



Helpful Wasatch County Resources during COVID-19

Counseling Services

Christian Center of Park City

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

Email: counseling@ccofpc.org

We will continue providing our Counseling Services. We are exclusively using telehealth/tele counseling for all of our counseling sessions. We currently have no waiting list, so please contact us today if you need to set up an appointment

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 IHC.

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](tel:1-800-647-9161). <https://peacehouse.org/events/>

Peoples Health Clinic

Phone: 435-333-1850

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 women's health, chronic disease care and education, adult and children's vision services, prenatal care and education, mental health. We can also referral our patients to low-cost diagnostic services, free mammograms screenings for women over 40 and referral to social services and job services and help applying for health insurance. We do not provide emergency care and urgent care.

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

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 assistant. 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 Mental 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 family resource facilitator to provide excellent mental health and substance abuse services for adults, children, and families. To enable service delivery during the COVID-19 pandemic most of our services are being provided remotely via video chat or telephone. These 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 the Wasatch County Information line at 435-657-3276 or email he@wasatch.utah.gov

Food and Other Assistance

Food Resources

Center State Food Pantry, Christian Center of Park City

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

Please register to receive groceries one time between Mon, March 30 – Fri, April 24. New guests must bring an ID and proof of living in Wasatch County. Pickups are limited to one time every 2 weeks. Sign up at link above. Center Stage will place books outside for residents to take for their children when they pick up food boxes.

Community Action Food Pantry:

Phone: [435-654-2182](tel:435-654-2182)

Residents need to call and request a box of food that will be placed outside for pickup. Hours of operation are Thursday and Friday 12-4.

School Lunch – Wasatch School District

The school lunch pick up info is as follows. Once school ends, lunches will be provided at Heber Valley Elementary after summer school each day.

Student Lunch Pick-Ups:

Monday - Friday, April 13 - May 1:

11 a.m. - 12:30 p.m.

Heber Valley Elementary

J.R. Smith Elementary

Timpanogos Middle School

Midway Elementary

Daniels Canyon Elementary

Deliveries to Wallsburg & Deer Mountain

Food Pantries:

<https://www.foodpantries.org/ci/ut-midway>

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

<https://signup.com/client/invitation2/secure/3232208/false#/invitation>

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

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

Senior Center: 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.

Heber City Page:

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

Wasatch County Coronavirus Website:

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

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