

Medical Resources

- NEEDY MEDS**.....1.800.503.6897
Help with medication costs. needymeds.org
- UTAH COUNTY HEALTH DEPT**.....801.851.3000
151 S. University Ave., Provo
Clinics: Cholesterol/Blood Pressure, Well Child, Women’s Health, Vaccines. Programs: Welcome Baby, Baby Steps smoking cessation. Vital Records.
<http://health.utahcounty.gov>
- UTAH POISON CONTROL CENTER**.....1.800.222.1222
24-hour resource for poison information and prevention.
poisoncontrol.utah.edu
- UTAH VACCINES FOR CHILDREN (VFC)**.....1.800.275.0659
No-cost or low-cost vaccines.
<https://immunize.utah.gov/vaccines-for-children-program>
- VOLUNTEER CARE CLINIC**.....801.374.2588
589 S. State Street, Provo
Walk in clinic, no appts. Free general medical care for those less than 150% of poverty level and without insurance. Must live in Utah County. Tues. and Thurs. 5-7 pm.
<https://nafcllinics.org/locations/volunteer-care-clinic/>

Dental Resources

- FLUORIDE PRESCRIPTIONS**
151 S. Univ. Ave., Ste 1610, Provo.....801.851.7024
599 S. 500 E., American Fork.....801.851.7333
- HALF PRICE DENTAL**.....801.426.0774
1176 S. 1480 W., Orem www.halfpricedentalclinic.com
- MEDICAID DENTISTS**
fp.medicaid.utah.gov/find-provider
- 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 x-rays. Call for an appt.
- UVU DENTAL HYGIENE PROGRAM**.....801.863.7608
987 S. Geneva Road #141, Orem
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>
- 988 SUICIDE AND CRISIS LIFELINE**.....988
24 hr. helpline. 988lifeline.org
- INTERMTN HOME CARE & HOSPICE**.....801.225.0584
Support groups for bereavement.

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

Developmental screening for children. Screening for postpartum depression and referral.
www.helpmegrowutah.org

MOUNTAINLANDS COMMUNITY HEALTH CENTER

See information under Medical Resources

NATIONAL MATERNAL MENTAL HEALTH HOTLINE

24 hr. hotline for pregnant/new moms1.833.943.5746
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

POSTPARTUM SUPPORT INTERNATIONAL (PSI) UTAH

www.postpartum.net.....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
Riverton and Provo locations. Maternal mental health for pregnant and postpartum women. Postpartum depression support. <http://www.serenityrw.com/recovery-approach>

STEPS RECOVERY CENTER

.....801.800.8142
Orem and Payson locations. Substance abuse, marriage counseling, postpartum depression. www.stepsrc.com

THE HEALING GROUP

.....801.305.3171
Midvale. 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 BEHAVIORAL HEALTH

CRISIS LINE.....988... OR..800.273.8255
American Fork.....801.763.5010
Payson801.852.3805
Westpark, Provo.....801.373.4760
Family Clinic, Provo.....801.377.1213
Substance Use Division, Provo.....385.268.5000
Group therapy, adult, and children. Substance use. Help with psychiatric medication for uninsured or with Medicaid.
www.wasatch.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

See Intermountain Healthcare under Education
Timpanogos Hospital.....www.timphospital.com

MARCH OF DIMES

.....801.327.9464
Healthy pregnancy information. www.marchofdimes.org

MOTHER TO BABY

.....1.866.626.6847
Medications and more during pregnancy/breastfeeding.
<https://mothertobaby.org> for links to chat, text, or email.

PREGNANCY RESOURCE CENTER OF SLC.....801.363.5433

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

PREGNANCY TESTS (free)

Revere Health801.756.5288
Walk in for free test at Pleasant Grove and Lehi offices.

Substance Use

ALCOHOLICS ANONYMOUS

.....801.375.8620
384 E. 720 S. #208, Orem Help for alcoholism.
www.utahvalleyaa.org

BABY STEPS

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

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

SERENITY RECOVERY & WELLNESS

See information under Mental Health

STEPS RECOVERY CENTER

See information under Mental Health

TOBACCO QUIT LINE

.....1.800.Quit.Now
<https://livingwell.utah.gov>

WASATCH BEHAVIORAL HEALTH SUBSTANCE USE

See information under Mental Health

Transportation and Utilities

COMMUNITY ACTION

See Community Action under Food, Clothing and Shelter

RIDE UTA

.....801.RIDE.UTA
Paratransit information.....1.877.882.7272
Public transportation. www.rideuta.com

UNITED WAY

See information under Community Resources



Community Resources

WIC Website: <http://health.utahcounty.gov/wic>

Facebook Page: <https://www.facebook.com/utahcountywic>

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DEPARTMENT OF WORKFORCE SERVICES

Mainline.....1.866.435.7414

557 W. State Rd., 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.....1.866.608.9422

Medical services for low-income: pregnant women, children, elderly, and those with disability. Must meet income and eligibility requirements. <https://medicaid.utah.gov>

SNAP (Food Stamps)801.526.0950

Jobs.utah.gov/mycase

SOCIAL SECURITY ADMINISTRATION.....1.866.366.9549

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

UNITED WAY.....**App 211 Utah**.....801.374.2588 or 211

Comprehensive community information and referral resource. United Way Welcome Baby. Free/subsidized transportation access. www.unitedwayuc.org

Breastfeeding

WIC BREASTFEEDING SUPPORT LINE.....801.851.7312

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

LA LECHE LEAGUE.....1.385.404.5924

Breastfeeding help and information
<https://lilutah.org/leaders-and-groups>

Children and Family Services

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

3651 N. 100 E. Ste 375, 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
 Childcare resource/referral. www.uvu.edu/cac

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.....801.851.7513
 Spanish801.851.7528
 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.

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 cjc@utahcounty.gov
 Group treatment for sexual and physical abuse.

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 Hospital Dr, 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)
 333 W. 2230 N, Provo (Central Ut County)..801.852.4525

SPECIAL EDUCATION SCHOOL DISTRICT SERVICES
 Alpine School District.....801.610.8200
 Nebo School District.....801.354.7416
 Provo School District801.374.4934

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

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

HELP ME GROW UTAH.....801.691.5322
 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

PROTECTIVE SERVICES (DCFS).....1.855.323.3237
 Child and elder abuse/neglect, domestic violence, foster care, and adoption. www.dcf.utah.gov

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

SAPREA
 4101 N. Thanksgiving Way #100, Lehi
 Sexual healing and prevention resources. www.saprea.org

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.

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.
 https://health.utahcounty.gov/home-visitation-programs/#welcome-baby

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
 provo.edu/provo-adult-education/adult-high-school-program

AMERICAN RED CROSS801.373.8580
 Online adult, child and baby First Aid/CPR/AED course.
 \$37.00. redcross.org/take-a-class

COMMUNITY ACTION SERVICES AND FOOD BANK
 815 S. Freedom Blvd. Ste 100, Provo..... 801.373.8200
 Emergency food/housing, commodities, heat, mortgage counseling. Youth and elderly programs.
 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.

INTERMOUNTAIN HEALTHCARE
 Classes on Infant car seat, mental health, birth basics, infant CPR. intermountainhealthcare.org/classes-and-events

LDS EMPLOYMENT SERVICES888.818.4484
 American Fork, Provo, Springville. www.lidsjobs.org
 Employment, mental health, housing, food, clothing.

MOUNTAINLAND TECHNICAL COLLEGE
 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 (bottom floor)
 Education and parenting resources. oremperc.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

WATERFORD UPSTART.....1.888.982.9898
 Free at-home preschool for 4-5 years. waterfordupstart.org

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.....801.538.7500
 250 E. 500 S., S.L.C Utah State Office of Education
 Meal reimbursement for state-licensed childcare providers.
 schools.utah.gov/cnp

COMMUNITY ACTION SERVICES AND FOOD BANK
 See Education and Employment

DESERET INDUSTRIES
 435 S. 500 E., American Fork.....801.763.4560
 1415 N. State Street, Provo.....801.373.7920
 104 W. Medical Dr. Ste #2, Saratoga.....801.528.4221
 655 S. 1750 W., Springville.....801.489.3203
 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
 688 W. 100 N., Provo www.provohousing.org
 Affordable housing/low income/Provo residents.

SUMMER FOOD PROGRAM
 Free summer meals and snacks for children under 18, through Alpine, Provo and Nebo school districts.
 uah.org/get-help/summer-food-program.
 schools.utah.gov/cnp

TABITHA’S WAY
 920 E. State Rd., American Fork..... 801.692.1881
 45 E. 100 N, Spanish Fork.....801.709.8573
 Food pantry. tabithasway.org

USU NUTRITION ED. PROGRAM.....385.268.6530
 1426 E. 750 N., Ste 202, Orem
 Classes: nutrition, cooking, menus, food storage, canning, gardening, budgeting. extension.usu.edu/utah

W.I.C. (Women, Infants and Children)801.851.7300
 Breastfeeding Support Line.....801.851.7312
 599 S. 500 E., American Fork
 285 N. 1250 E., third Floor, Payson
 151 S. Univ. Ave., Ste 2100, Provo
 1528 Commerce Dr., Ste 204, Saratoga Springs
 Nutrition program for pregnant, breastfeeding, post-partum women; infants and children under 5.
 health.utahcounty.gov/wic

Legal Services

OFFICE OF RECOVERY SERVICES.....801.536.8500
 150 E. Center Street, 2nd Floor, Provo
 Recovers child support payments. www.ors.utah.gov

TIMPANOGOS LEGAL CENTER.....801.649.8895
 151 S. University Ave., 1st Floor, Provo
 Free legal center for divorce, custody, or family law. Online options. Tues. 5:00-8:00 p.m. timplegal.org

UTAH LEGAL HELP.....801.297.7049
 Free and reduced cost legal clinics.
 www.utahlegalhelp.org/free-legal-resources

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

Medical Resources

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

BREAKING BARRIERS, THERAPY SERVICES
 24 W. Sergeant Ct. Dr. #204, Saratoga801.987.6333
 Help with speech, occupational and ABA therapy.
 www.breakingbarriertherapy.com

CENTER FOR COMMUNICATION DISORDERS
 561 E. Lakeview Pkwy, Provo.....801.734.6821
 No cost assessment. Help with speech, swallowing, voice, and fluency. www.ccd@rmuohp.edu

C.H.I.P.....1-866.435.7414
 State health insurance plan for uninsured children 0-19 years.
 www.chip.health.utah.gov

COMMUNITY HEALTH CONNECT.....801.818.3015
 Connection to medical, dental, and mental health specialists for uninsured and low income. Help with applications to Medicaid. www.utahchc.org

INTERMTN DIXON HEALTH CENTER.....801.357.5757
 200 N 750 W., Provo Affordable medical care.
 www.freeclinics.com/det/ut-intermountain_dixon_health_center

MOUNTAINLANDS COMMUNITY HEALTH CENTER
 Medical clinics in Provo and Payson.....801.429.2000
 Medical health center, family planning, maternity, dental, mental health, discount pharmacy. www.mountainlands.org