Utah Community Resources

For You and Your Family During and After Pregnancy

Utah Department of Health
Maternal & Infant Health Program
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UTAH COMMUNITY RESOURCES

Assistance

Food and clothing for baby, mother or other family members, call the Baby Your Baby Hotline for a referral to a location in your area. 1-800-826-9662

Utah Food Bank 801-978-2452

Food Stamps/Workforce Services 801-526-0950 1-866-435-7414

Women, Infants, and Children (WIC) 1-877-942-5437
WIC is a nutrition program for pregnant women, women with children, for infants and children. WIC provides nutritional education, healthy foods, breastfeeding support, health assessments and referrals to other services.

The Teddy Bear Den is a prenatal incentive program sponsored by the March of Dimes. Clients earn points through health-promoting activities to help earn baby care items. 801-327-9464 (May sign up through Baby Your Baby, WIC or Medicaid)

Baby Your Baby

Hotline 1-800-826-9662
A resource to answer your questions and locate the services you and your family may need before, during and after pregnancy. If you don’t find what you need on this list, call Monday—Thursday 8 a.m. to 5 p.m.; leave a message after hours. http://www.babyyourbaby.org/

Baby Watch/Early Intervention

Hotline 1-800-961-4226
Utah’s network of services for children, birth to three years of age with developmental delay or disabilities.

Birth Control and Family Planning

Planned Parenthood Facts of Life Line 1-800-230-7526 (800-230 PLAN)
Logan Clinic 435-753-0724
Ogden Clinic 801-479-7721
Orem Clinic 801-226-5246
Wasatch Clinic 435-654-7105
Salt Lake Clinic 801-322-5571 or 801-257-6789
South Jordan Clinic 801-254-2052
St. George Clinic 435-674-9933
West Valley Clinic 801-973-9675

Preconception Health and Health Care
Information and tips for planning a health pregnancy http://www.cdc.gov/preconception/index.html

National Campaign to Prevent Teen and Unplanned Pregnancy http://thenationalcampaign.org/

Natural Family Planning Services in Utah http://intermountainfertilitycare.com/

Birth and Death Certificates
Utah Dept. of Health Vital Records 801-538-6105

Breastfeeding

Pregnancy Risk Line/Mother to Baby 1-866-626-6847
La Leche League 1-877-452-5324 http://www.lalecheleague.org/
U of U Hospital Lactation Clinic Breastfeeding—Best for Baby—Best for Mom http://www.womenshealth.gov/breastfeeding/
Utah Coalition to Promote Breastfeeding http://www.utahbreastfeeding.org/
Nutritional Advice for Pregnant and Breastfeeding Women http://www.choosemyplate.gov/moms-breastfeeding-nutritional-needs

Child Abuse/Neglect

Division of Child & Family Health Services (DCFS) 1-855-323-3237
Children’s Justice Center
Avenues (Salt Lake) 385-468-4560
South Valley (Salt lake) 385-468-4580
Provo 801-851-8554

Child Care

The Family Support Center 801-955-9110
Provides free Crisis Nursery and counseling services
Mountain Land Child Care Resource and Referral 1-800-952-8220
Office of Work and Family Life 1-800-622-7390
Children’s Service Society of Utah 1-800-839-7444
or 801-355-7444

Disability Information

Call 211

Emergencies - 911
(24-hour life-threatening)

Financial Counseling

AAA Fair Credit Foundation 1-800-351-4195
American Credit Foundation 1-800-259-0601

Grieving Parent Support Services

Caring Connections 801-585-9522
Support groups and educational materials for people experiencing a loss of a loved one. http://nursing.utah.edu/caring-connections/

Share Parents of Utah 801-272-5355
A support group for families experiencing a pregnancy loss or infant death.

Angel Watch Bereavement Program 801-698-4486
Provides professional support services for parents whose unborn or newborn baby is diagnosed with a life-threatening or life-limiting condition. https://intermountainhealthcare.org/services/womens-health/women-and-newborn-care/pregnancy/high-risk-pregnancy/angel-watch-bereavement-program/ or email angelwatch@imail.org

The Sharing Place 801-466-6730
Grief support for children

Meyers Mortuary, Ogden, UT 801-399-5613
For more information ask for Tami or Claire
UTAH COMMUNITY RESOURCES

Information

Information and Referral Center
Dial 211
http://www.uw.org/211/
For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce health, parenting, substance abuse and disability.

United Way of Utah County
Community Resource list:

HIV/AIDS Information & Referral
Utah AIDS Foundation
1-800-366-2437 or 801-487-2323

Health Insurance

Affordable Care Act
Information go to: https://www.healthcare.gov/

Children’s Health Insurance Program (CHIP)
Affordable health insurance for working families that earn too much for Medicaid and have children under the age of 19.
1-877-543-7669

Medicaid Eligibility
1-866-435-7414

Primary Care Network
1-888-222-2542
An insurance program for adult residents of Utah, aged 19 – 64 who have not had health coverage for six months and do not qualify for Medicaid.
http://www.health.utah.gov/pcn/

Unemployment Insurance Program
801-526-0950
1-866-4357414

Utah Medical Benefits
http://health.utah.gov/umb/

Utah’s Premium Partnership for Health Insurance
http://www.health.utah.gov/upp/

Find a Health Program Representative

Local Health Departments

Bear River Health Dept.
Logan, UT 84341
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
Monticello, UT 84535
435-678-2723

Southeastern Utah Dist. Health Dept.
Price, UT 84501
435-637-3671

Southwest Utah Public Health Dept.
St. George, UT 84770
435-673-3528

Summit County Public Health Dept.
Coalville, UT 84017
435-336-3234

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
801-851-7024

Wasatch County Health Dept.
Heber City, UT 84032
435-654-2700

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

Immunizations

Hotline
1-800-275-0659
Vaccine information, including no-cost or low-cost vaccines for eligible children through the Utah Vaccines for Children Program (VCF).

Local Health Clinics

For a list of community health clinics in Utah, please go to:
http://www.auch.org/community-health-centers/find-a-health-center

In addition, the following clinics serve the metro area:

Midvale CBC Community Clinic
385-887-9002

Molina Health Clinics
1-877-665-4623

Sacred Circle Clinic (Tribal Members Priority)
Salt Lake City
801-359-2256
**Legal Information/Consultation**

**Disability Law Center**
Legal aid for persons with disabilities.  
801-363-1347

**Legal Aid Society**
Family Law. Fee based on ability to pay.  
801-328-8849

**Utah Legal Services**
Legal Counsel and referral.  
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. For further information go to:  
www.utcourts.gov/selfhelp/contact/

**Mental Health**

**Utah Department of Human Services**
Mental health information and referral  
801-538-3939

**National Alliance on Mental Illness**
801-323-9900

**Valley Mental Health**
24 hour crisis line  
801-587-3000  
800-273-8255

**Depression and Bipolar Support Alliance (national)**
800-826-3632  
http://www.dbsalliance.org/site/PageServer?pagename=home

**University of Utah Neuropsychiatric Institute (UNI)**
801-587-3000  
crisis line  
801-587-3000

**Utah Maternal Mental Health Collaborative**
http://www.utahmhhc.org/

**Valley Mental Health**
801-244-4490

**Weber Human Services, Ogden, UT**
801-625-3700

**National Child & Maternal Health Education Program**
https://www.nichd.nih.gov/ncmhep/MMHM/Pages/index.aspx

**Polizzi Clinic**
Outpatient psychiatric care for low-income, uninsured children, adolescents and adults in Utah.  
801-277-7740  
polizziclinic.org

**Poison Control Statewide**
Toll free 1-800-222-1222

**Pregnancy Information**

**Baby Your Baby Hotline**
1-800-826-9662  
http://www.babyyourbaby.org/

**Catholic Community Services**
Immigration and refugee resettlement and other family services.  
801-977-9119

**Pregnancy Information continued**

**Children’s Service Society**
801-355-7444  
1-800-839-7444

Parenting advice, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.  
http://cssutah.org/

**Childbirth Connection**
Provides a wide range of pregnancy resources  
http://www.childbirthconnection.org/

**Pregnancy Risk Line/MotherToBaby**
1-800-822-2229  
http://health.utah.gov/prl/

Provides accurate and current information about the effects of environmental exposures, including medications and herbs, on pregnancy and breastfeeding. Open Monday through Friday 8:00 a.m. to 5:00 p.m

**March of Dimes**
801-327-9464  
http://www.marchofdimes.org/

Helps moms have full-term pregnancies and healthy babies. If something goes wrong, they offer information and comfort to families.

**Find a Registered Dietician for Advice on Nutrition in Pregnancy**
Read and accept the disclaimer and proceed to the "Find a Nutrition Professional Consumer Search"  
http://www.eatright.org/

**Parenting Resources**

**Family Support Centers** offer Crisis and Respite Nursery Care for parents, including additional support services. Utah has 11 Family support Centers. You can find a center near you by going to:  
http://utahfamilysupport.org or by calling: 801-955-9110

**Nurse Family Partnership** is a home visiting program for first-time pregnant women who are no more than 28 weeks pregnant. The Program is free to all eligible women. Call the Salt Lake Valley Health Department at: 385-468-3878 or 385-468-3955 or www.nursefamilypartnership.org

**Help Me Grow** is a information and referral network, providing answers to parents relating to child development and parenting topics, including a birthing plan. Services are available at no cost in both English and Spanish to all families across Utah who are pregnant or have children up through age 8. For more information, call 801.691.5322 or visit www.helpmegrowutah.org

**Prevent Child Abuse Utah/Parents as Teachers:**
801-532-3404  
www.preventchildabuseutah.org  
www.healthyfamiliesamerica.org

**Baby Watch Early Intervention**
801-273-2998  
http://www.utahbabyyourbaby.org/

The program provides early identification and developmental services for families of infants and toddlers, ages birth to three.
Prenatal Care

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>South Main Clinic @ Salt Lake County Public Health Department</td>
<td>385-468-4100</td>
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<tr>
<td>Oquirrh View Community Health Center</td>
<td>801-964-6214</td>
</tr>
<tr>
<td>72nd Street Clinic</td>
<td>801-566-5494</td>
</tr>
<tr>
<td>Teen Mother and Child Program</td>
<td>801-587-2525</td>
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<tr>
<td>Steven D Ratcliffe Community Health Center</td>
<td>801-328-5750</td>
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<tr>
<td>Central City Community Health Center</td>
<td>801-539-8634</td>
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<tr>
<td>Centro De Salud</td>
<td>801-908-0930</td>
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<tr>
<td>Ellis Shipp Clinic</td>
<td>801-676-4405</td>
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<tr>
<td>IHC Nurse Midwives Services</td>
<td>801-507-7070</td>
</tr>
<tr>
<td>Mountainlands Community Health Center</td>
<td>801-374-9660</td>
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<tr>
<td>People’s Health Clinic</td>
<td>435-333-1850</td>
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<tr>
<td>Midtown Community Health Center</td>
<td>801-393-5355</td>
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<tr>
<td>Brigham City Community Health Center (UT Farm Worker Health)</td>
<td>435-723-8276</td>
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<tr>
<td>Midtown Community Health Center</td>
<td>435-752-7060</td>
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<tr>
<td>Wayne Community Health Center</td>
<td>435-425-3744</td>
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<tr>
<td>Enterprise Valley Medical Clinic</td>
<td>435-878-2281</td>
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<tr>
<td>Southwest Utah Community Health Center/Family Health Care</td>
<td>435-986-2565</td>
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Prenatal Care continued

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<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Doctors’ Free Clinic</td>
<td>435-656-0022</td>
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<tr>
<td>Cedar City Clinic</td>
<td>435-868-5500</td>
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<tr>
<td>Montezuma Creek Clinic</td>
<td>435-651-3291</td>
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<tr>
<td>The Neighborhood Clinic</td>
<td>801-955-2360</td>
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<tr>
<td>Rose Park Elementary Clinic - IHC</td>
<td>801-364-2434</td>
</tr>
<tr>
<td>Fourth Street Clinic</td>
<td>801-364-0058</td>
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More resources on the following page...
Rape/Sexual Assault

Sexual Violence Crisis and Info Hotline: 1-888-421-1100
Rape Recovery Center 801-467-7273

Youth Resources

Just for Utah Youth  http://justforyouth.utah.gov/
Information on housing, jobs, college scholarships, crisis information, transportation, money and health.

Utah Newborn Safe Haven

The Safe Haven law in Utah allows birth parents, or a designee, 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: 1-866-458-0058
http://www.utahsafehaven.org/

Violence and Injury

Violence and Injury Prevention Program 801-538-6864

Domestic Violence LINK Line
Referrals for shelters, counseling etc. 1-800-897-5465

YWCA Domestic Violence Shelter Programs & Services

South Valley Services
Safe shelter and services for victims of domestic violence
24 hour crisis line: 801-255-1095

YCC (Your Community Connection) Family Crisis Center
Serving northern Utah communities
24 hour crisis line: 801-392-7273 or 801-394-9456

Support Groups

Refugee & Immigrant Center 801-467-6060
Provides services such as tutoring, language, classes, translation, cultural activities and family counseling

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

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

International Rescue Committee 801-328-1091
Refugee assistance.

NAACP (National Association for the Advancement of Colored People 801-250-5088
1-877-637-1958