South Summit Community Resources

You are not alone. This guide lists community resources that may help with food, housing, health, mental health, safety, and family support.

How to Use This Guide

- Resources are organized by **type of need**.
- Many services are **free or low cost**.
- You may contact organizations directly unless noted otherwise.
- Availability and eligibility may change.

Emergency & Crisis Support

- **Immediate Emergency:** Dial **911** for police, fire, or medical emergencies.
  📞 911
- **988 Suicide & Crisis Lifeline:** Offers 24/7 call, text, and chat access to trained crisis counselors for anyone experiencing suicidal thoughts, substance use, or mental health distress.
  📞 988 | 🌐 988lifeline.org
- **SafeUT Crisis Chat & Tip Line:** Immediate, confidential support for youth and families connecting them with licensed counselors.
  📞801-660-2775 | 🌐safeut.org
- **Suicide Prevention Resource Center (SPRC):** Offers resources, tools, and best practices for suicide prevention.
  🌐 sprc.org

- **Peace House:** Safe housing, support services, and crisis support for survivors of interpersonal violence.
  🌐 https://peacehouse.org/
- **Poison Control:** 24/7 immediate help for poison emergencies.
  📞 1-800-222-1222



Food, Housing & Basic Needs

- **211 Utah:** A comprehensive hub coordinating financial, legal, employment, housing, utility, and education support.
  - 🌐 app.utah211.org
  - 📞 211
- **Christian Center of Park City:** An application for direct financial help, including rental and food assistance.
  - 🌐ccofpc.org
  - 📞 435-649-2260
- **Kamas Food Pantry:** Providing food assistance on Wednesday nights from 5-7pm.
  - 📍 190 East 400 South, Kamas
- **Life Line Support:** A federal program designed to lower the monthly cost of vital phone or internet services.
  - 🌐 lifelinesupport.org
- **Mountainland Association of Governments:** Dedicated to assisting low-income households in Summit, Utah and Wasatch counties through vital energy programs designed to reduce financial burdens and improve home safety.
  - 📞 801-229-3855 | 🌐 magutah.gov/weatherization

- **Oakley Food Bank:** Providing food assistance on Monday from 12-6pm and Thursday 10am-4pm.
  - 📍 960 W Center St, Oakley
- **Peace House:** Dedicated to ending interpersonal violence and abuse by providing safe housing, support services, and prevention education.
  - 🌐 peacehouse.org
  - 📞 800-647-9161
  - 📍700 Round Valley Dr. #115, Park City
- **Summit County WIC:** The Special Supplemental Nutrition Program for Women, Infants, and Children up to age 5 who meet income guidelines.
  - 🌐 summitcountyhealth.org/wic/

Summit County Basic Needs Resource Map

Identifies essential service providers for South Summit students and families, bridging the gap for those in need of survival and security support.

Sustenance & Shelter



Food Assistance via WIC and Local Pantries

WIC provides nutrition for pregnant women and children under age five.



Housing Stability & Rental Aid

The Christian Center offers rental assistance and food to help families stay housed.

Safety & Connectivity



Domestic Safety and Youth Crisis Support

Peace House provides safe housing for survivors, while SafeUT offers immediate crisis chat.



Digital Connectivity via Life Line Support

A federal program that lowers monthly costs for phone or internet service.

QUICK-REFERENCE DIRECTORY

BASIC NEED	KEY ORGANIZATIONS
Food	Summit County WIC, Christian Center, Local Food Pantries
Shelter	Christian Center, Housing Assistance Program, Peace House
Safety	Peace House, SafeUT (801-660-2775), 988 Suicide & Crisis Lifeline
Connectivity	Life Line Support

Gemini Notebook

Health & Mental Health

General Medical & Specialty Clinics

- **Autism Evaluation Providers:** The Utah Department of Health & Human Services compiled list of local evaluation centers.
  🌐 View Drive Document
- **Center for Change:** Specialized virtual eating disorder treatment options for adolescents and adults of all genders.
  📞 888-224-8250
  🌐 centerforchange.com
- **People's Health Clinic:** A volunteer-driven, community-supported clinic providing no-cost healthcare to uninsured residents of Summit and Wasatch Counties.
  🌐 peopleshealthclinic.org
  📍 650 Round Valley Drive, Park City, UT 84060

Counseling and Psychological Services

- **Christian Center Counseling & Wellness Services:** Offers health and mental health coaching for individuals, couples, families, teens, and children in both English and Spanish.
  🌐 ccofpc.org
  📞 435-649-2260
- **Intermountain Psychiatry & Counseling:** Clinical support services located at Round Valley/Park City.
  🌐 intermountainhealthcare.org
  📞 435-649-7680
- **Jewish Family Services:** Programs offering free therapy options regardless of religious affiliation.
  🌐 jfsutah.org
  📞 435-731-8455
  📍 1960 Sidewinder Ste. 103, Park City

- **Mountain Pediatric Psychology:** Support services for children and families who are medically complex to cope with the emotional aspects of medical needs.
    - 🌐 mountainpedpsych.com
    - 📞 435-200-3083
- **The Trevor Project:** Focused on suicide prevention among LGBTQ young people.
    - 🌐 thetrevorproject.org
- **University of Utah Huntsman - Park City Behavioral Health Clinic:** Individual/group therapy, psychiatric evaluations, and medication management for adults, teens, and children by board-certified psychiatrists and licensed clinical social workers.
    - 🌐 healthcare.utah.edu
    - 🌐 youth-crisis-care-program
    - 📞 435-658-9998
    - 📍 1820 Sidewinder Ste. 100, Park City
- **Valley Behavioral Health:** Over 30 years of individualized therapy and mental health treatment services.
    - 🌐 valleycares.com
    - 📞 801-263-7100
- **Wasatch Behavioral Health**: Mental healthcare & substance use disorder treatment services.
    - 🌐 wasatch.org
    - 📞 435-654-3003
    - 📍 55 S 500 E, Heber

*Find **private therapists** in our area at Psychology Today

South Summit Clinical Mental Health & Therapy Guide

This guide highlights professional mental health resources for the South Summit community, categorizing services from psychiatric evaluations to bilingual counseling and youth crisis support.

Clinical Therapy & Psychiatric Care



Huntsman Mental Health
435-658-9998

Christian Center
435-649-2260

People's Health Clinic
650 Round Valley Dr.

Comprehensive Psychiatric & Medical Management

Huntsman Mental Health provides therapy, psychiatric evaluations, and medication management for all ages.

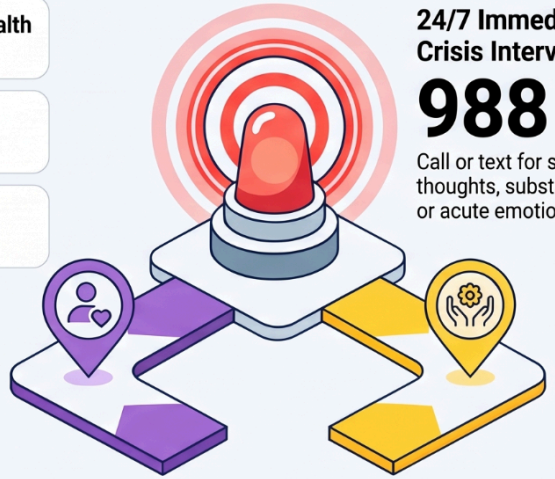
Bilingual & Community Counseling Services

Christian Center offers individual and family coaching in both English and Spanish.

Specialized & No-Cost Therapy Options

Jewish Family Services provides therapy regardless of religious affiliation, often at no cost.

Specialized & Crisis Support



24/7 Immediate Crisis Intervention

988

Call or text for suicidal thoughts, substance use, or acute emotional distress.

Confidential Youth & LGBTQ+ Support

SafeUT offers licensed counselor chats, while The Trevor Project focuses on LGBTQ+ youth.

Target-Specific Clinical Programs

Specialized support is available for eating disorders and families of medically complex children.

Gemini Notebook

Substance Use Support

- **Summit County Health Department**
  🌐 summitcountyhealth.org
  📞 (435) 783-3161
  REQUEST FREE A NARCAN KIT: healthpromo@summitcountyutah.gov

- **Wasatch Behavioral Health**: Mental healthcare & substance use disorder treatment services.
  🌐 wasatch.org
  📞 435-654-3003
  📍 55 S 500 E, Heber

Youth & Family Support

- **CHAT:** Community health and family youth support programs through the state.
  🌐dhhs.utah.gov/chat/
- **Voices for Utah Children:** Advocacy, research, and community-wide family policy support.
  📞 801-364-1182 | 🌐 utahchildren.org

School Contacts *When coordinating these resources, families are encouraged to work alongside school personnel. Reach out to the school's **School Counseling Office** for tailored guidance and assistance navigating these providers.* :

- **Silver Summit School Counseling Office:** 435-783-4010
- **South Summit Elementary School Counseling Office:** 435-783-4318
- **South Summit Middle School Counseling Office:** 435-783-4341
- **South Summit High School Counseling Office:** 435-783-4313

This guide includes community-based resources and is not an endorsement of South Summit School District.
Last Updated: October 2026