

HELP RESOURCES

- **211 Utah - Help Starts Here**

Calling **211** or going to www.211utah.org puts in you contact with a wealth of resources in our community—including: mental health, substance use, food, shelter, emergency childcare services.

- **Community Action Services –**

Resources to provide assistance for a variety of needs. Information and applications for all UCA programs are found online at utahca.org/contact-us or by calling **801-359-2444** to speak with a staff member.

- **Food**

Our Food Pantry is open on the 2nd and 4th Sunday of each month. If you need food and the St. James Food Bank is not open you can look for another Utah Food Bank food pantry: <https://www.utahfoodbank.org/find-a-pantry/>

- **Mental Health/Suicide**

1-800-273-TALK is the National Suicide Prevention Hotline 24/7 or go to suicidepreventionlifeline.org.

- **24/7 Disaster Distress Helpline: 1-800-985-5990 or TEXT "TalkWithUS" to 66746.**

- **Emotional Health Relief Hotline: 1-833-442-2211**-counseling in 19 languages.

- **Education/ESL**

The Columbus Adult Education Center is honored to provide English services to adults so they may become self-reliant, productive citizens. Classes are free and are open to all religions, ethnicities and nationalities. <https://columbusaec.org/>

- **Assisted Living Resources** www.assistedliving.org/utah

- **Parent Support** www.utahparentcenter.org

- **Parents of Addicted Loved Ones**

Parents with an adult child dealing with substance use disorder involving either drugs or alcohol find hope and support through **Parents of Addicted Loved Ones (PAL): 480-300-4712** (8AM – 8PM MST)

- **Youth Crisis** - Help with any sized problem, any time! www.safeut.org