care, physical therapy), free vaccines to adults and kids.

We can also refer patients to low-cost diagnostic services and consultations, free mammogram and papsmear screenings for women.

Our partnership with Holy Cross Ministries and UHPP allows us to make referrals to social services, job services and aid clients in applying for health insurance, including Medicaid.

We do not provide emergency care and urgent care. Telemedicine is available.

SafeUT App: <https://healthcare.utah.edu/uni/safe-ut/>

Utah Strong Recovery Project:

Call or Text: 385-386-2289

More than 40 crisis counselors are ready to answer your call if you are experiencing stress, anxiety or depression because of COVID-19.

<https://hs.utah.gov/portfolio-item/state-offers-free-counseling-for-covid-related-stress>

Wasatch Community Foundation (WCF)

Website: OurWCF.org Make a donation!

This is a very difficult time for our Valley and the County. Many families are struggling to meet basic needs for food and living expenses. The area of most need now is living expenses, i.e. rent, utilities etc.

The WCF is committed to contribute and receive donations to the COVID-19 Relief Fund to support families in need. Be assured, all money raised by the WCF will stay in Wasatch County. We believe we have as many as 600 families in the county who may need assistance. Families who qualify through the vetting process would receive a one-time check of \$500.

If you would like to financially support this program, please go to OurWCF.org and look for the donate button on the top right. If you know others who may want to support this program, please pass on this information. Donations and to apply for assistance can be done at the website above.

Wasatch School District

Phone: 435-654-0280

Warmline (for teens who only need to talk): 801-587-1055

Hispanic Family Liaison – Angelica Sanchez 385-448-1437

School Social Workers

Julia Winterton 801-796-2625

Jodi Nichter 714-485-9875

Jenny Pinter 385-240-0610

Alicia Power 435-709-8849

Wasatch School District is committed to provide continuing services to our students. Reach out to your school counselor at your school. They are still offering support in academic, mental health, and personal matters. This is a challenging time for many as we try to adjust to a new school routine. Check the counseling website frequently for new information, activities and resources. Visit the district website at <https://www.wasatch.edu/>

Wasatch County Victims Advocate for Domestic Violence

Phone: 435-657-3300

Cell: [435-671-9490](tel:435-671-9490)

Wasatch County Victim Advocate, Kristin Guthrie. Services offered are crisis intervention, emergency shelter, help with referrals and resources, assistance with filing paperwork, communication with judges, attorneys & law enforcement, helping clients understand the dynamics of domestic violence, trauma and increasing coping skills in a non-judgmental and supportive environment.

Wasatch County Family Clinic – Wasatch Behavioral Health

Phone: 435-654-3003

24 Hour Crisis Line: [1-800-273-8255](tel:1-800-273-8255)

The Wasatch County Family Clinic (WCFC) of Wasatch Mental Health offers a variety of therapeutic services designed to help individuals and families who are affected in some way by mental illness and/or substance abuse. We are staffed with a prescriber, nurse, therapists, case managers, a prevention coordinator, and a MCOT Mobile Crisis Outreach Team to provide excellent mental health and substance abuse services for adults, children, and families. Services are being provided remotely and in person. Remote services are delivered when a client's insurance provider allows for such technology. Clients can pre-authorize for remote services by calling their insurance company to verify that telehealth or telephone treatment is covered. We are still accepting new clients. Intake paperwork is being completed via electronic documentation to facilitate the admission of new clients. Pending authorization from insurance providers, intake sessions are also being completed remotely.

****For additional counseling agencies** - call 435-657-3230 or email trudyb@wasatch.org

Food and Other Assistance

Food Resources

Heber Valley Campus Food Pantry, Christian Center of Park City

<https://www.ccofpc.org/fighting-hunger/>

Hours: 11:00 am – 4:00 pm, Monday – Saturday

Location: 55 East Center, Heber city, UT 84032

Phone: 435-657-9493

Community Action Food Pantry:

Hours: 11:00 am – 6:00 pm, Open Tuesday's and Fridays

Phone: 435-654-2182

Location: 34 West 200 south, Heber City

Homeless Directory:

<https://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Heber%20City&state=UT>

LDS Welfare Locations: <https://providentliving.churchofjesuschrist.org/find-a-welfare-location?lang=eng>

Utah Food Bank: <https://www.utahfoodbank.org/>

Wasatch County Senior Citizens Center:

Phone: 435-654-4920

Meals on Wheels is still running Monday thru Friday. Wasatch County Senior Center is also providing Community Action to go food sacks filled with non-perishable staples. Seniors can stop by during office hours that are Monday thru Friday 8-4 and pick them up in the Senior Center. No more than nine residents at a time.

HEAT Utility Assistance

Phone: 801-229-3855

Website: <https://mountainland.org/heat/>

The program provides utility assistance to vulnerable clients who are experiencing financial difficulties. The program has been extended through the end of the year due to COVID-19

Heber City Page:

<https://www.heberut.gov/265/Community-Assistance-Programs>

Coronavirus Information:

Find Resources at <http://coronavirus.wasatch.utah.gov/Resources>

Wasatch County Coronavirus information: <http://coronavirus.wasatch.utah.gov/>

Utah Coronavirus information: <https://coronavirus.utah.gov/>