



Utah Department of
Health & Human Services
Family Health

Maternal and Infant Health Program



Utah Community Resources

For You and Your Family Before and After Pregnancy

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General Assistance:

Baby Your Baby Hotline- Food and clothing for baby, mother, or other family members. Hotline is available for more info Monday-Thursday from 8AM to 5PM at 1-800-826-9962

Food Stamps/Workforce Services- Contact the Department of Workforce Services to see if you are eligible to take part in the Supplemental Nutrition Assistance Program (SNAP) that provides financial assistance to qualifying individuals and families to buy nutritional foods. 801-526-0950 or 1-888-346-3162 for help in Spanish.

Utah Food Bank- Food is delivered free of charge to agencies across the state as well as directly to populations 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 Monday thru Friday from 8AM to 5PM.

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 non-breastfeeding postpartum women. Services are also available for infants and children up to age five who are found to be at nutritional risk. They are available in every county. For more information, call 1-877-942-5437 from Monday thru Friday from 8AM to 5PM.

United Way of Utah County- Resource aid for topics such as abuse, adolescents, grief/loss of loved one, divorce, health, parenting, substance abuse and disability, 801-374-2588.

Catholic Community Services- Immigration and refugee resettlement, family services for those with financial disparities, help for the homeless, and aid for those with addictions, 801-977-9119.

Advocacy Organizations:

Centro de La Familia de Utah- Assistance for people of Latino descent. Parenting classes for new or soon-to-be mothers and fathers, 801-521-4473.

International Rescue Committee- Refugee Assistance, 801-328-1091.

NAACP (National Association for the Advancement of Colored People)- 801-250-5088 or 877-NAACP-98

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

Urban Indian Walk-In Center- Assistance for Native Americans, 801-486-4877.

Birth Control and Family Planning:

Family Planning Elevated- Aid for uninsured, underinsured, and undocumented individuals in Utah to get contraception without having to worry about cost or distance, 801-213-2252.

Planned Parenthood- An organization dedicated to education, advocating of women, and providing healthcare to women that specializes in birth control. Contact at 1-800-230-7526, text "PPNOW" to 774636.

Utah Infertility Resource Center- Dedicated to providing support, education, and awareness for Utah's infertility community. 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 Vital Records- Contact for copies of birth and death certificates. Please be sure to use this website or phone number as there are many companies claiming to be official that can steal your info. Call 801-538-6105 from Monday thru Friday from 8AM to 5PM.

Breastfeeding:

La Leche League- Contact for help with breastfeeding through mom-to-mom support, encouragement, info, and education at 801-251-MILK.

Mother to Baby/Pregnancy Risk Line- This is a service for women that 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. Call 801-328-2229 if you are in the Salt Lake City area, or 800-822-2229 if you are outside of the Salt Lake City area. If you are outside of Utah, call 1-866-626-6847 toll free. Open Monday thru Friday from 8AM to 5PM.

Nutritional Advice for Pregnant and Breastfeeding Women- They offer help in knowing what to eat/drink while breastfeeding. While breastfeeding, your need for certain vitamins and minerals increases.

U of U Hospital Lactation Clinic- Receive aid with breastfeeding in Salt Lake City or South Jordan. 801-581-2205.

Intermountain Healthcare Breastfeeding Support- Information on breastfeeding support and helpful videos.

Child Abuse/Neglect:

Children's Justice Center- A national organization with local programs that are dedicated to responding to child abuse allegations. Contact the location nearest you,

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

Division of Child and Family Health Services (DCFS)- Contact if domestic violence or abuse in any form becomes prevalent in a relationship between partners, family members, or any adult/child relationship, 1-800-961-4226.

Child Care:

Care About Childcare- A resource providing profiles of childcare providers to Utah residents with help available in Spanish and English. Call 1-801-326-4384 for Spanish.

Children's Service Society of Utah- A program dedicated to helping families by aiding in the well-being and safety of children, 1-800-839-7444 or 801-355-7444.

The Department of Workforce Services- Offers a variety of child care assistance programs that can help eligible individuals or families that work cover the cost of child care.

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, 801-955-9110.

Kids in Care- A program that reimburses up to 150 hours of regulated "drop-in" care for children while eligible parents engage in formal job search activities.

Disability Info:

211- A comprehensive guide of help for most problems and disabilities, call 211 any hour, available in most languages.

Baby Watch/Early Intervention- Hotline for Utah's network of services for children, birth to three years of age with developmental delays or disabilities, open Monday thru Friday from 8AM to 5PM, 1-800-961-4226.

Financial Counseling:

AAA Fair Credit Foundation- A nonprofit dedicated to helping people build positive financial futures by helping them get out of debt, make plans, and offer financial counseling, 1-800-351-4195 or 801-483-0999.

American Credit Foundation- A nonprofit focused on helping people get out of debt quickly, lower monthly payments, and assist in other manners to help people financially. The offer free debt consultations, 1-800-259-0601.

Grieving Parent Support Services:

[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. Not a healthcare or medical care provider, 801-698-4486.

[The Bradley Center](#)- An interfaith support program for children, teens, young adults and their families following a death through peer support groups, training and education, 801-302-0020.

[Canary Garden](#)- A group dedicated to providing a safe and caring environment for children and adolescents who are mourning the death of a family member. Individuals are put into age groups at the Provo Teen Center on Monday evenings for the meetings, 801-361-8758.

[Caring Connections](#)- Support groups specialized in loss and educational materials for people experiencing the loss of a loved one, 801-585-9522.

“Caring for Coy”- An infant loss support group in Roosevelt, Utah. For more information, contact Maigen Zobell at 435-725-2036 or maigen_zobell@ubh.org.

[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. There are also support groups specific to men, people that have lost someone to homicide, for people that have lost a sibling, along with many others, 630-990-001.

[Grief Share](#)- A website with a search tool that allows you to find support groups around the state.

[Share Parents of Utah](#)- A support program for families experiencing pregnancy loss or death of an infant, 801-272-5355.

[The Sharing Place](#)- Grief support for children and adolescents focused on help through art, discussion, and play, 801-466-6730.

HIV/AIDS Information and Referral:

[ADAP: Utah](#)- Help in getting access to medicine for under-insured and uninsured individuals, 801-538-6197.

[Utah AIDS Foundation](#)- Focused on the sexual health and overall well-being of individuals while fighting stigmas about HIV/AIDS and other STDs, call the hotline at 1-800-366-2437, available in both Spanish and English, or call 801-487-2323.

Health Insurance:

[Affordable Care Act](#)- See if you can enroll or change your health insurance, 1-800-318-2596.

[Children’s Health Insurance Program \(CHIP\)](#)- Affordable health insurance for working families that earn too much for Medicaid and have children under 19 years of age, 1-800-318-2596.

[Medicaid Eligibility](#)- Contact to see if you qualify for Medicaid, an insurance plan for low-income individuals and families, 1-800-662-9651.

[Take Care Utah](#) - Take Care Utah, a Utah Health Policy Project initiative, is a network of nonprofit organizations focused on helping people with health insurance. It consists of about 50 enrollment specialists all across Utah. All services are provided free of charge.

Immunizations:

[Utah Vaccines for Children Program Hotline](#)- Promotion of a healthy life through vaccination. Vaccine information such as low-cost vaccines for eligible children through the VCF available, 1-800-275-0659.

Life-Threatening Emergencies:

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

[Poison Control Center](#)- Contact immediately if you suspect a poisoning of any kind, whether wrongful medication, consumption of dangerous materials, etc., judgment free and confidentially, 1-800-222-1222.

Local Health Clinics:

For a list of community health clinics in Utah, please visit:
https://auch.org/images/Health_Center_FINAL_Jan_2020.pdf

The following clinics serve the Salt Lake City metro area:

- **Midvale CBC Community Clinic-** 385-887-9002
- **Molina Health Clinics-** 801-858-0400
- **Sacred Circle Clinic (Priority given to tribal members)-** Salt Lake City, 801-359-2256

Local Health Departments:

Contact the health department nearest you for medical attention and aid.

- **Bear River Health Dept-** Logan, UT 8434
435-792-6500
- **Central Utah Public Health Dept-** Richfield, UT 84701
435-896-5451
- **Davis County Health Dept-** Farmington, UT 84025
801-525-5000
- **Salt Lake County Health Dept.-** Salt Lake City, UT 84190
385-468-4100
- **San Juan County Public Health-** Blanding, UT 84577-0089
435-359-0038
- **Southwest Utah Public Health Dept.-** St. George, UT 84770
435-673-3528
- **Summit County Public Health Dept.-** Park City, UT 84060
435-333-1500
- **Tooele County Health Dept.-** Tooele, UT 84074
435-277-2300
- **TriCounty Health Dept.-** Vernal, UT 84078
435-247-1177
- **Utah County Health Dept.-** Provo, UT 84601
801-851-7000
- **Wasatch County Health Dept.-** Heber City, UT 84032
435-654-2700

- **Weber-Morgan Health Dept.-** Ogden, UT 84401
801-399-7100

Lead Safe Housing Program:

Helping families prevent lead poisoning. Please contact if pregnant or caring for a child under the age of 6 if your residency was built before 1978, 385-468-4892.

Legal Information/Consultation:

Disability Law Center- Legal aid for person with disabilities, 1-800-662-9080.

Legal Aid Society- A non-profit working on family law to promote family safety and stability, fee based on ability to pay, 801-328-8849.

Utah Legal Services- A Utah non-profit focused on equal justice, offers legal counsel and referrals with multiple locations. Open 801-328-8891 Monday thru Friday from 8AM to 5PM.

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 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 **Utah Suicide Crisis Line** at (801)-587-3000. Help is available 24 hours a day.

Utah Maternal Mental Health Referral Network- An interactive website that helps you find providers in your area that match your emotional needs as well as your type of insurance. They can also connect you to free and online resources.

Department of Human Services- Mental health information and referrals for children, youth, families, and adults, 801-538-4171.

Depression and Bipolar Support Alliance (National)- In-person and online support for

individuals with mood disorders, as well as support for their family members, 801-826-3632.

Help Me Grow- Take the Edinburgh Postnatal Depression Scale over the phone at your own convenience, in English or Spanish. After you take this initial screening tool, specialists will connect you with appropriate resources, and will follow-up with you at least once to see if you need additional help. Find more information by calling 801-691-5322.

National Alliance on Mental Health- A group dedicated to helping those affected by mental illness through advocacy and resources for aid. They also have a helpline available Monday through Friday from 10AM to 6PM ET, 801-323-9900.

National Child and Maternal Health Education Program- A group whose main goal is to improve the health of women and children through research and educational activities. You can call them Monday through Friday between 8:30AM to 5PM EST, 1-800-370-2943.

Polizzi Clinic- Outpatient psychiatric care for low-income, uninsured children, adolescents, and adults in Utah, located in SLC, 801-590-9557.

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.

University of Utah Neuropsychiatric Institute (UNI)- Mental health services and psychiatric treatment focused on treating all aspects of the individual, 801-587-3000.

Valley Behavioral Health- Support for people suffering from mental health illnesses, 888-949-4864 for the SLC location, or 435-843-3520 for the Tooele location.

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 abuse addictions, and senior service programs, 801-625-3700.

Parenting Resources:

Baby Watch Early Intervention- This program provides early identification and developmental services for families of infants and toddlers, age birth to three years, call Monday thru Friday from 8AM to 5PM at 801-584-8226 or toll free at 800-961-4226.

DDI Vantage- A non-profit located in Salt Lake City that is dedicated to promoting and providing exemplary services to facilitate 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 for stimulating the child's thinking, movement, and social skills, 801-266-3979.

Family Support Centers- Offer Crisis and Respite Nursery Care for parents, as well as additional support services. Utah has 11 family support centers. Find the location nearest you by calling 801-955-9110.

Help Me Grow- An information and referral network providing answers to parents relating to child development and parenting topics, including a birth plan. Services are available at no cost in English and Spanish to all families across Utah who are pregnant or have children up through age eight, 801-691-5322.

Home Visiting Programs- Trained professionals come to see mothers and their children in their home to discuss and evaluate health and other needs.

Nurse Family Partnership- A home visiting program for first-time pregnant women that are no more than 28 weeks pregnant. This program is free to all eligible women. Call the Salt Lake Valley Health Department at 385-468-3878 or 385-468-3955.

Prevent Child Abuse Utah/Parents as Teachers- A program committed to stopping child abuse through education, community mobilization, and collaboration with partners, 801-532-3404.

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

Pregnancy Information:

[Baby Your Baby Hotline](#)- Tips and information from experts at Intermountain Healthcare and the Utah Department of Health. Call Monday thru Friday from 8AM to 5PM at 801-826-9662.

[Children Connection](#)- Provides a wide range of pregnancy resources for pregnant women, 202-968-2600.

[Children's Service Society](#)- Parenting advocacy, infant and special needs adoption; childcare resource, referral and provider training. Fee based on ability to pay, Call 801-355-7444 from 8:30AM to 5PM.

[Eat Right](#)- Find a Registered Dietician for Advice on Nutrition in Pregnancy. Click on "Find an Expert" (green button in the lower right of screen, read and accept the disclaimer and proceed to the "Find a Registered Dietitian Nutritionist."

[March of Dimes](#)- Helps moms have full-term pregnancies and healthy babies. Offers information and comfort to the families of premature babies, 801-327-9464.

[Pregnancy Risk Line/MotherToBaby](#)- Provides accurate and current information about the effects of environmental exposures including medications and herbs, on pregnancy and breastfeeding. Open Monday thru Friday from 8AM to 5PM, 801-328-2229 or 1-800-822-2229.

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,
801-964-6214

[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,
435-651-3291

[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

[Centro de Salud](#)-
34 S 500 E, Salt Lake City, 801-560-0930

[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, 801-364-2434

[South Main Clinic](#)-
3960 S Main St, Salt Lake City, 385-468-4000

[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](#)-
25 N 100 E Suite 102, 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/Sexual Assault:

Rape and Sexual Assault Crisis Line- Free 24-hour hotline for sexual assault victims, 1-888-421-1100

[Rape Crisis Resources Utah](#)- A collection of resources for victims of sexual assault.

[Rape Recovery Center](#)- Empowerment for those victimized by sexual assault through therapy, community education, advocacy, and crisis intervention, 801-467-7282.

[Sexual Violence Crisis and Info Hotline](#)- A free, 24-hour, confidential support line for sexual assault survivors and their friends and family members, 888-421-1100.

Sexually Transmitted Diseases/Infections:

[Planned Parenthood](#)- Sexual health care and information with location worldwide, 800-230-7526 or 801-322-5571.

[Utah Department of Health STD Control Program](#)- An educational resource on STDs, 801-538-6191.

Smoking Cessation/Quit Program and Info:

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

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

Utah Tobacco Quit Line- For more information about programs in your area to help you or a loved one quit smoking, call your local health department, or receive help at 1- 800-QUITNOW

Substance Abuse Counseling and Referrals:

Call **211** for substance abuse programs near you.

[Alcoholics Anonymous](#)-Alcoholics Anonymous is an international mutual aid fellowship with the stated purpose of enabling its members to "stay sober and help other alcoholics achieve sobriety."

[House of Hope](#)- A non-profit that provides treatment for women and mothers with substance abuse disorder, 801-487-3276.

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

Substance Use in Pregnancy Recovery Addiction Dependence Clinic (SUPeRAD)- Specialty prenatal 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, 801-581-2121.

[Utah Department of Human Services Division of Substance Abuse](#)- Substance abuse and mental health resource, 801-538-3939.

Suicide Prevention:

If you or a loved one are struggling with suicidal thoughts or ideations, call the **National Suicide Prevention Lifeline**, a free, confidential, 24-hour contact line at 1-800-273-8255.

[Sources Near You](#)- Follow this link to find suicide prevention resources near you:

[Utah Suicide Prevention Coalition](#)- Suicide prevention focused on supporting those impacted by suicide and promotion of resiliency, 1-800-273-TALK.

Teen Parenting:

South Main Clinic Teen Mother and Child Program

Medical care for pregnant teenagers and their babies, 801-587-2525.

Teen Success-Support Group- A weekly support and educational group for pregnant and parenting teens, 801-532-1586.

Utah Newborn Safe Haven:

The Safe Haven law in Utah 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, Toll Free 866-458-0058.

Violence and Injury:

Domestic Violence LINKline- Referrals for shelters, counseling, etc., online chat is available, or call at 800-897-5465.

South Valley Services- a safe shelter for victims of domestic violence, 24-hour crisis line, 801-255-1095.

Violence and Injury Prevention Program- A program dedicated to preventing unnecessary injury or violence, 801-538-6864.

YCC (Your Community Connection) Family Crisis Center- Serving Northern Utah communities through family violence services, 24-hour crisis line, 801-397-7273 or 801-394-9456.

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

Youth Resources:

DCFS Youth Services- Information on housing, jobs, college scholarships, crises, transportation, money, and health.

Created by:

Utah Department of Health and Human Services

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<https://mihp.utah.gov/>