

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
Low-cost dental cleaning and preventive care.

UVU DENTAL HYGIENE PROGRAM.....801.863.7608

987 S. Geneva Road, Orem (MATC building)
Low-cost dental cleaning and preventive care. 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. www.stepsrc.com

THE HEALING GROUP.....801.305.3171

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

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 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 HAVEN

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 RESOURCE CENTER OF SLC.....801.980.9508

364 E. State St, American Fork
Pregnancy tests, early ultrasounds, referrals. Parenting classes. <https://www.pregnancyresource.net>

PREGNANCY TESTS (free)

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

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.....385.268.5080
Substance abuse treatment for women with children.
<https://www.wasatch.org/substance-abuse-services/substance-use-treatment-programs/promise-program/>

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>



UTAH | WOMEN, INFANTS & CHILDREN

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.....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

SOCIAL SECURITY ADMINISTRATION.....1.866.366.9549

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

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.llli.org> and <http://lll.utah.org>

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, mental health, 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

EARLY LEARNING ESSENTIALS.....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.eleutah.org>

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.healthyrealationshipsutah.org

RECREATION & HABILITATION SERVICES....801.374.8074

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

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.alpineadulted.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.lidsjobs.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

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

250 E. 500 S., S.L.C Utah State Office of Education
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.....385.268.6530

1426 E. 750 N., Ste 202, Orem
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.utahcountywic.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, dental, and mental health specialists
for uninsured and low income. Help with applications to
Medicaid. <http://www.utahchc.org>

INTERMTN DIXON HEALTH CENTER.....801.357.5757

750 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. [needymeds.org](http://www.needymeds.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.....801.851.3000

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://health.utahcounty.gov>

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>