



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 problems and disabilities, call 211 any hour, available in most languages.

Baby Your Baby Temporary medical coverage (Medicaid) for low-income, pregnant people who qualify. Hotline 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 people experiencing homelessness, and aid for those with addictions. Call 801-977-9119.

Financial Assistance/Workforce Services Financial assistance programs increase family and individual income by focusing on employment, and where appropriate, child support and disability payments. Cash assistance combined with supportive services and personalized case management is meant to help families and individuals achieve economic self-sufficiency and enhance 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 to take part in the Supplemental Nutrition Assistance Program (SNAP) that provides financial assistance to qualifying individuals and families to buy nutritional foods. Call 801-526-0950 or 1-888-346-3162 for help in 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 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.

United Way Resource aid for topics such as abuse, adolescents, grief/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 non-breastfeeding 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. 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, language, classes, 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 without having to worry about cost or distance. 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.

Utah Infertility Resource Center 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 Call for help with breastfeeding through mom-to-mom support, encouragement, information, and education at 801-251-6455.

Intermountain Healthcare Breastfeeding Support Information on how to successfully breastfeed.

Mother to Baby/Pregnancy Risk Line A service for people 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. Text 855-999-3525 or 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.

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 aiding in 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 are engaged in job search activities. 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 personnel. 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 at 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 3-18 and their parents. Call 801-466-6730.

HIV/AIDS information and referral:

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

[Utah AIDS Foundation](#) 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 medical coverage (Medicaid) for low-income, pregnant people who qualify. Hotline 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. Help is available 24 hours a day, 7 days a week.

[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.

LGBTQIA+ resources:

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

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

[Utah Pride Center](#) Mental health services and events for LGBTQIA+ 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 Public 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, as well as support for their family members. Call 800-826-3632.

[Help Me Grow](#) Information and referral helpline available at no cost that provides parents, physicians 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 educational activities. Call 800-370-2943 Monday through Friday between 6:30 AM to 3PM MST.

[National Maternal Mental Health Hotline](#)

Provides 24/7, free, confidential support before, during, and after pregnancy. The hotline offers real-time support and 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 as well as 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 illnesses. 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 abuse addictions, 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 personnel. Call 800-961-4226.

[DDI Vantage](#) A nonprofit (located in Salt Lake City) 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 to stimulate the child's thinking, movement, and social skills, 801-266-3979.

[Family Support Centers](#) Offers crisis and respite nursery care for parents along with additional support services. There are 11 family support centers in Utah. Call 801-955-9110 to find the location nearest you.

[Help Me Grow](#) This information and referral network provides answers to parents relating to child development and parenting topics, including a birth plan. Free services are available in English and Spanish to all Utah families who are pregnant or have children up through age 8. Call 801-691-5322.

[Home Visiting Programs](#) Trained professionals visit mothers 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 all eligible women. Call or text 844-637-6667.

[Prevent Child Abuse Utah/Parents as Teachers](#) 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 at Intermountain Healthcare and the Utah Department of Health. Call Monday thru Friday from 8AM to 5PM at 801-826-9662.

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

[Children's Service Society](#) Parenting advocacy, infant and special needs adoption; childcare resources, referral 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 full-term pregnancies and healthy babies. Provides information to the families of premature babies. Call 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 through Friday from 8AM to 5PM. Call 801-328-2229 or 800-922-2220, 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

[Centro de Salud-Cruz](#) 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, 801-408-8626

[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, 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 STDs. Call 801-538-6191.

Smoking cessation and quit program and information:

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

[American Lung Association](#) Lung health education, services and 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 or receive help. For more information about programs in your area, call your local health department.

Substance abuse counseling and referrals:

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

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

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

[Project Reality](#) Substance abuse treatment and prevention services focused on lifelong recovery and wellness. Call 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. Call 801-581-8425 to make an appointment.

[Utah Department of Health and Human Services Division of Substance Abuse](#) Substance abuse and mental health resource. 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 unnecessary injury or 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:

Utah Department of Health and Human Services

Maternal & Infant Health Program

288 North 1460 West, Salt Lake City UT 84116

PO Box 142002

Salt Lake City UT 84114-2002

801-273-2871

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