

Medical Resources

UTAH VACCINES FOR CHILDREN (VFC).....801-538-9450*
288 N 1460 W, SALT LAKE CITY
www.immunize-utah.org/
Get no-cost or low-cost vaccines.

UVU DENTAL HYGIENE PROGRAM.....863-7608*
987 S. Geneva Road, OREM, in the MATC building
www.uvu.edu/dental/clinic.html
Low cost dental cleaning. Closed during the summer.

VOLUNTEER CARE CLINIC.....812-8094
591 S. State street, PROVO
http://www.utahcountyonline.org/Dept2/Health/Admin/VolClinic.html
Free general health care to low income individuals with no insurance.
Tuesday and Thursday from 5-8 p.m.

MEDICAL SERVICES FOR THE DISABLED
UTAH STATE OFFICE OF REHABILITATION.....374-7724*
150 E. Center Street, suite 3300, PROVO
http://www.workabilityutah.org/healthcare/
Services for people with disabilities.

RECREATION AND HABILITATION SERVICES.....374-8074*
815 N. 800 W., PROVO
http://rahservices.org
Community habilitation and recreational activities for the disabled. Transportation on a limited basis.

UTAH STATE DEVELOPMENTAL CENTER.....763-4000*
895 N. 900 E., AMERICAN FORK
www.usdc.utah.gov
Services for people with disabilities.

Mental Health

BYU COMPREHENSIVE CLINIC.....422-7759*
1190 N. 900 E., PROVO
http://cc.byu.edu
Provides counseling and psychological assessments.

CRISIS LINE (suicide hotline).....226-4433*
www.crisislineuc.org
Help with depression, abuse, relationships and sex problems, loneliness, financial problems. 24-hr help line.

INTERMOUNTAIN HOME CARE.....225-0584*
Grief counseling for families who lost children or a loved one.

LDS FAMILY SERVICES
See LDS Family Services under "Education and Employment".

UVU STUDENT HEALTH SERVICES.....863-8876*
http://www.uvu.edu/studenthealth/
Basic medical and counseling services for UVU students.

VANTAGE POINT YOUTH SERVICES.....373-2215*
1189 E 300 N, PROVO
http://www.wasatch.org/blog/index.php/children-youth-and-family-services-ii/vantage-point/
24 hour, 7 day a week youth crisis residential center.

WASATCH MENTAL HEALTH.....373-4760*
CRISIS LINE.....373-7393*
Wellness Recovery Clinic.....852-3789*
750 N. 200 W., PROVO
www.wasatch.org
Group therapy; help with psychiatric medication for uninsured or with medicaid.

Neglect and Abuse

CENTER FOR WOMEN & CHILDREN IN CRISIS.....377-5500*
RAPE CRISIS LINE.....356-2511*
www.cwcic.org
Domestic violence shelter for women and their children.

CHILD HELP USA.....1-800-4-A-CHILD*
www.childhelpusa.org
24 hour hotline, crisis help for abuse and neglect.

CHILDREN'S JUSTICE CENTER.....851-8554*
315 S. 100 E., PROVO
www.utahcountyonline.org/Dept/CJC/index.asp
Group treatment for sexual and physical abuse.

FAMILY SUPPORT AND TREATMENT CENTER
1255 N. 1200 W., OREM.....229-1181*
www.utahvalleyfamilysupport.org
24 hr abuse prevention, crisis respite nursery. Therapy.

INTERMOUNTAIN SPECIALIZED ABUSE TREATMENT CENTER
Protective Services.....373-0210*

PROTECTIVE SERVICES (DCFS)
CENTRALIZED INTAKE.....1-855-323-3237*
861 E. 900 N., AMERICAN FORK
1106 N., 1200 W., OREM
150 E. Center Street, PROVO
http://dcfs.utah.gov/
Treatment and referrals for child and adult abuse and neglect.

Pregnancy Assistance

BABY YOUR BABY HOTLINE.....800-826-9662*
BABY YOUR BABY.....851-7033*
151 S. University Ave., suite 2400, PROVO
www.babyyourbaby.org or www.utahclicks.org
Temporary Medicaid program that covers prenatal services.

HOSPITAL CHILDBIRTH CLASSES
Sign up about 3 months before due date; enrollment fee.
Orem Community Hospital714-3327
Mountain View Hospital.....465-7090
Timpanogos Hospital.....714-6000

MARCH OF DIMES.....327-9464*
670 E. 3900 S., suite 1-105, SALT LAKE CITY
www.marchofdimes.com
Teen pregnancy/prenatal classes. Information and videos.

MEDICAID
See Medicaid under "Medical Resources".

PREGNANCY RESOURCE CENTER.....363-5433*
644 S 900 E, SALT LAKE CITY
http://www.pregnancyresource.net/
Free pregnancy tests; Peer counseling for unplanned pregnancy; Free maternity and infant clothing. Confidential.

Mother ToBaby.....800-822-2229*
www.pregnancyriskline.org
Questions about risk to baby in pregnancy/breastfeeding.

PREGNANCY TESTS
IHC Hospitals (Laboratory) (doctor order only).....357-7021*
Mt Timpanogos Women's Health Care (free).....756-5288*
1886 W. 800 N., PLEASANT GROVE
UCHD Women's Health Clinic (free).....851-7031*
151 S University Ave, ste 1709, PROVO

THE GATHERING PLACE.....226-2255
251 E. 1200 S., OREM
FREE classes for mothers-to-be, mothers of infants 0-6 months.

Substance Abuse

ALCOHOLICS ANONYMOUS, ALANON AND ALATEEN.....375-8620*
420 N. 200 W., suite 6, PROVO.....375-8620*
Help alcoholics and their families to overcome alcoholism.

PROMISE FOR WOMEN AND FAMILIES
North County 1479 W. Center Street, OREM.....851-7696*
South County 1169 E 1010 N, SPANISH FORK..851-7661*
http://www.utahcountyonline.org/dept2/health/Substance%20Abuse/Promise.asp
Substance abuse treatment for women with children.
24 hour service for alcohol rehabilitation.

SUPPORT GROUPS - AA, Alanon, Alateen.....375-8620*
210 W 200 N, suite 102, PROVO
www.utahvalleyaa.org

THE GATHERING PLACE.....226-2255*
251 E. 1200 S., OREM
Individual and group therapy for sexual abuse, drugs/alcohol.

THE HOUSE OF HOPE.....373-6562*
1726 S. Buckley Lane, PROVO
https://www.houseofhopeut.org/
Inpatient substance abuse treatment for mothers with children.

UTAH COUNTY DIVISION OF SUBSTANCE ABUSE
151 S. University Ave., suite 1500, PROVO.....851-7128*
http://www.utahcountyonline.org/Dept2/Health/Substance%20Abuse/sa_index.asp
Provides services for overcoming substance abuse.

Transportation

UTA BUS.....1-877-882-0200*
Paratransit contact information.....1-877-882-7272*
www.rideutah.com
Public transportation system. Reduced fare for disabled and seniors.

UTAH VALLEY PARATRANSIT.....374-9306
815 S. Freedom Blvd., PROVO

Utilities, Energy and Heating

H.E.A.T. PROGRAM.....373-8200*
815 S. Freedom Blvd., PROVO
https://jobs.utah.gov/housing/seal/heat.html
Assist with heating and electricity.

R.E.A.C.H. (American Red Cross).....373-8580*
865 N. Freedom Blvd., PROVO
http://www.redcross.org/local/utah
Assistance with emergency heating and public utilities.

STATE ENERGY OFFICE.....538-8652*
www.energy.utah.gov
Provides information regarding conserving energy.

WEATHERIZATION ASSISTANCE PROGRAM
.....344-5184
http://housinguc.org/weatherization-assistance/weatherization/
Free weatherization for those who are income eligible.

Other

DESERET INDUSTRIES
435 S. 500 E., AMERICAN FORK.....763-4560*
1415 N. State Street, PROVO.....373-7920*
https://deseretindustries.org
A nonprofit, vocational rehabilitation facility and a thrift store.

GRACE BIBLE CHURCH.....491-8440
248 South Main Street, SPRINGVILLE
www.saturdaygrace.org/index.php
Food and clothing for those in need

TABITHA'S WAY(main line).....709-8573*
140 N MAIN, SPANISH FORK
www.tabithasway.com
Provides food and other essential items to the needy.

UNITED WAY (main line).....374-2588*
Information and referral center).....374-6400 or 211*
148 N. 100 W., PROVO
www.unitedwayuc.org
Provides information and referrals to individuals.

UTAH CARES
http://utahcares.org/
Community referrals to services in the community.



Community Referrals

WIC WEBSITES: Produced by Utah County WIC
www.utahcountywic.org Updated November 2015
http://health.utah.gov/wic/ *Spanish Speaking Staff available.

NOTE: All numbers require area code 801, unless otherwise noted.

DEPARTMENT OF WORKFORCE SERVICES.....866-435-7414*
557 W State Street, LEHI
1550 N Freedom Blvd (200 W), PROVO
1185 N Canyon Creek Parkway, SPANISH FORK
www.jobs.utah.gov
Employment; medical help; retroactive medical assistance; GED/training workshops; FOOD STAMPS; MEDICAID.

Breastfeeding

A MOTHER'S TOUCH LACTATION CLINIC.....714-3018*
331 N 400 W, OREM
http://intermountainhealthcare.org/HOSPITALS/OREM/SERVICES/WOMEN/Pages/BreastfeedingSupport.aspx
Questions/assistance with breastfeeding. Electric pumps.

INTERMOUNTAIN BREASTFEEDING CLASS.....714-3324
www.intermountainhealthcare.org
Breastfeeding class at a low cost of \$20.

LA LECHE LEAGUE.....385-208-1749*
www.lalecheleague.org
Provides information about breastfeeding.

WIC BREASTFEEDING SUPPORT LINE.....331-5988*
..http://www.utahcountywic.org/
Assistance with breastfeeding by Lactation Specialists. Infant growth follow-up, hand and electric breast pumps.

WOMEN'S HEALTH.GOV.....1-800-994-9662*
http://www.womenshealth.gov/breastfeeding/
Breastfeeding information. Helpline 9 a.m. - 6 p.m. EST.

Children and Family Services

BABY WATCH EARLY INTERVENTION
www.utahbabywatch.org
Early intervention for children 0-3 yrs with a disability or delay. Programs: Early HeadStart, Early Education Daycare, Bridges for autistic children.

KIDS ON THE MOVE (Alpine School District)
475 W. 260 N., OREM.....221-9930*
www.kotm.org

KIDS WHO COUNT (Nebo School District)
345 N. State Road 198, SALEM.....423-3000*
http://kidswhocount.org

PROVO EARLY INTERVENTION PROGRAM (PEIP)
1185 E. 300 N., PROVO.....852-4525*
www.esgw-nrm.easterseals.com

SPECIAL EDUCATION SCHOOL DISTRICT SERVICES
Alpine School District.....610-8857*
Nebo School District.....374-4883*
Provo School District.....491-2165*

Children and Family Services

CARE ABOUT CHILDCARE863.8589*
500 W 1200 S, OREM http://www.uvu.edu/cac/ A free child care resource and referral agency.
CENTER FOR SERVICE AND LEARNING422-8686
2010/2330 WSC, BRIGHAM YOUNG UNIVERSITY, PROVO http://centerforservice.byu.edu Access----A mentor program for children 3--12 years old.
CHILD CAR SEAT PROGRAM851-7035*
151 S. University Ave., suite 2700, PROVO Low cost toddler car seats, not infants. Must be on Medicaid, WIC, or Food Stamps. Provide car seat classes and checks.
COMMON BOND357-4504
Support for parents who have lost children, parents of kids with disabilities, parents with babies in NBICU.
EARLY CHILDHOOD DEVELOPMENT www.earlychildhood.com Child development and activities resource for parents.
MOUNTAINLAND HEADSTART375-7981*
264 W. 300 N., PROVO http://www.mountainlandheadstart.org/ Preschool for low income families and special needs.
NATIONAL FATHERHOOD INITIATIVE www.fatherhood.org Education for fathers about child development.
OFFICE OF RECOVERY SERVICES536-8500*
150 E. Center Street, suite 2100, PROVO www.ors.utah.gov Recovers Child Support payments.
PARENT EDUCATION RESOURCE CENTER (PERC) 58 N. State Street, OREM.....229-7390*
Resources for education and parenting.
UTAH OFFICE OF CHILD CARE1-866-435-7414*
https://jobs.utah.gov/occ/ Affordable and quality day care.
WELCOME BABY851-7026*
151 S. University Ave., suite 1610, PROVO http://www.welcomebabyuc.org/ A home visitation program for parents.
UTAH UPSTART800-669-4533*
www.utahupstart.com Free at-home preschool for 4-5 year olds.

Education and Employment

AMERICAN RED CROSS373-8580*
LEHI FAMILY LITERACY CENTER INC385-201-1060*
120 N. Center Street, LEHI http://www.lehi-ut.gov/discover/rippy-literacy-center/ Tutor for reading and math. ESL classes for FREE. Preschool Basics Program (age 4 or older).....836-1018
865 N. Freedom Blvd., PROVO http://www.redcrossut.org First Aid, CPR, and AED classes. Assist with utilities. Emergency services for the military.
DEPARTMENT OF WORKFORCE SERVICES 557 W State Street, LEHI 1550 N Freedom Blvd (200 W), PROVO 1185 N Canyon Creek Parkway, SPANISH FORK www.jobs.utah.gov Employment assistance; GED; Training workshops.

LDS EMPLOYMENT SERVICES 437 S. 500 E., AMERICAN FORK756-6079* 702 W Columbia Ln, PROVO.....818-6161* https://www.ldsjobs.org/ers/ct/?lang=eng Help with employment, counseling, housing, food, clothing.
LEHI FAMILY LITERACY CENTER INC385-201-1060*
120 N. Center Street, LEHI http://www.lehi-ut.gov/discover/rippy-literacy-center/ Tutor for reading and math. ESL classes for FREE. Preschool Basics Program (age 4 or older).....836-1018
MOUNTAINLAND APPLIED TECHNOLOGY CENTER Four locations in Utah County.....753-6282*
www.mlac.edu Classes for high school students, adults, businesses.

NEBO SCHOOL DISTRICT ADULT EDUCATION798-4093
612 S. Main Street, SPANISH FORK. http://landmark.nebo.edu/adult-ed/ Resources for GED or high school diploma. ESL classes.
PROJECT READ852-6654*
550 N. University Ave #215, PROVO www.project-read.com Resources for GED, high school diploma, improve English.
PROVO ADULT EDUCATION374-4840
636 N. Independence Ave, PROVO http://provo.edu/schools/provo-adult-education/ Helps teens and adults to finish High School, prepare for GED, or improve English language skills.
SOCIAL SECURITY ADMINISTRATION866-366-9549*
88 W 100 N, PROVO www.ssa.gov Cards, disability benefits, social security income.
TURNING POINT (CENTER FOR PERSONAL AND CAREER DEVELOPMENT)863-7580
987 S Geneva Rd, OREM http://www.uvu.edu/turningpoint/ Classes: life skills, academics, career, scholarships, parenting, anger management, marriage relationships, communication. Professional clothing source. UVU single parent scholarship.

Family Planning and Adoption

CHILDREN'S AID SOCIETY OF UTAH801-791-4711*
652 26th Street, OGDEN, UT 84401 http://www.childrensaidsociety.org/ Crisis pregnancy support, pregnancy counseling and adoption placement. Free pregnancy test.
MOUNTAINLAND COMMUNITY HEALTH CENTER See information under "Medical Resources".
PLANNED PARENTHOOD532-1586
1086 N. 1200 W., OREM Birth control clinic, STD tests, pregnancy tests, counseling.
UCHD WOMEN'S HEALTH CLINIC851-7038*
151 S. University Ave, suite 1709, PROVO Family planning information. LOWEST COST services.

Food, Nutrition and Shelter

CHILD NUTRITION PROGRAMS538-7500*
Utah State Office of Education 250 E. 500 S., SALT LAKE CITY www.schools.utah.gov/cnp/ Reimbursement for state licensed child care providers for meals to daycare children and if caring for a relative's child.

COMMUNITY ACTION373-8200*
815 S. 200 W., PROVO www.communityactionprovo.org Help with emergency food/housing, commodities, heat program, mortgage counseling. Youth and elderly programs.
FOOD AND CARE COALITION373-1825*
299 E. 900 S., PROVO www.foodandcare.org Serve emergency food 3 meals/day. Free hygiene products for low-income families, shower, laundry, computer lab, emergency shelter aide.

FOOD STAMPS 557 W State Street, LEHI.....753-4500* 1550 N. Freedom Blvd, PROVO.....342-2600* 1185 N. Chappel Dr., SPANISH FORK.....794-6600* www.jobs.utah.gov Food assistance program.
HOUSING AUTHORITY OF UTAH COUNTY ...373-8333*
240 E. Center Street, PROVO http://housinguc.org/ Provides decent, affordable housing to low-income families.
NEIGHBORWORKS PROVO375-5820
39 W. 300 N., PROVO www.nwprovo.org/ Provides foreclosure counseling and loans for home improvement and ownership.

PROVO HOUSING AUTHORITY801-900-5676
650 W. 100 N., PROVO www.haprovo.com Subsidized housing for low-income Provo residents/seniors.

SCHOOL/SUMMER SCHOOL LUNCH PROGRAM Provides school lunch at reduced/no cost to eligible families. Contact the principal in your child's school.
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USU NUTRITION EDUCATION PROGRAM EFNEP...451-3405 (main office) or494 -4771 (Food Sense)* 100 E. Center St., suite L600, PROVO In-home nutrition counseling in meal managment. Classes on food storage and budgeting. Fit Kids Program.
W.I.C. (Women, Infants and Children) Information line.....851-4WIC* Breastfeeding Support Line.....851-7312* 599 S. 500 E., AMERICAN FORK.....851-7320* 816 N. 980 W., OREM.....851-7340* 910 E. 100 N., #175, PAYSON.....851-7360* 151 S. University Ave, ste 2100, PROVO.....851-7300* www.utahcountywic.org Nutrition program for pregnant, breastfeeding, post-partum women; infants and children under 5. Breastfeeding support.

Legal Services

BYU LAW HELP422-3025*
Legal advise and assistance without representation; clinics for immigrants. Closed during summer.
COMMUNITY MEDIATION CENTER561-1927
Civil or domestic conflict resolution outside of court.
UTAH STATE BAR LAW AND JUSTICE CENTER 645 S. 200 E., SALT LAKE CITY.....531-9077* www.utahbar.com/uljc.com Lawyer referral service: Specialized help, online only. General help: Schedule appointment Monday from 1-5 online.
UTAH LEGAL SERVICES374-6766*
455 N. University Ave., suite 100, PROVO www.utahlegalservices.org

Medical Resources

BYU COMPREHENSIVE CLINIC422-7759*
1190 N. 900 E., PROVO http://cc.byu.edu Counseling and help for problems with speech and hearing.
CARING FOUNDATION FOR CHILDREN333-5850*
Up to \$1,000 for dental coverage for uninsured children.
CHARITY CARE REHABILITATION SERVICES CLINIC734-6774
587 South State, PROVO Physical rehab for low income individuals/without insurance.
C.H.I.P.1-866-435-7414*
www.health.utah.gov/chip or www.utahchip.org Insurance for uninsured children 0-19 years who do not qualify for medicaid.
COMMUNITY HEALTH CONNECT818-3015*
591 South State, PROVO www.communityhealthconnect.org Community health resources, specialty care. Free dental work, if no insurance.
FLUORIDE PRESCRIPTION 151 S. University Ave, suite 1610, PROVO 599 S 500 E, AMERICAN FORK Free fluoride prescription note at nurse's station.
HEALTH CLINIC OF UTAH AND FAMILY DENTAL PLAN374-7011*
150 E. Center Street, suite 1100, PROVO www.medicaidentistry.com Accept PCN, Medicaid patients. Some dental, no prenatal care.
HEALTH INFO REFERRAL AGENCY800-336-4797*
www.health.gov/nhic or www.healthfinder.gov Referrals to health agencies best able to respond.
INTERMOUNTAIN DIXON HEALTH CENTER357-5757*
750 W. 200 N., PROVO Affordable medical care. Sliding scale.
MEDICAID866-435-7414*
557 W State Street, LEHI 1550 N Freedom Blvd (200 W), PROVO 1185 N Canyon Creek Parkway, SPANISH FORK www.jobs.utah.gov Medical assistance program.
MOUNTAINLANDS COMMUNITY HEALTH CENTER429-2000*
299 E 900 S, suite 101, PROVO (also offers services for homeless) 589 S State Street, PROVO 750 N 200 W, suite 201, PROVO 910 E 100 N, Suite 155, PAYSON www.mountainlands.org/ Services for family planning, primary care, maternity, dental, mental health.
MERRILL GAPPMEYER CLINIC357-7930*
475 W. 940 N., PROVO Affordable medical care. Need income verification.
NEEDY MEDS www.needymeds.org Find help with the cost of medications. Affordable medical care. Need income verification.
PRIMARY CARE NETWORK888-222-2542*
http://health.utah.gov/pcn Health insurance to eligible low-income adults with a child under 18.
TOBACCO QUIT LINE888-567-TRUTH*
www.utahquitnet.com or http://www.tobaccofreeutah.org/
UTAH COUNTY HEALTH DEPARTMENT851-7000*
151 S. University Ave., PROVO http://www.utahcountyonline.com/Dept2/Health/index.asp Clinics: Cancer Screening, Cholesterol/Blood Pressure, HIV test/counseling, Sexually Transmitted Disease, Well Child, Women's Health, Immunizations, Welcome Baby Program, Vital Records.
UTAH POISON CONTROL CENTER800-222-1222*
30 S 2000 #, suite 4540, SALT LAKE CITY www.utahpoisoncontrol.org 24-hour resource for poison information and prevention.