



# Maternal and Infant Health Program



Community resources in Utah for you and your family before  
and after pregnancy.

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## General assistance:

**211** A comprehensive guide of help for most needs. Call 211 24/7, services are available in most languages.

**Baby Your Baby** Temporary medical coverage (Medicaid) for low-income, pregnant women who qualify. Hotline is available for questions related to pregnancy and infant care at 1-800-826-9662.

**Catholic Community Services** Immigration and refugee resettlement, family services for those with low incomes, help for those experiencing homelessness, and aid for those with addictions. Call 801-977-9119.

### **Financial Assistance/Workforce Services**

Financial assistance programs focused on employment, and where appropriate, child support and disability payments. Services to help families and individuals achieve economic self-sufficiency and improve the wellbeing of children. Contact the Utah Department of Workforce Services at 801-526-9675 to see if you are eligible.

### **SNAP (Food Stamps)/Workforce Services**

Contact the Utah Department of Workforce Services to see if you are eligible for the Supplemental Nutrition Assistance Program (SNAP) that provides financial assistance to qualifying individuals and families to buy nutritional foods. Call 801-526-0950 for English or 1-888-346-3162 for Spanish. Apply online at <https://jobs.utah.gov/mycase/>.

**Utah Food Bank** Food is delivered free of charge to agencies across the state as well as directly to people in need. There are food pantries located across the state of Utah as well as mobile pantries that visit areas of the state without food pantries. Contact them at 801-978-2452.

**United Way** Resources for topics such as abuse, adolescents, grief and loss of loved ones, divorce, health, parenting, substance abuse, and disability.

- **United Way of Cache Valley**  
435-554-8631
- **United Way Dixie** 435-674-5939
- **United Way of Eastern Utah**  
435-637-8911
- **United Way of Northern Utah**  
801-399-5584
- **United Way of Salt Lake**  
801-736-8929
- **United Way of Utah County**  
801-374-2588

### **Women, Infants, and Children (WIC)**

Nutritional education, healthy foods, breastfeeding support, health assessments, and referrals to other services are available through WIC to low-income pregnant, breastfeeding, and postpartum women. Services are also available for infants and children up to age 5 who are found to be at nutritional risk. They are available in every county. For more information, call 1-877-942-5437.

## Advocacy organizations:

**Centro de La Familia de Utah** Assistance for people of Latino descent and parenting classes for new or soon-to-be parents. Call 801-521-4473.

**International Rescue Committee** Helps people affected by crisis. Call 801-328-1091.

**NAACP (National Association for the Advancement of Colored People)** Resources for People of Color. Call 801-250-5088 or 877-NAACP-98.

**Refugee and Immigrant Center Asian Association of Utah** Provides services such as tutoring, translation, cultural activities, and family counseling. Call 801-467-6060.

**Urban Indian Walk-In Center** Provides accessible, culturally competent healthcare programs and services for Native Americans. Call 801-486-4877.

## Birth control and family planning:

**Family Planning Elevated** Aid for uninsured, underinsured, and undocumented individuals in Utah to get contraception at a low cost. Text 801-839-5356.

**Planned Parenthood** An organization dedicated to education, advocacy, and providing healthcare that specializes in birth control and reproductive health. Call 1-800-230-7526 or text "PPNOW" to 774636.

**Infertility Connections** Dedicated to providing support, education, and awareness for those experiencing infertility. Services such as counseling, support groups, educational consultations, group therapy, and third-party consultations are available. For more information, call or text 385-313-0990.

## Birth and death certificates:

**Utah Department of Health and Human Services Office of Vital Records** Provides copies of birth and death certificates and other legal records. Beware of companies claiming to be official sources for these records. Call 801-538-6105.

## Breastfeeding:

**La Leche League** Provides help with breastfeeding through mom-to-mom support, encouragement, information, and education. Call 801-251-6455.

**Intermountain Health Lactation Help** Support and information for breastfeeding.

**MotherToBaby** A service for those who are pregnant, considering becoming pregnant, or breastfeeding that gives information on medications, drugs, chemicals, or other environmental exposure that can potentially harm an embryo, fetus, or child. Use the chat option on their website, call 866-626-6847, or text 855-999-3525.

**University of Utah Hospital Outpatient Lactation Clinic** Provides breastfeeding help at 2 clinic locations in Salt Lake and South Jordan. Call the Salt Lake location at 801-581-2205 or the South Jordan location at 801-213-4500.

## Child abuse and neglect:

**Children's Justice Center** A national organization with local programs dedicated to responding to child abuse allegations. Contact the location nearest you. Locations are listed at <https://utahcjc.org/local-centers/findyourlocalcjc/>.

- **Avenues (Salt Lake)**  
385-468-4560
- **South Valley (Salt Lake)**  
385-468-4580
- **Provo** 801-851-8554

**Division of Child and Family Services (DCFS)** If you suspect child abuse or neglect is occurring, call Child Protective Services at 1-855-323-3237, or law enforcement. For non-emergencies, call 801-538-4100.

## Child care:

**Care About Childcare** Search for licensed child care providers in the state of Utah and find resources on child development, early childhood education, school readiness, nutrition, and more.

**Children's Service Society of Utah** A program dedicated to helping families by helping with the well-being and safety of children. Call 801-355-7444.

**The Family Support Center** Provides free help for overwhelmed parents, a safe-haven for at-risk children, housing and education aid, and counseling services with locations across the state. Call 801-955-9110.

**Kids in Care** Helps with child care for unemployed parents while they search for jobs. Call 801-326-4399.

**Utah Department of Workforce Services Child Care Subsidy** Offers a variety of child care assistance programs that can help eligible individuals or families that work to cover the cost of child care. Apply online at <https://jobs.utah.gov/mycase/>.

## Disability information:

**Baby Watch Early Intervention Program** Parent coaching program that teaches families how to support their infant or toddler's development. Services are customized for every child and family, and are provided by a team of qualified people. Call 800-961-4226.

## Financial counseling:

**American Credit Foundation** A non-profit consumer credit counseling organization that helps people get out of debt, lower their monthly payments, and provides free credit counseling. Call 1-800-259-0601.

**Neighbor Works Salt Lake** Works in partnership with residents, government, and businesses to build and sustain neighborhoods. Call 801-539-1590.

## Grief education and support:

**Angel Watch Bereavement Program** Provides professional emotional and social support services for parents whose unborn or newborn baby is diagnosed with a life-threatening or life-limiting condition. Call 801-698-4486.

**The Bradley Center** An interfaith grief support program for children, teens, young adults, and their families. Offers peer support groups, training, and education. Call 801-302-0220.

**Caring Connections** Provides evidence-based bereavement care to grieving persons in the Intermountain west through clinician facilitated support groups. Call 801-585-9522.

**The Compassionate Friends** A support network for families after the death of a child that offers in person and online support groups for free. Many location options are available. Call 877-969-0010.

**Grief Share** Weekly grief and education sessions for people who are grieving the death of a family member or friend. Call 800-395-5755.

**Share Parents of Utah** A support program for families experiencing pregnancy loss or the death of an infant. Call 801-272-5355.

**The Sharing Place** Grief support and education for children aged 3 to 18 and their parents. Call 801-466-6730.

## HIV/AIDS information and referrals:

[AIDS Drug Assistance Programs](#) Helps people living with HIV and AIDS who are uninsured and under-insured get access to medication. Call 801-538-6197.

[UAF Legacy Health](#) Provides client-driven services and champions sexual health and overall well-being for those living with or at risk for HIV and other sexually transmitted infections. Call 801-487-2323.

## Health insurance:

[Baby Your Baby](#) Temporary insurance coverage (Medicaid) for low-income, pregnant women who qualify. Hotline is available for questions related to pregnancy and infant care at 1-800-826-9662.

[Children's Health Insurance Program \(CHIP\)](#) Affordable health insurance for working families that earn too much for Medicaid and have children younger than 19 years of age. Apply online or call 1-877-543-7669.

[Healthcare.gov](#) See if you can enroll or change your health insurance. Apply online or call 1-800-318-2596.

[Medicaid Eligibility](#) Medicaid Program that pays for medical services for low-income pregnant women, children, individuals who are elderly or have a disability, parents and women with breast or cervical cancer. Apply online or call 1-866-435-7414.

[Take Care Utah](#) Helps Utahns access health insurance coverage and navigate the healthcare system. Call 801-872-6059.

## Immunizations:

[Utah Vaccines for Children Program Hotline](#) Provides immunizations to children at no cost or low-cost. Call 1-800-275-0659.

## LGBTQ resources:

[Encircle](#) Therapy, friendship circles, daily programs, and drop-in hours for LGBTQ teens and young adults. Locations in Salt Lake City, Provo, Heber, and St. George. Call 801-613-7305.

[The Trevor Project](#) Crisis services for LGBTQ people and education for the public. Call 212-695-8650.

[Utah Pride Center](#) Mental health services and events for LGBTQ youth, adults, seniors, and families. Call 801-539-8800.

## Life-threatening emergencies:

Call **911** for 24-hour support of threatening situations.

[Utah Poison Control Center](#) Contact immediately if you suspect poisoning of any kind. Judgment-free and confidential. Poisoning experts are available 24 hours a day, 7 days a week. Call 1-800-222-1222.

## Local health departments:

- [Bear River Health Department](#)  
Logan, UT 84341 435-792-6500
- [Central Utah Public Health Department](#)  
Richfield, UT 84701 435-896-5451
- [Davis County Health Department](#)  
Farmington, UT 84025 801-525-5000
- [Salt Lake County Health Department](#)  
Salt Lake City, UT 84190 385-468-4100
- [San Juan County Public Health Department](#)  
Blanding, UT 84577 435-587-3838

- [Southeast Utah Health Department](#)  
Price, UT 84501 435-637-3671
- [Southwest Utah Public Health Department](#) St. George, UT 84770  
435-673-3528
- [Summit County Health Department](#)  
Park City, UT 84060  
435-333-1500
- [Tooele County Health Department](#)  
Tooele, UT 84074 435-277-2300
- [TriCounty Health Department](#)  
Vernal, UT 84078 435-247-1177
- [Utah County Health Department](#)  
Provo, UT 84601 801-851-7000
- [Wasatch County Health Department](#)  
Heber City, UT 84032 435-654-2700
- [Weber-Morgan Health Department](#)  
Ogden, UT 84401 801-399-7100

### **Lead Safe Housing Program:**

Provides free remediation services and lead testing for people who have children younger than 6 and live in homes built before 1978. Program is only available in Salt Lake County. To see if you qualify, call 385-315-0049.

### **Legal information and consultation:**

[Disability Law Center](#) Legal aid for people with disabilities. Call 1-800-662-9080.

[Legal Aid Society](#) Provides legal representation and assistance for low-income families in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic violence. Call 801-328-8849.

[Utah Legal Services](#) Provides free legal help in non-criminal cases to low-income Utahns. Call 801-328-8891.

[Utah State Courts Self-Help Center](#) Provides information to help you understand your rights and responsibilities and to help you resolve your legal problems on your own. Call 1-888-683-0009.

### **Mental Health:**

If you or a loved one are in a mental health crisis, call 911 and ask for a CIT Officer (Crisis Intervention Team Officer). A CIT Officer is specially trained to help someone in a mental health crisis.

You may also call or text the Suicide and Crisis Line at 988 or visit <https://988lifeline.org/>. Help is available 24 hours a day, 7 days a week.

### **Depression and Bipolar Support Alliance**

**(National)** In-person and online support for individuals with mood disorders, and support for their family members. Call 800-826-3632.

[Help Me Grow](#) Information and referral helpline available at no cost that provides parents and providers with the knowledge and resources they need to make a difference in the lives of children. Services include personal care coordination, free child development and perinatal screenings, answers to pregnancy, parenting and child development questions, connection to community resources. Call 801-691-5322.

[Huntsman Mental Health Institute](#) Mental health services and psychiatric treatment focused on treating all aspects of the individual. Call 801-583-2500.

[National Alliance on Mental Health](#) A group dedicated to helping those affected by mental illness through advocacy and resources for aid. A helpline is available Monday through Friday from 8 AM to 4 PM MST. Call or text 800-950-6264.

**National Child and Maternal Health Education Program** A group whose main goal is to improve the health of women and children through research and education. Call 800-370-2943 Monday through Friday between 6:30 AM and 3PM MST.

**National Maternal Mental Health Hotline** Provides 24/7 free and confidential support before, during, and after pregnancy. The hotline offers support, information, resources, and referrals to local and telehealth providers and support groups. Spanish-speaking counselors are available. Call or text 833-852-6262.

**Postpartum Support International: Utah** The Utah chapter of the international organization dedicated to improving maternal mental health through legislation and healthcare changes with the help of maternal mental health survivors.

**Utah Maternal Mental Health Referral Network** An interactive website to help you find providers in your area to match your emotional needs and your type of insurance.

**Utah Department of Health and Human Services** Mental health information and referrals for children, youth, families, and adults. Call 801-538-3939.

**Valley Behavioral Health** Support for those who suffer from mental health conditions. Call 801-263-7100 or text 385-474-8887.

**Weber Human Services, Ogden, UT** A group dedicated to helping those in need rebuild their lives. They support people of all ages through mental health issues, substance use, and senior service programs. Call 801-625-3700.

## Parenting resources:

**Baby Watch Early Intervention** Parent coaching program that teaches families how to support their infant or toddler's development. Services are customized for every child and family, and are provided by a team of qualified people. Call 800-961-4226.

**DDI Vantage** A nonprofit located in Salt Lake City dedicated to providing services to help the development and independence of children, adults, and families with special needs. They also provide an Early Head Start program that focuses on helping parents find the best ways to encourage their child's thinking, movement, and social skills. Call 801-266-3979.

**Family Support Centers** Offers crisis and relief nursery care for parents and other support services. There are 11 locations in Utah. Call 801-955-9110 to find the location nearest you.

**Help Me Grow** This information and referral network provides answers to parents about child development and parenting topics. Free services are available in English and Spanish to all Utah families who are pregnant or have children up to age 8. Call 801-691-5322.

**Home Visiting Programs** Trained professionals visit moms and children in their home to discuss and evaluate health and other needs.

**Nurse Family Partnership** A home visiting program for first time pregnant women who are no more than 28 weeks pregnant. Free to eligible women. Call or text 844-637-6667.

**Prevent Child Abuse Utah** A program committed to stopping child abuse through education, community mobilization, and collaboration with partners. Call 801-393-3366.

**Utah Child Abuse Reporting Hotline** Call 855-323-3237 to report suspected child abuse.



## Pregnancy information:

[Baby Your Baby Hotline](#) Tips and information from experts on pregnancy and caring for babies. Call Monday thru Friday from 8AM to 5PM at 801-826-9662.

[Childbirth Connection](#) Provides a wide range of pregnancy resources. Call 202-986-2600.

[Children's Service Society](#) Parenting advocacy, adoption, childcare resources, referrals, and provider training. Fee based on ability to pay. Call 801-355-7444.

[Eat Right](#) Find a registered dietitian for advice on nutrition during pregnancy. Click on the red button in the upper right of the screen labeled find a nutrition expert and enter your location.

[March of Dimes](#) Works to help moms have healthy pregnancies and babies. Provides information to the families of premature babies. Call 801-327-9464.

[MotherToBaby](#) A service for those who are pregnant, considering becoming pregnant, or breastfeeding that gives information on medications, drugs, chemicals, or other environmental exposure that can potentially harm an embryo, fetus, or child. Use the chat option on their website, call 866-626-6847, or text 855-999-3525.

## Prenatal care:

Below is a list of clinics that can provide low-cost prenatal care.

[Brigham City Community Health Center](#) 980 South Medical Dr., Brigham City, 435-723-8276

[Wayne Community Health Center](#) 128 N 300 W, Bicknell, 435-425-3744

[Cedar City Clinic](#) 1303 N Main St, Cedar City, 435-868-5500

[Enterprise Valley Medical Clinic](#) 223 S 200 E, Enterprise, 435-878-2281

[72nd Street Clinic Community Health Center](#) 220 W 7200 S, Suite A, Midvale, 801-566-5494

[Montezuma Creek Clinic](#) 262 East Hwy, Montezuma Creek, 435-651-3700

[Midtown Community Health Center](#) 2240 Adams Ave, Ogden, 801-393-5355

[People's Health Clinic](#) 650 Round Valley Road, Park City, 435-333-1850

[Mountainlands Community Health Center](#) 750 Freedom Blvd 200 W, Suite 201, Provo, 801-429-2000

[Central City Community Health Center](#) 610 S 200 E, Suite B, Salt Lake City, 801-539-8617

[Fourth Street Clinic](#) 404 S 400 W, Salt Lake City, 801-364-0058

[Intermountain Medical Center Nurse Midwives](#) 5063 Cottonwood St, Suite 130, Salt Lake City, 801-507-7070

[The Neighborhood Clinic](#) 1388 Navajo Street, Salt Lake City, 801-955-2360

[Rose Park Elementary Clinic](#) 1105 W 1000 N, Salt Lake City, 801-408-8626

[South Main Clinic](#) 3960 S Main St, Salt Lake City, 801-587-2525

**[Steven D. Ratcliffe Community Health Center](#)** 1365 W 1000 N, Salt Lake City, 801-328-5750

**[Teen Mother and Child Program](#)** 3690 S Main St, Salt Lake City, 801-587-2525

**[Doctor's Volunteer Clinic](#)** 1036 E Riverside Dr, St. George, 435-656-0022

**[Southwest Utah Community Health Center/Family Health Care](#)** 2276 E Riverside Dr, St. George, 435-986-2565

**[Oquirrh View Community Health Center](#)** 4745 S 3200 W, Taylorsville, 801-964-6214

**[Ellis Shipp Clinic](#)** 4535 S 5600 W, West Valley City, 801-676-4405

### Rape and sexual assault:

**[Utah Coalition Against Sexual Assault](#)** A collection of resources for victims of sexual assault. Call 801-746-0404.

**[Rape Recovery Center](#)** Empowerment for survivors of sexual assault through therapy, community education, advocacy, and crisis intervention. Call 801-467-7282.

**Rape and Sexual Assault Crisis Line** Free 24-hour hotline for sexual assault survivors. Call 801-736-4356.

**Sexual Violence Crisis and Info Hotline** A free, 24-hour, confidential support line for sexual assault survivors and their friends and family members. Call 888-421-1100.

### Sexually transmitted diseases and infections:

**[Planned Parenthood](#)** Sexual healthcare and information with locations worldwide. Call 800-230-7526 or 801-322-5571.

**[Utah Department of Health STD Control Program](#)** An educational resource on sexually transmitted diseases. Call 801-538-6191.

### Smoking cessation and quit program information:

**[American Cancer Society](#)** Support for patients, research, and prevention efforts. Call 800-227-2345.

**[American Lung Association](#)** Lung health education, services, support, and lung cancer research. Call 1-800-586-4872.

**[National Tobacco Quit Line](#)** Call 800-784-8669 to help you or a loved one quit smoking. For more information about programs in your area, call your local health department.

### Substance use counseling and referrals:

Call **211** for substance use programs near you. **[Alcoholics Anonymous](#)** An international program that helps people achieve sobriety stay sober.

**[House of Hope](#)** A nonprofit that provides treatment for women and mothers with substance use disorders. Call 801-487-3276.

**[Project Reality](#)** Substance use treatment and prevention services focused on lifelong recovery and wellness. Call 801-364-8080.

**[Substance Use in Pregnancy Recovery Addiction Dependence Clinic \(SUPeRAD\)](#)** Specialty pregnancy clinic with locations in Price and Salt Lake City that helps pregnant women and new moms struggling with substance use and/or recovery through medicine, resources, and addiction specialists. Call 801-581-8425 to make an appointment.

**[Utah Department of Health and Human Services Division of Substance Use](#)** Substance use and mental health resources. Call 801-538-3939.

**Suicide prevention:**

If you or a loved one are in a mental health crisis, call 911 and ask for a CIT Officer (Crisis Intervention Team Officer). A CIT Officer is specially trained to help someone in a mental health crisis.

You may also call or text the Suicide and Crisis Line at 988. Or visit <https://988lifeline.org/>. Help is available 24 hours a day, 7 days a week.

**Sources Near You** Follow this link to find suicide prevention resources near you.

**Live On Utah** Suicide prevention focused on supporting those impacted by suicide and promotion of resiliency.

**Teen parenting:**

**South Main Clinic Teen Mother and Child Program** Medical care for pregnant teenagers and their babies. Call 801-587-2525.

**Teen Mom Strong** A weekly support and educational group for pregnant and parenting teens. Call 385-232-3704.

**Utah Newborn Safe Haven** Utah's Safe Haven law allows birth parents or a designated individual to anonymously give up custody of their newborn baby without facing any legal consequences. A newborn may be dropped off at any Utah hospital, no questions asked. Call 24/7 at 866-458-0058.

**Violence and injury:**

**Domestic Violence LINKline** Provides referrals for shelters, counseling, etc. Online chat is available through the website or you can call 800-799-7233.

**South Valley Services** A safe shelter for domestic violence victims. Call 801-255-1095 for help 24 hours a day.

**Violence and Injury Prevention Program** A program dedicated to preventing injuries and violence. Call 801-538-6864.

**YWCA Domestic Violence Shelter Programs and Services** Provides a 24-hour crisis line. Call 855-992-2752 or 801-537-8600.

**Youth resources:**

**DCFS Youth Services** Works to support youth at risk of exiting foster care without a permanent home. The Transition to Adulthood Living (TAL) program utilizes a network of organizations for youth ages 14 to 21, and offers services including academic mentoring, financial planning, career preparation, and limited financial assistance.

Created by:

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