

Dental Resources

FLUORIDE PRESCRIPTIONS

599 S. 500 E., American Fork.....801.851.7333
151 S. Univ. Ave., Ste 1610, Provo.....801.851.7024

HALF PRICE DENTAL.....801.426.0774

1176 S. 1480 W., Orem
<https://www.halfpricedentalclinic.com>

MEDICAID DENTISTS

www.medicaiddentistry.com

MOUNTAINLANDS COMMUNITY HEALTH CENTER

See information under Medical Resources.

UTAH COLLEGE OF DENTAL HYGIENE.....801.426.8234

1176 S. 1480 W., Orem
\$10.00 cleaning and preventive care only.

UVU DENTAL HYGIENE PROGRAM.....801.863.7608

987 S. Geneva Road, Orem (MATC building)
Low-cost dental cleaning. Closed in summer.
www.uvu.edu/dental/clinic.html

Mental Health

BYU COMPREHENSIVE CLINIC.....801.422.7759

1190 N. 900 E., Provo
Individual, family & group counseling, post partum mental health, child assessments. For students & nonstudents.
<https://comprehensiveclinic.byu.edu>

CRISIS LINE (suicide hotline)801.691.5433

Help with depression, abuse, relationships, loneliness, financial problems. 24-hr helpline. www.crisislineuc.org

INTERMTN HOME CARE & HOSPICE.....801.225.0584

Support groups for bereavement/chronic illnesses.

HELP ME GROW UTAH.....211 ask for Help Me Grow

Screening for postpartum depression and referral.
www.helpmegrowutah.org

MOUNTAINLANDS COMMUNITY HEALTH CENTER

See information under Medical Resources

POSTPARTUM SUPPORT INTERNATIONAL (PSI) UTAH

www.postpartum.net/locations/utah.....1.800.944.4773

Overview of pregnancy and postpartum mental health.

Available resources and support groups in the community.

SERENITY RECOVERY & WELLNESS.....801.984.0184

12447 S. Crossing Drive Ste 13, Riverton
39 Professional Way Ste 2, Payson
Maternal mental health for pregnant and postpartum women. Postpartum depression support.
<http://www.serenityrw.com/recovery-approach>

STEPS RECOVERY CENTER.....801.465.5111

901 S Orem Blvd., Orem
984 S 930 W., Payson
Substance abuse, marriage counseling, postpartum depression. Accepts Medicaid for outpatient services.
www.stepsrc.com

THE HEALING GROUP.....801.305.3171

275 W 200 N Ste 203 #2, Lindon
Postpartum depression support and counseling.
www.info@thehealinggroup.com

UVU STUDENT HEALTH SERVICES.....801.863.8876

Basic medical/counseling services for UVU students.
<http://www.uvu.edu/studenthealth>

WASATCH MENTAL HEALTH

CRISIS LINE.....801.373.7393
578 E. 300 S., American Fork.....801.763.5010
285 N. 1250 E., Payson801.852.3805
750 N. 200 W., Provo801.373.4760
Group therapy; help with psychiatric medication for uninsured or with Medicaid. www.wasatch.org

Neglect and Abuse

CENTER FOR WOMEN & CHILDREN IN CRISIS

DOMESTIC VIOLENCE, 24-hour hotline....801.377.5500
RAPE CRISIS LINE, 24-hour hotline.....801.356.2511
Domestic violence shelter for women/children.
www.cwcic.org

CHILD HELP USA.....1.800.422.4453

24-hour hotline, crisis help for abuse and neglect.
<https://www.childhelp.org>

CHILDREN'S JUSTICE CENTER.....801.851.8554

315 S. 100 E., Provo
Group treatment for sexual and physical abuse.
<http://www.utahcounty.gov/Dept/cjc/index.asp>

FAMILY SUPPORT & TREATMENT CENTER

1255 N. 1200 W., Orem.....801.229.1181
24 hr abuse prevention, crisis respite nursery, parenting classes. www.utahvalleyfamilysupport.org

PROTECTIVE SERVICES (DCFS).....1.855.323.3237

Child and elder abuse/neglect, domestic violence, foster care, and adoption. <http://dcfs.utah.gov>

THE YOUNIQUE FOUNDATION.....801.341.2308

3400 Mayflower Ave, Ste 500, Lehi
Services for women who were sexually abused as children. Information to help protect children from sexual abuse.
www.youuniquefoundation.org

Pregnancy Assistance

BABY YOUR BABY HOTLINE.....1.800.826.9662

BABY YOUR BABY.....801.851.7033

151 S. University Ave., Ste 2400, Provo
Temporary Medicaid for prenatal services.
www.babyyourbaby.org

HOSPITAL CHILDBIRTH CLASSES (Not Free)

Orem Community Hospital801.714.3324
Mountain View Hospital.....801.465.7052
Timpanogos Hospital.....801.714.6025

MARCH OF DIMES.....801.327.9464

Healthy pregnancy information. www.marchofdimes.com

MOTHER TO BABY.....1.800.822.2229

Medications and more during pregnancy/breastfeeding.
<https://mothertobaby.org> for links to chat, text, or email.

PREGNANCY TESTS (free)

Timpanogos Women's Center

1020 S. 1100 W. Ste B, Lehi801.653.2757

Revere Health (various locations)801.756.5288

UCHD Women's Health Clinic.....801.851.7031

151 University Ave., Ste 1709, Provo

Substance Abuse

ALCOHOLICS ANONYMOUS801.375.8620

742 N. 500 W. #103, Provo
Help for alcoholism. www.utahvalleyaa.org

FIND A PREGNANT WOMEN'S TREATMENT CENTER BY ME

www.treatment-centers.net/find-pregnant-women-treatment

THE HOUSE OF HOPE.....801.373.6562

1726 S. Buckley Lane, Provo
Inpatient substance abuse treatment for women with kids.
www.houseofhopeut.org

THE PROMISE OF WOMEN AND FAMILIES

1479 W. Center Street, Orem.....801.851.7696
285 N. 1250 E., Payson.....801.851.7661
Substance abuse treatment for women with children.
<http://www.utahcounty.gov/dept2/health/Substance%20Abuse/Promise.asp>

TOBACCO QUIT LINE.....1.888.567.TRUTH

www.utahquitnet.com or <http://www.tobaccofreeutah.org>

UTAH COUNTY DIVISION OF SUBSTANCE ABUSE

151 S. Univ. Ave., Ste 3200, Provo.....801.851.7128
Services for overcoming substance abuse.
<http://utahcountyaddapt.org>

Transportation and Utilities

RIDE UTA.....801.RIDE.UTA

Paratransit information.....1.877.882.7272
Public transportation. www.rideuta.com

R.E.A.C.H. (AMERICAN RED CROSS)801.373.8580

865 N. Freedom Blvd., Provo
Assistance with emergency heating and utilities.
<http://www.redcross.org/local/utah>

UTAH COMMUNITY ACTION.....801.373.8200

HEAT, HELP and weatherization programs.
<https://www.utahca.org>

UTAH VALLEY PARATRANSIT.....801.374.9306

Transportation for the disabled.
<http://www.utahvalleyparatransit.org>



Community Referrals

WIC Websites: <http://www.utahcountyonline.org/dept/healthwic2/site> <http://health.utah.gov/wic>

Facebook Page: <https://www.facebook.com/utahcountywic>
Produced by Utah County WIC Updated January 2020

DEPARTMENT OF WORKFORCE SERVICES

Mainline.....1.866.435.7414

557 W. State Street, Lehi

1550 N. Freedom Blvd., Provo

1185 N. Canyon Creek Parkway, Spanish Fork

Employment; medical and food assistance programs; GED training; vocational rehabilitation. <https://jobs.utah.gov>

MEDICAID.....1.866.435.7414

<https://medicaid.utah.gov>

SNAP (Food Stamps)801.526.0950

UNITED WAY.....801.374.2588 or 211

148 N. 100 W., Provo

App 211 Utah

Comprehensive community information and referral resource. United Way Welcome Baby.

<https://www.unitedwayuc.org>

Breastfeeding

WIC BREASTFEEDING SUPPORT LINE.....801.851.7312

Breastfeeding help and information.
<https://wicbreastfeeding.fns.usda.gov>

LA LECHE LEAGUE.....1.385.208.1749

Breastfeeding help and information.

<https://www.lli.org> and <http://lllutah.org>

OFFICE OF WOMEN'S HEALTH.....1.800.994.9662

Breastfeeding information. Helpline 9 a.m. - 6 p.m. EST.
<https://www.womenshealth.gov/Breastfeeding>

Children and Family Services

AUTISM LEARNING PARTNERS.....1.888-805-0759

180 N. University Ave. Ste 270 Provo

Services for Autistic children including group training, play groups, parent education and individual therapy.

www.autismlearningpartners.com

CARE ABOUT CHILDCARE.....801.863.8589

500 W. 1200 S. Rm EE-010, Orem

Child care resource/referral.

www.careaboutchildcare.utah.gov

CENTRO HISPANO.....801.655.0258
 650 W. 100 N. Provo
 Community Resources, translation services, financial literacy, low-income taxpayer clinic, health promotion, community education. www.centrohispanouc.org

CHILD CAR SEAT PROGRAM.....801.851.7095
 151 S. University Ave., Ste 2700, Provo
 Low-cost convertible infant/toddler car seats. Must be on Medicaid, WIC, or Food Stamps. Car seat checks.

EARLY INTERVENTION/BABY WATCH
 Early intervention for children 0-3 yrs. with a disability or delay. Programs: Early HeadStart; early education daycare; Bridges for Autism.

KIDS ON THE MOVE (North Ut County)801.221.9930
 475 W. 260 N., Orem www.kotm.org

KIDS WHO COUNT (South Ut County).....801.423.3000
 345 N. State Road 198, Salem www.kidswhocount.org

PROVO EARLY INTERVENTION PROGRAM (PEIP)
 1185 E. 300 N., Provo (Central Ut County) ...801.852.4525
<http://www.easterseals.com/esgw/our-programs/childrens-services/provo-early-intervention.html>

SPECIAL EDUCATION SCHOOL DISTRICT SERVICES
 Alpine School District.....801.610.8200
 Nebo School District.....801.354.7416
 Provo School District801.374.4883

HELP ME GROW UTAH.....211 ask for Help Me Grow
 Screening for child development; social-emotional and postpartum depression; information on pregnancy, child development and parenting. Referrals to community resources. www.helpmegrowutah.org

HEALTHY RELATIONSHIPS UTAH
 Courses including fatherhood; parenting (love and logic); stepfamilies. www.healthyrealtionshipsutah.org

MOUNTAINLAND HEADSTART.....801.375.7981
 264 W. 300 N., Provo (main office)
 Preschool for low-income families and special needs. Various locations in Utah County.
<http://www.mountainlandheadstart.org>

RECREATION & HABILITATION SERVICES....801.374.8074
 815 N. 800 W., Provo
 Community habilitation and recreational activities for the disabled. <http://rahservices.org>

SOCIAL SECURITY ADMINISTRATION.....1.866.366.9549
 88 W. 100 N., Provo
 Disability benefits, social security income. www.ssa.gov

UTAH STATE DEVELOPMENTAL CENTER.....801.763.4000
 895 N. 900 E., American Fork
 Services for people with disabilities. <https://usdc.utah.gov>

UTAH OFFICE OF CHILD CARE.....1.866.435.7414
 Affordable and quality daycare.
<https://jobs.utah.gov/occ>

WELCOME BABY.....801.851.7026
 151 S. University Ave., Ste 1610, Provo
 A home visitation program for high-risk infants.
<http://www.utahcounty.gov/Dept/Health/WelcomeBaby/Index.asp>

Education and Employment

ADULT EDUCATION – Alpine, Provo, Nebo School Districts
 778 E. Bamberger Dr., American Fork..... 801.610.8188
 636 N. Independence Ave., Provo..... 801.374.4840
 612 S. Main Street, Spanish Fork..... 801.798.4093
 Resources for GED or high school diploma. ELL; ESL.
www.alpineadulthood.com <http://landmark.nebo.edu/adult-ed>
<http://provo.edu/schools/provo-adult-education>

COMMUNITY ACTION
 815 S. Freedom Blvd. Ste 100, Provo..... 801.373.8200
www.communityactionuc.org
Bridges Out of Poverty – Support group to increase self-sufficiency through job skills, education, etc.
Circles – Mentoring program to support families to greater financial stability.

LDS EMPLOYMENT SERVICES
 437 S. 500 E., American Fork801.756.6079
 1415 S. State Street, Provo.....801.818.6161
 1672 W. 700 S., Springville.....801.491.7379
 Employment, mental health counseling, housing, food, clothing. www.ldsjobs.org

MOUNTAINLAND APPLIED TECHNOLOGY CENTER
 Several locations in Utah County.....801.753.6282
 Classes/training for high school students, adults, businesses.
www.mtec.edu

PARENT EDUCATION RESOURCE CENTER....801.229.7390
 58 N. State Street, Orem
 Education and parenting resources. www.oremperc.org

UPSTART.....1.800.669.4533
 Free at-home preschool for 4-5 years.
<http://www.waterfordupstart.org>

UVU WOMEN'S SUCCESS CENTER.....801.863.3010
 UVU Main Campus, Losee Center Suite # LC303, Orem
 Classes: academics, career, life skills, anger management, marriage relationships, UVU single parent scholarships.
www.uvu.edu/wsc

Family Planning and Adoption

PLANNED PARENTHOOD.....801.226.5246
 1086 N. 1200 W., Orem
 Birth control clinic, STD tests, pregnancy tests, counseling.
www.plannedparenthood.org

UCHD WOMEN'S HEALTH CLINIC.....801.851.7031
 151 S. University Ave., Ste 1709, Provo
 Family planning information. Lowest cost services.

UTAH ADOPTION SERVICES.....801.538.4100
<http://dcfs.utah.gov/services/adoption>

Food, Clothing, and Shelter

CHILD NUTRITION PROGRAMS.....801.538.7680
 Utah State Office of Education 250 E. 500 S., S.L.C

Meal reimbursement for state-licensed childcare providers.
www.schools.utah.gov/cnp

COMMUNITY ACTION.....801.373.8200
 815 S. Freedom Blvd. Ste 100, Provo
 Emergency food/housing, commodities, heat, mortgage counseling. Youth and elderly programs.
www.communityactionuc.org

DESERET INDUSTRIES
 435 S. 500 E., American Fork.....801.763.4560
 1415 N. State Street, Provo.....801.373.7920
 655 S. 1750 W., Springville.....801.489.6203
 Vocational rehab/thrift store. www.deseretindustries.org

FOOD AND CARE COALITION.....801.373.1825
 299 E. 900 S., Provo

Services for low-income including emergency shelter aid, food – 3 meals/day, hygiene products, shower, laundry, computer, medical, dental. www.foodandcare.org

HOUSING AUTH. OF UTAH COUNTY.....801.373.8333
 Affordable housing/low income/weatherization program.
<http://housinguc.org>

PROVO HOUSING AUTHORITY.....801.900.5676
 650 W. 100 N., Provo
 Affordable housing/low income/Provo residents.
www.provohousing.org

SCHOOL/SUMMER SCHOOL LUNCH PROGRAM
 Reduced school lunch/summer lunch program.
www.schools.utah.gov/cnp

TABITHA'S WAY
 920 E. State Rd., Ste C, American Fork.....801.692.1881
 140 N. Main, Spanish Fork.....801.709.8573
 Food pantry. www.tabithasway.com

USU NUTRITION ED. PROGRAM.....801.851.8460
 100 E. Center St., Ste L600, Provo
 Classes: nutrition, cooking, menus, food storage, canning, gardening, budgeting. www.extension.usu.edu/utah

W.I.C. (Women, Infants and Children)801.851.7300
 Breastfeeding Support Line.....801.851.7312
 Utah County WIC Clinics: 816 N. 980 W., Orem
 151 S. Univ. Ave., Ste 2100, Provo
 599 S. 500 E., American Fork
 285 N. 1250 E. Third Floor, Payson
 Nutrition program for pregnant, breastfeeding, post-partum women; infants and children under 5.
www.utahcountyywic.org

Legal Services

BYU LAW HELP.....801.422.3025
 Free 30-minute consultations and legal advice.

OFFICE OF RECOVERY SERVICES.....801.536.8500
 150 E. Center Street, Ste 2100, Provo
 Recovers child support payments. www.ors.utah.gov

TIMPANOGOS LEGAL CENTER.....801.649.8895
 151 S. University Ave., Ste 1600, Provo
 Free legal clinic Tues. 5:00-8:00 p.m. <http://timplegal.com>

UTAH LEGAL SERVICES.....801.374.6766
 455 N. University Ave., Ste 100, Provo
 Free legal services/low income. www.utahlegalservices.org

UTAH STATE BAR801.531.9077
 Free legal clinics.
<https://www.utcourts.gov/howto/legalclinics/index.asp>

Medical Resources

AFFORDABLE HEALTH CARE PLANS
 Health insurance. www.healthcare.gov

C.H.I.P......1-866.435.7414
 Insurance for uninsured children 0-19 years.
www.health.utah.gov/chip or www.utahchip.org

COMMUNITY HEALTH CONNECT.....801.818.3015
 591 S. State, Provo
 Connection to medical and dental specialists for uninsured and low income. Help with applications to Medicaid.
<http://www.utahchc.org>

INTERMTN DIXON HEALTH CENTER.....801.357.5757
 1750 W. 200 N., Provo Affordable medical care.

MERRILL GAPPMEYER CLINIC.....801.357.7930
 475 W. 940 N., Provo
 Affordable medical care. Income verification required.

MOUNTAINLANDS COMMUNITY HEALTH CENTER
 589 S. State St., Provo801.429.2000
 750 N. 200 W., Provo.....801.429.2000
 910 E. 100 N., Ste 155, Payson.....801.429.2000
 299 E. 900 S. #101, Provo (non-traditional living situation clinic)
 Medical, family planning, maternity, dental, mental health.
www.mountainlands.org

NEEDY MEDS.....1.800.503.6897
 Help with medication costs. needy meds.org

ROCKY MTN UNIVERSITY CENTER FOR COMMUNICATION DISORDERS
 561 E. 1860 S., Provo.....801.734.6821
 No cost assessment and intervention for speech, swallowing, voice, and fluency. www.ccd@rmuohp.edu

UTAH COUNTY HEALTH DEPT.....801.851.7000
 151 S. University Ave., Provo
 Clinics: Cholesterol/Blood Pressure, Well Child, Women's Health, Immunizations, Welcome Baby, Vital Records.
 Baby Steps smoking cessation program.
<http://www.utahcountyonline.org/Dept2/Health/Index.asp>

UTAH POISON CONTROL CENTER.....1.800.222.1222
 24-hour resource for poison information and prevention.
<http://poisoncontrol.utah.edu>

UTAH VACCINES FOR CHILDREN (VFC).....1.800.275.0659
 No-cost or low-cost vaccines. <http://www.immunize-utah.org/vaccines%20for%20children%20program/index.html>

VOLUNTEER CARE CLINIC.....801.812.8094
 589 S. State Street, Provo
 Free general medical care for low income without insurance.
 Tues. and Thurs. 5-7 pm. <http://www.utahcountyonline.org/dept2/health/Admin/VolClinic.html>