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**If anyone is in imminent danger, or
To report violence in progress,
Dial 9-1-1**

Adult Protective Services (APS), Utah

1-800-371-7897

<https://daas.utah.gov>

Division of Child and Family Services (DCFS), Blanding

435-678-1491

<https://dcfs.utah.gov>

San Juan County Victim Advocate

435-210-2406

Seekhaven Family Crisis & Resource Center

435-259-2229

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

Tohdenasshai Shelter Home (Kayenta)

24/7 hotline 1-877-697-8591

UNHS Victim Advocate

24-hour hotline 435-678-0249 or 435-651-3762

Utah Child Protective Services (CPS)

Reporting line 1-855-323-3237

<https://dcfs.utah.gov/services/child-protective-services/>

Utah Coalition against Sexual Assault (UCASA)

1-866-878-2272

Utah Domestic Violence 24/7 hotline

1-800-897-5465

Utah Office for Victims of Crime

801-238-2360

1-800-621-7444

<https://justice.utah.gov/crime>

Utah Rape & Sexual Assault 24/7 Crisis Line

1-888-421-1100

Utah's Adoption Connection

801-265-0444

<https://www.utahadopt.org>

LDS Family Services

<https://providentliving.lds.org/lds-family-services/adoption>

Utah Foster Care

877-505-5437

<https://utahfostercare.org>

Utah Department of Workforce Services, Blanding

(435) 678-1423

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

Utah State University Blanding

(435) 678-2201

<http://usueastern.edu/blanding/>

Care about Childcare

Our website provides families looking for childcare with profiles of childcare providers located throughout Utah.

<https://careaboutchildcare.utah.gov/parent/>

Division of Child and Family Services

DCFS offers the following services: Adoption, Child Protective Services, Domestic Violence Services, Foster Care, In-Home, Kinship Care, Prevention, and Youth Services.

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

Blanding DCFS office

522 North 100 East, Blanding

435-678-1491

Help Me Grow, Utah

Help Me Grow Utah is an information and referral helpline available at no cost that provides parents, physicians and providers with the knowledge and resources they need to make a difference in the lives of children. Help Me Grow Utah services include: Personal Care Coordination, Free Child Development and Perinatal screenings, Answers to pregnancy, parenting and child development questions, Connection to community resources.

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

Parents as Teachers (PAT), a home visiting program

Parents as Teachers is an evidence based early childhood family support and parent education home-visiting model. Families may enroll in Parents as Teachers beginning with pregnancy and may remain in the program until the child turns three years of age.

<https://sanjuanpublichealth.org/nursing-services#parents-as-teachers>

435-587-3838 (San Juan Public Health)

Utah Parent Center

To help parents help their children, youth, and young adults with all disabilities to live included, productive lives as members of the community. We provide accurate information, empathetic peer support, valuable training and effective advocacy based on the concept of parents helping parents.

<http://www.utahparentcenter.org/>

1-800-468-1160

WIC—Women, Infants and Children Program

San Juan Public Health, 735 S 200 W STE 2, Blanding

WIC is a nutrition program designed to help low-income pregnant women, new mothers, infants, and children up to age 5 eat well and stay healthy. WIC participants receive nutrition counseling, prenatal nutrition, health assessments, breast feeding support, nutritious foods to supplement diets, information on healthy eating, and referrals to health care services and other helpful agencies.

<https://sanjuanpublichealth.org/wic>

435-587-3838

San Juan Counseling Center

Scheduling: 1-888-833-2992 (toll free) or 435-678-2992

After hours crisis line: 1-800-273-8255

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

UNHS Behavioral Health

435-651-3762

Utah Statewide & National Suicide Prevention Lifeline

Call 24/7 to speak to a licensed crisis counselor if you or a loved one are having thoughts of suicide, are experiencing an emotional or mental health crisis, or are feeling overwhelmed and need support.

1-800-273-TALK (8255)

Or text "START" to 741741

www.crisistextline.org

Utah Warm Line

This service is for people who are not in crisis but seeking emotional support, engagement, or encouragement. Certified peer specialists offer support and empower callers to resolve problems by fostering a sense of hope, dignity, and self-respect.

801-587-1055

Open 7 days a week, from 8 a.m.-11 p.m. Call to speak with a certified peer support.

Disaster Distress Helpline

A national hotline dedicated to providing immediate crisis counseling for people seeking emotional help in the aftermath of a disaster (to include public health emergencies).

24/7 hotline 1-800-985-5990

Or text "TALKWITHUS" to 66746

The Trevor Project Hotline for LGBTQ teens

The Trevor Project offers accredited lifesaving, life-affirming programs and services to LGBTQ youth that create safe, accepting, and inclusive environments over the phone, online and through text.

1-866-488-7386 or text START to 678-678

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

Veteran's Crisis Line

1-800-273-8255, press "1"

<https://www.veteranscrisisline.net/>

SafeUT

***Free & Available through the Google Play Store and Apple App Store**

The SafeUT Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth (public K-12 and higher education) through live chat and a confidential tip program—right from your smartphone.

Licensed crisis counselors are available 24/7 to respond to all incoming chats, tips, and calls by providing supportive or crisis counseling, suicide prevention, and referral services.

Support is also available to parents and educators of students in public K-12 and higher education.

SafeUNTG

***Free & Available through the Google Play Store and Apple App Store**

An extension of SafeUT, Crisis Chat & Safety Tip app for Utah's Army & National Guard Service members, Family Members & Personnel.

Licensed mental health professionals can assist with a variety of issues including: emotional crisis, grief and loss, drug and alcohol issues, mental health issues, self-harm, suicide prevention, and safety concerns.

National Alliance on Mental Illness (NAMI)

1-877-230-6264

Mental Health Resources Especially for Mothers

Erikson Fussy Baby Network 1-888-431-BABY

Mom's Mental Health Matters 801-587-7329 or email at momsmentalhealth@utah.edu

Facebook: @momsmentalhealth

San Juan Public Health WIC nurses 435-587-3838

Postpartum Support International

www.postpartum.net/

PSI Helpline: 1-800-944-4773

Text: English: 503-894-9453 Español: 971-420-0294

Postpartum Support International exists to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. Postpartum Support International provides:

- A toll-free Help Line and referral to appropriate local resources including emergency services.
- Online Support Groups every week.
- Educational DVDs for families and providers.
- Free Phone “Chat with the Experts” First Mondays for Dads and every Wednesday for Moms.
- Resources for Women, Families, Students, and Professionals.

Utah Coronavirus Information Line

1-800-456-7707

www.coronavirus.utah.gov

This Utah coronavirus information hotline is a central resource for the public's questions about COVID-19 in Utah.

Coronavirus Help

If you or someone you know is in isolation or quarantine and needs a care package, please call:

UNHS Behavioral Health: 435-678-0269

San Juan Public Health: 435-587-3838

Courts & Law Enforcement

Blanding City Justice Court

435-678-2334

San Juan County Justice Court

435-587-2544

Monticello Seventh District Court

435-587-2122

Blanding Juvenile Court

435-678-1448

Monticello Juvenile Court

435-587-2199

San Juan County Sheriff Department

435-587-2237

Legal Information & Consultation

Utah Legal Services

1-800-662-4245

Utah State Courts Self-Help Center

1-888-683-0009

Utah State Law Library

801-238-7990

Lawyer Referral

www.utahbar.org

Free Legal Clinics List

www.utcourts.gov/howto/legalclinics

Division of Consumer Protection

1-800-721-SAFE (7233)

Disability Law Center

1-800-662-9080

Seekhaven Legal Clinic

435-259-2229

Division of Rehabilitation Services

- 435-678-1452 or 1-800-531-9912
- <https://jobs.utah.gov/usor/>

Division of Services for People with Disabilities (DSPD)

- Toll Free 1-844-ASK-DSPD
- <https://dspd.utah.gov/>

RISE

- 435-613-1640
- <https://riseserviceinc.org/services/utah/>

Disability Law Center

- 1-800-662-9080
- <https://disabilitylawcenter.org/>

Utah Tobacco Quit Line

- 1-800-QUIT-NOW
- <https://www.tobaccofreeutah.org/quitline.html>

Twelve Step Based Christian Recovery Classes

- Montezuma Creek LDS Church (south door) 435-979-2072
 - Tuesdays @6:30 PM
- Blanding LDS North Chapel (northeast door) 435-678-2319
 - Tuesdays & Thursdays @7:00 PM
- Monticello Seminary Building, 435-587-2093
 - Sundays @7:00 PM

Division of Rehabilitation Services/Blanding

Vocational Rehab

121 E. 500 North, Blanding

435-678-1452

Job Corps

1-800-733-5627

Labor Commission

1-800-530-5090

For anti-discrimination and labor issues 1-800-222-1238

Utah Department of Workforce Services Blanding Employment Center

544 North 100 East Blanding

435-678-1400

Utah State University Eastern/Blanding

435-678-2201

Utah State University Extension

435-587-3239 ext.9

AAA Fair Credit Foundation

1-800-351-4195

AARP

for persons age 55 and older

1-866-448-3616

American Credit Foundation

1-800-259-0601

Utah Office of Recovery Services

801-536-8500

Social Security Administration

National office 1-800-772-1213

Unemployment Insurance Center

1-888-435-7414

Utah Department of Workforce Services

- Blanding 435-678-1400
- UT State headquarters 1-866-435-7414

Utah Legal Services

(Bankruptcy information)

1-800-662-4245

Worker's Compensation Fund

1-800-446-2667

Utah Department of Workforce Services Blanding Employment Center

Food Stamps

435-678-1400

Senior Centers/Meals on Wheels

- Blanding Senior Center/Meals on Wheels 435-678-2427
- Bluff Senior Citizens Center/Meals on Wheels 435-672-2390
- Monticello Senior Citizens Center/Meals on Wheels 435-587-2401
- White Mesa Senior Citizens Center/Meals on Wheels 435-678-3396

San Juan Public Health

735 South 200 West Suite 2 Blanding, UT 84511

435-587-3838

- WIC program for pregnant women, children up to age five, and breastfeeding/recently postpartum moms. The WIC Outreach group offers support to Monument Valley, Montezuma Creek, and Monticello; call for days and times. You can also contact SJPH to find out when the next delivery from the Utah Food Bank truck will take place.

Utah Food Bank

Providing canned goods, meat, dairy, fresh produce

to any household. No requirements. Food is

available on the first Thursday of a full calendar week of every month. *For example, if the 1st of the month is on Sunday, then the food bank will be there Thursday; but if the 1st of the month is on Monday, then the food bank will be there the 2nd Thursday of that month.*

www.utahfoodbank.org/get-help/



MOBILE FOOD BANK

San Juan Foundation, Blanding Food Bank

permanent location opening soon

Follow on Facebook @SanJuanFoundation for real-time updates on when loads will be dropped off and food is available.

558 S. 200 E. Blanding, UT

435-678-4000

<https://www.sanjuanfoundationutah.org/foodbank>

City of Blanding

<http://www.blanding-ut.gov>

435-678-2791

- Airport 435-678-3222
- Fire Department emergency: 9-1-1; non-emergency 435-678-2837
- Police Department emergency: 9-1-1; non-emergency 435-678-2334; after hours 435-678-2916
- Wellness Center 435-678-3457
- Full Circle Recycling, offered through San Juan Foundation 435-678-4000, <https://www.sanjuanfoundationutah.org/full-circle-recycling>

City of Monticello

<http://www.monticelloutah.org>

435-587-2217

- Emergency Management Office/Fire Control 435-587-3225
- Hideout Golf Course 435-226-1292
- Police Department emergency: 9-1-1; non-emergency 435-587-2273
- Recreation 435-587-2029

San Juan County

<http://sanjuancounty.org>

- Assessor 435-587-3221 ext. 5005
- Building Inspection/Commissioner/Planning 435-587-3225 ext. 5000
- Clerk/Auditor/Economic Development 435-587-3223
- Landfill 435-678-3070
- Recorder 435-587-3228 ext. 5004
- Treasurer 435-587-3237 ext. 5003

State and Federal Services

- Division of Motor Vehicles, Monticello 435-587-3221
- Driver's License Division 801-965-4437
- United States Postal Service (USPS) 1-800-275-8777
- Unclaimed Property Division 1-888-217-1203

HOSPITALS, CLINICS & PHARMACIES:

Blue Mountain Hospital

802 S 200 W Blanding

435-678-3993

<http://www.bmhutah.org>

San Juan Hospital

380 W 100 N Monticello

(435) 587-2116

Blanding Family Practice

910 S 300 W Blanding

435-678-0700

Montezuma Creek Health Center

1478 E Highway 162 Montezuma Creek

435-651-3700

Monument Valley Health Center

30 W Medical Drive Monument Valley

435-678-0500

Navajo Mountain Health Center

#2 Rainbow Road Navajo Mountain

928-672-2494

San Juan Clinic

735 S 200 W Blanding, 435-587-1234

380 W 100 N Monticello, 435-587-5054

Main Street Drug and Boutique

<http://www.mymainstreetdrug.com>

140 South Main St. Monticello

435-587-2302

San Juan Pharmacy

<http://sanjuanpharmacy.org>

65 South Main St. Blanding

435-678-2781

DENTAL & VISION:

San Juan Dental

217 S 100 W Blanding

435-587-2528

Blanding Family Dental (UNHS)

910 S 300 W Blanding

435-678-0500

Blanding Family Vision Clinic

910 S 300 W Blanding

435-678-0590

HOME CARE:

Four Corners Regional Care Center

<http://fourcornersregionalcarecenter.com/>

818 North 400 West, Blanding

435-678-2251

Rocky Mountain Home Care and Hospice

<http://www.rmcare.com/locations/utah/rocky-mountain-home-care-blanding/>

28 North Main St. Blanding

435-678-3266

Zion's Way Home Health and Hospice

<http://www.zionsway.com/>

58 North Main St. Blanding

435-678-2054

INSURANCE:

Medicaid and CHIP

- Medicaid Information Line
1-800-662-9651
- Department of Workforce Services (applications)
1-866-435-7414
- Children's Health Insurance Program (CHIP)
1-877-KIDS-NOW

HIPUTAH (Utah Comprehensive Health Insurance Pool)

1-800-705-9173

Primary Care Network (PCN)

PCN provides primary care to those who meet eligibility requirements

<http://health.utah.gov/pcn/>

1-888-222-2542

Utah's Premium Partnership for Health Insurance (UPP)

UPP helps pay employer-provided insurance premiums

<http://health.utah.gov/upp>

1-888-222-2542

Utah's Insurance Department

State Office Building, suite 3110, Capitol Hill Complex

350 N State Street, Salt Lake City, UT 84114

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

1-800-439-3805

PHYSICAL THERAPY:

Blue Mountain Chiropractic

- 11 West Center St. Blanding
435-678-3667
- 225 South Main St. Monticello
435-678-3667

Precision Rehabilitation

<http://precisionrehabutah.com/>

802 South 200 West Blanding

435-678-3869

San Juan Chiropractic and Wellness Center

792 South Main St. Blanding

435-678-2795

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

PREGNANCY:

Baby Your Baby, Utah Department of Health

<https://medicaid.utah.gov/baby-your-baby/>

Baby Your Baby is temporary medical coverage (Medicaid) for low-income, pregnant women who qualify. Baby Your Baby covers pregnancy-related outpatient services provided by any Utah Medicaid Provider.

WIC—Women, Infants and Children Program

<https://sanjuanpublichealth.org/wic>

435-587-3838

San Juan Public Health, 735 S 200 W STE 2, Blanding

WIC is a nutrition program designed to help low-income pregnant women, new mothers, infants, and children up to age 5 eat well and stay healthy. WIC participants receive nutrition counseling, prenatal nutrition, health assessments, breast feeding support, nutritious foods to supplement diets, information on healthy eating, and referrals to health care services and other helpful agencies.

Mother to Baby

Mother to Baby provides evidence-based information to mothers, health care professionals, and the public about medications and other exposures during pregnancy and while breastfeeding. Mother to Baby experts are available through our confidential, FREE counseling phone service or via text message. You can also email an expert or live chat with us through our website.

mothertobaby.org/

Telephone (866) 626-6847

Text: (855) 999-3525

Mental Health Resources Especially for Mothers

- Erikson Fussy Baby Network 1-888-431-BABY
- Mom’s Mental Health Matters 801-587-7329 or email at momsmentalhealth@utah.edu
- Facebook: @momsmentalhealth
- San Juan Public Health WIC nurses 435-587-3838

TRANSPORTATION:**Ambulance Service**

- Emergency, Dial 9-1-1.
- Non-emergency 435-678-2034

UNHS Non-emergency Patient Transportation

Non-Emergency Transportation is provided by UNHS to individuals of our community, who are not in an emergency. Our transportation service provides more assistance than a taxi service, we are equipped to aid those riders who are elderly, in wheelchairs, stretchers or those with other special needs to their preventative care, rather than waiting for a serious health condition to arise.

<https://www.unhsinc.org/non-emergency-patient-transportation/>

435-678-0700

Utah Medicaid Services Program

Free transportation for people with Medicaid

www.logisticscare.com

Call 1-855-563-4403 *call 3 days in advance before appointment.

- The following will need to be provided for transportation:
- Name, birthdate, Medicaid number of person to be transported, phone number and address of pickup location, the date and time of appointment and whether the person will be traveling with a companion and if the person has special needs.
- The name, address, and telephone number of the medical provider whom the person has an appointment with also needs to be provided for transportation services.

Apartments *Some apartments are income-based/subsidized.

- Abajo View Apartments
81 East 100 North, Monticello
435-587-3554
- Baus Butte Apartments
161 South 200 West, Blanding
435-678-3713
- Blue Mountain Dine Apartments
100 East 500 South, Blanding
435-678-3146
- Grayson Apartments
492 West 500 South, Blanding
435-678-3650
- Juniper Village Apartments
120 East 100 South, Blanding
435-678-3650
- Kigalia Apartments
450 South Main, Blanding
435-678-3326

Housing Authority of Southeastern Utah

The Housing Authority of Southeastern Utah works with community organizations to provide the highest possible service for all residents. We strive to provide Affordable Housing so that low income individuals and families may use resources to better themselves and their families and to enrich communities in Southeastern Utah.

321 E Center St. Moab, UT 84532

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

435-259-5891

USDA Rural Development

Section 504 - Home repair loan and grant programs for families or individuals with low incomes. Home ownership programs to assist lower-income families to buy, build, or repair a home in a rural area. No down payment home purchase, no private mortgage insurance, closing costs and repairs may be included.

P.O. Box 10, 32 South 100 Monticello

www.rd.usda.gov

435-587-2473 ext. 4

1-800-670-6553 (toll free)

San Juan County Libraries:

Blanding Branch

25 West 300 South, Blanding

435-678-2335

*Story time on Wednesdays at 11 a.m.

Bluff Branch

Located behind Post Office at 480 Black Locust Ave., Bluff

435-672-2274

La Sal Branch

La Sal Community Center on Highway 46

435-686-9936

Montezuma Creek Branch

5th East Street, Montezuma Creek

435-651-3309

Monticello Branch

80 North Main St., Monticello

435-587-2281

*Story time on Wednesdays at 10:30 a.m.

Monument Valley Branch

100 Cougar Lane, Monument Valley

435-727-3204

Navajo Mountain Branch

Route 16, Navajo Mountain

435-678-1287

San Juan School District

200 N Main Street, Blanding

<https://sjsd.org/>

435-678-1211

Early Intervention Program

Provide quality early intervention services and strive to improve existing services to infants and toddlers with disabilities and their families. Your baby's development can be checked at NO COST to you in your home or in a school in your area.

544 N 100 E Blanding, UT

435-678-1499

<https://schools.sjsd.org/district/departments/special-education/early-intervention>

Gear Up Program and 21st Century Community Learning Center, San Juan Foundation

Services provided include: tutoring (during and after school), scholarship/financial aid, academic support, college campus tours, ACT assistance, college preparation, a variety of workshops, and STEM activities, etc.

435-678-4000

<https://www.sanjuanfoundationutah.org/gear-up>

*The 21st Century Community Learning Center is offered at the Albert Lyman Middle School and San Juan High School. There is an emphasis on tutoring to help students better their grades and also a STEM component with fun, learning activities.

<https://www.sanjuanfoundationutah.org/21stcclc>

Preschools

- Rural Utah Child Development Head Start
595 West 500 South, Blanding
435-678-3327
- San Juan School District Preschool
435-678-1823
- USU Blanding Campus Child Care Center & Preschool
650 West 250 South, Blanding
435-678-8170

Elementary Schools

- Blanding Elementary School
302 S 100 W, Blanding
435-678-1871
<http://schools.sjsd.org/blanding-elementary>
- Bluff Elementary School
Old Main Highway 191, Bluff
435-678-1296
<http://schools.sjsd.org/bluff-elementary>
- La Sal Elementary School
Highway 46, La Sal
435-686-2262
<https://schools.sjsd.org/la-sal-elementary>
- Montezuma Creek Elementary School
Highway 162, Montezuma Creek
435-678-1822
<https://schools.sjsd.org/montezuma-creek-elementary>

- Monticello Elementary School

197 N 200 W, Monticello

435-587-2241

<http://schools.sjsd.org/monticello-elementary>

Middle Schools

- Albert R. Lyman Middle School

535 N 100 E, Blanding

435-678-1101

<http://schools.sjsd.org/albert-r-lyman-middle>



High Schools

- Monticello High School

148 S 200 W, Monticello

<http://schools.sjsd.org/monticello-high>

435-587-2465



- Monument Valley High School

100 Cougar Lane, Oljato-Monument Valley

<http://schools.sjsd.org/monument-valley-high>

435-678-1208



- Navajo Mountain High School

Route 16, Navajo Mountain

<http://schools.sjsd.org/navajo-mountain-high>

435-678-1287



- San Juan High School

311 Bronco Drive, Blanding

<http://schools.sjsd.org/san-juan-high>

435-678-1396



- Whitehorse High School

Highway 162, Montezuma Creek

<http://schools.sjsd.org/whitehorse-high>

435-678-1854



Utah State University Eastern/Blanding Campus

639 W 100 S Blanding

<https://usueastern.edu/blanding/>

435-678-2201



Tribal Services (Navajo and Ute)

DNA (Dinébe'iiiná Náhiilna be Agha'diit'ahii) Legal Services (Halchita)

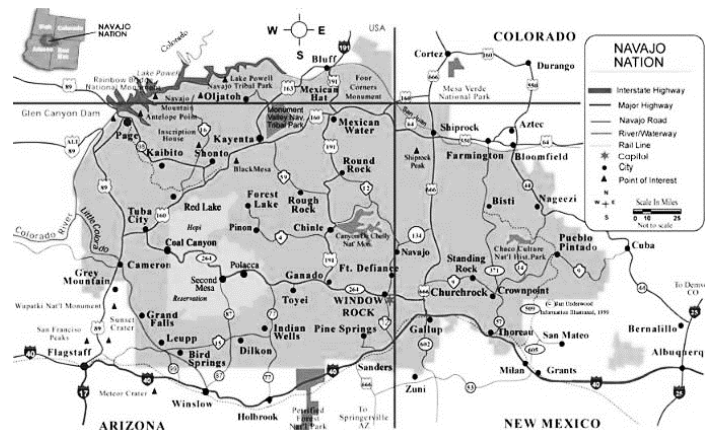
435-739-4380

Indian Health Services (IHS) Window Rock, AZ 928-871-5811

- Teec Nos Pos IHS Clinic 928-656-3294
- Kayenta IHS Clinic 928-697-4000

Navajo Nation

- Behavioral Health
 - Shiprock: 505-368-1050
- Division of Health
 - Window Rock: 928-871-6350
- Even Start, Utah Navajo Development Council 435-672-2311
- Headquarters
 - Window Rock 928-871-6352
 - Aneth Chapter 435-651-3494
 - Oljato Chapter 435-727-5850
- Medical Center
 - Chinle: 928-674-7001
 - Kayenta: 928-697-4000
 - Shiprock: 505-368-6001
- Navajo AIDS Network
 - Chinle, AZ: 1-888-408-5676
 - Gallup, NM: 505-863-9929
- Navajo Area Agency on Aging
 - Shiprock: 505-368-1250
- Navajo Housing Authority



- o Kayenta: 928-697-3100
- Navajo Nation Utah Commission 435-651-3508
- Navajo Way
 - o Window Rock: 928-871-6661
- Office of Special Education and Rehabilitation
 - o Window Rock: 928-697-8644
- Office of Scholarship and Financial Assistance
 - o Shiprock: 866-223-6457
- Division of Social Services
 - o Utah Outreach worker 435-727-5858
 - o Kayenta: 928-697-5530
- Utah Navajo Development Council (UNDC), Bluff 435-672-2381
- Utah Navajo Trust Fund (UNTF)
- Blanding: 435-678-1460, 1-800-378-2050
- WIC 1-800-307-4231

COVID-19 Isolation Sites

For members of the Navajo Nation who cannot safely isolate at home. Call your healthcare provider for a referral. Individuals must meet certain requirements.

- Chinle Community Center
- Gallup Wellness Hotel
- Gallup Howard Johnson Hotel

Ute Mountain Ute

- Administration
 - White Mesa 435-678-3397
 - Towaoc: 970-565-3751
- Educational Division 435-678-2035
- Recreation Center 435-678-2118
- Senior Citizens (White Mesa) 435-678-3396
- Ute Mountain Ute Health Center, Towaoc 970-565-4441

