

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.
call 211 - 211.org

Homeless Shelter Directory - A directory to find homeless shelters and free food resources near you.
HomelessShelterDirectory.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

FoodPantries.org - A directory to find food pantries near you.
foodpantries.org/

Utah Food Bank
utahfoodbank.org

Resources

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - TheHotline.org

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - 1800runaway.org

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - HumanTraffickingHotline.org

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
SafeLinkWireless.com
AssuranceWireless.com

Resources

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - [FindTreatment.gov/](https://www.findtreatment.gov/)

FreeDentalCare.us - Directory of free and low cost dental clinics
[FreeDentalCare.us/](https://www.freedentalcare.us/)

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.