UVU STUDENT HEALTH SERVICES. 801.863.8876
Basic medical/counseling services for UVU students. http://www.uvu.edu/studenthealth

WASATCH MENTAL HEALTH CRISIS LINE. 801.373.7933
578 E. 300 S., American Fork. 801.763.5010
285 N. 1250 E., Payson. 801.852.3805
750 N. 200 W., Provo. 801.373.4760
Group therapy; help with psychiatric medication for uninsured or with Medicaid. www.wasatch.org

Neglect and Abuse
THE REFUGE UTAH. 801.227.5038
DOMESTIC VIOLENCE, 24-hour hotline. 801.377.5500
SEXUAL ASSAULT, 24-hour hotline. 801.356.2511
Domestic violence shelter for women/children. www.therefugeutah.org

CHILD HELP USA. 1.800.422.4453
24-hour crisis hotline, help for abuse and neglect. www.childhelp.org

CHILDREN’S JUSTICE CENTER. 801.851.8554
315 S. 100 E., Provo

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

PRESERVATIVE SERVICES (DCFS). 1.855.332.3327

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.youniquefoundation.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 Hospital. 801.714.3324
Mountain View Hospital. 801.465.7052
Timpanogos Hospital. 801.714.6025
MARCH OF DIMES. 801.327.9642
Healthy pregnancy information. www.marchofdimes.com
MOTHER TO BABY. 1.800.822.2299
Medications and more during pregnancy/breastfeeding. www.mother2baby.org for links to chat, text, or email.

PREGNANCY RESOURCE CENTER OF SLCC. 801.980.9508
364 E. State St, American Fork

PREGNANCY TESTS (free)
Reverse Health (various locations) 801.756.5288
UCHD Women’s Health Clinic. 801.851.7031
151 University Ave., Ste 1705, Provo

Substance Abuse
ALCOHOLICS ANONYMOUS. 801.375.8620
742 N. 500 W., Ste 103, Provo Help for alcoholism. www.ucchalleysa.org

BABY STEPS. 801.609.4206
Smoking cessation program that offers free diapers for pregnant women who quit smoking.

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

PROMISE PROGRAM (WASATCH BEHAVIORAL HEALTH)
290 E. 930 S., Orem. 801.302.3800
385.268.5080

TOBACCO QUIT LINE. 1.888.567.TRUTH
(1.888.567.8788) 24-hour hotline, chat, text, or email services for quitting smoking. 801.374.9306

UTAH COUNTY DIVISION OF SUBSTANCE ABUSE
151 S. Univ. Ave., Ste 3200, Provo. 801.851.7128
Services for overcoming substance abuse. http://utahcounidadapt.org

Transportation and Utilities
RIDE UTA. 801.808.7777
Paratransit information. 1.877.882.7272
Public transportation. www.ridedeal.com

R.E.A.C.H. (AMERICAN RED CROSS) 801.373.8580
865 N. Freedom Blvd., Provo
Emergency assistance with energy and utilities. www.redcross.org/Utah

UTAH COMMUNITY ACTION. 801.373.8200
HEAT, HELP and weatherization programs. www.utahca.org

UTAH VALLEY PARATRANSIT. 801.374.9306
Transportation for the disabled. www.utahvalleyparatransit.org

Children and Family Services
AUTISM LEARNING PARTNERS. 1.888.057-0548
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.瑞FE-01, Orem

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Dental Resources

FLUORIDE PRESCRIPTIONS
595 S. 500 E., American Fork. 801.851.7333
151 S. Univ. Ave., Ste 1610, Provo. 801.851.7024
HALLMARK DENTAL
1176 S. 1480 W., Orem. https://www.hallmarkdental.com
MEDECIDNTISTS
www.medicadentists.com
MOUNTAINLANDS COMMUNITY HEALTH CENTER
See information under Medical Resources.
UTAH COLLEGE OF DENTAL HYGIENE
801.426.8234
1176 S. 1480 W., Orem
Low-cost dental and preventive care.
UVU DENTAL HYGIENE PROGRAM
801.863.7608
987 S. Geneva Road, Orem (MATC building)

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Mental Health

BYU COMPREHENSIVE CLINIC. 801.422.7759
1190 N. 900 E., Provo
Individual, family, and group counseling, post partum mental health, child assessments. For students & nonstudents. https://comprehensiv clinic.byu.edu

CRISIS LINE (suicide hotline) 801.691.5433
Help with depression, anxiety, relationships, loneliness, financial problems. 24-hr hotline. www.crisislineuc.edu

INTERMTN HOME CARE & HOSPICE. 801.225.0584
Support groups for bereavement/chronic illnesses.

HELP ME GROW UTAH. 801-227-2111 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. 801.944.4773
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

STEPS RECOVERY CENTER.
801.465.5111
901 S Orem Blvd., Orem
984 S 930 W., Payson
Substance abuse, marriage counseling, postpartum depression. www.stepsrec.com

THE HEALING GROUP.
801.305.3171
275 W 200 N Ste 203 #2, Lindon
Postpartum depression support and counseling. www.thehealinggroup.com

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Community Resources

WIC Website: http://health.utahcounty.gov/wic
Facebook Page: https://www.facebook.com/Utahcountywic
Produced by Utah County WIC Updated Mar. 2022

DEPARTMENT OF WORKFORCE SERVICES
Mainline. 801.866.7414
557 W. State Street, Lehi 1530 N. Freedom Blvd, Provo
1185 N. Canyon View Parkway, Spanish Fork Employment; medical and food assistance programs; GED training; vocational rehabilitation. https://jobs.utah.gov

MEDICAD. 801.866.7414
http://medicaid.utah.gov

SNAP (Food Stamps). 801.526.0590

SOCIAL SECURITY ADMINISTRATION. 801.366.9549

88 W. 100 N., Provo
Disability benefits, social security income. www.ssa.gov

UNITED WAY. 801.374.2588 or 114
88 W. 100 N., Provo
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. LLI ESL.
www.alpineadulted.com http://landmark.ne.edu/adult-ed
http://provo.edu/schools/provo-adult-education

COMMUNITY ACTION
815 S. Freedom Blvd, Ste 100, Provo.....801.373.8200
www.provoactionuc.org

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

DESETER INDUSTRIES
435 S. 500 E., American Fork.............801.763.4560
141 S. 500 E., Provo...........................801.373.7920
655 S. 1750 W., Springville.............801.489.6203
Vocational rehab/ thrift store. www.deseretindustries.org

FOOD AND CARE COALITION
399 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

HAUS HEALTH, UTAH COUNTY
..................801.373.8333
Affordable housing/low income/weatherization program.
http://hausuc.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/cp

TABITHA’S WAY
920 E. State Rd., Ste C, American Fork.....801.692.1881
140 N. Main, Spanish Fork.............801.798.8573
Food pantry. www.tabithasway.com

USU NUTRITION ED. PROGRAM
........................85.268.6530
1426 E. 75 N., Ste 202, Orem
Classes: nutrition, cooking, menus, food storage, canning,
gardening. www.extension.usu.edu/utah

W.C. (Women, Infants and Children).............801.851.7300
Breastfeeding Support Line.............801.731.9209
Utah County WIC Clinics: 151 S. 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.utahcountywic.org

Family Planning and Adoption

UCHI WOMEN’S HEALTH CENTER
........................801.851.7081
151 S. University Ave., Ste 1700, Provo
Family planning information. Lowest cost services.

UTAH ADOPITION SERVICES
........................801.538.4100
http://dept2.health.utah.gov/services/adoption

Food, Clothing, and Shelter

CHILEN NUTRITION PROGRAMS
815 S. Freedom Blvd, Ste 2700, Provo
250 E. 500 S., SLC
Utah State Office of Education
Meal reimbursement for state-licensed childcare providers.
www.schools.utah.gov/cp

LEGAL SERVICES

BYU LAW HELP
801.422.3205
Law clinic; 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

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

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

UTAH STATE BAR
801.531.3907

Medical Resources

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

C.H.I.P. ...........................................801.435.7414
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, dental, and mental health specialists
for uninsured and low income. Help with applications to

INTERMONT DIXON HEALTH CENTER...........801.357.5757
750 W. 200 N., Provo
Affordable medical care.

MERRILL GAMPYEY CLINIC........................801.7390
479 W. 1300 S., Orem
Affordable medical care. Income verification required.

MOUNTAINLANDS COMMUNITY HEALTH CENTER
589 S. State St., Provo .........................801.429.2700
570 N. 500 E., American Fork..............801.429.2900
910 E. 100 N., Ste 155, Payson..............801.429.2900
299 S. 900 S. #101, Provo (non-traditional living situation clinic)
Medical, family planning, maternity, dental, mental health.
www.mountainlands.org

NEEDY MEDS................................801.503.6897
Help with medication costs. needymeds.org

ROCKY MTN UNIVERSITY CENTER FOR COMMUNITY SUPPORT SERVICES
561 E. 1800 S., Provo .........................801.734.6821
No cost assessment and intervention for speech, swallowing,
voice, and fluency. www.ccc@rmuohp.edu

UTAH COUNTY HEALTH DEPT
151 S. University Ave., Provo
Clinics: Cholesterol/Blood Pressure, Well Child, Women’s
Baby Steps smoking cessation program.

http://health.utahcounty.gov

UTAH POISON CONTROL CENTER........800.222.1222
24-hour resource for poison information and prevention.
http://poisoncontrol.utah.edu

UTAH VACCINES FOR CHILDREN (VFC)........801.275.0659
No cost or low-cost vaccines. www.imunize-
uteh.gov/vaccine%20for%20children%20program.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.utahcountylines.org/
derpt2 /health/Admin/VolClinic.html