

UTAH COMMUNITY RESOURCES

FOR YOU AND YOUR FAMILY
DURING AND AFTER PREGNANCY



MATERNAL & INFANT HEALTH PROGRAM

TABLE OF CONTENTS

Page 1:	Emergencies Baby Your Baby Baby Watch/Early Intervention Birth Control and Family Planning Birth and Death Certificates Breastfeeding Child Abuse/Neglect Child Care Disability Information Domestic Violence LINK Line General Assistance Financial Counseling Grieving Parent Support Services Immunizations
Page 2:	Health Insurance Local Health Departments HIV/Aids Information & Referral General Information Legal Information/Consultation Mental Health Poison Control Pregnancy Information
Page 3:	Prenatal Care Parenting Resources Teen Parenting
Page 4:	Smoking Cessation/Quit Programs & Info Sexually Transmitted Diseases/Infections Substance Abuse Counseling & Referral Support Groups Rape/Sexual Assault



UTAH COMMUNITY RESOURCES



Emergencies **911** (24-hour life-threatening)

Baby Your Baby

Hotline toll free: 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.

Baby Watch/Early Intervention

Hotline toll free: 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
Toll free: 1-800-230-7526 (800-230 PLAN)
Salt Lake Clinic 801-322-5571
Metro Clinic 801-257-6789
West Valley Clinic 801-973-9675
Orem Clinic 801-226-5246

For more information about family planning services in your area, call your Local Health Department. See listings on page 2 of this resource guide.

Birth and Death Certificates

Info Line (801)538-6105

Breastfeeding

Pregnancy Risk Line toll free: 1-800-822-2229
La Leche League toll free: 1-800-525-3243
U of U Hospital Lactation Clinic (801)581-2205

Child Abuse/Neglect

Division of Child & Family Health Services (DCFS)
toll free: 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

Mountain Region Child Care Resource and Referral toll free: 1-800-952-8220
Office of Work and Family Life toll free: 1-800-622-7390
Children's Service Society toll free: 1-800-839-7444
Or 801-355-7444

Disability Information

Access Utah toll free: 1-800-333-8824
Info, referrals and services for people with disabilities.

Domestic Violence LINK Line

Referrals for shelters, counseling etc.
toll free: 1-800-897-5465

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)468-0000
Toll free: 1-866-435-7414

Call for office nearest you or look in the white or blue pages of your Utah local phonebook under *State Government, Workforce Services*

Women, Infants, and Children (WIC)

Toll free: 1-877-942-5437
A supplemental nutrition program for eligible women, infants and children.

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.

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

Utah Sudden Infant Death Syndrome (SIDS)
Lisa Hughes—President (801)973-8533

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. Visit [Angel Watch](#) or email angelwatch@imail.org

Immunizations

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



UTAH COMMUNITY RESOURCES

Health Insurance

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. toll free: 1-888-222-2542

Medicaid Eligibility toll free: 1-800-662-9651

Primary Care Network toll free: 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.

Unemployment Insurance Program

(801) 526-440 toll free: 1-888-848-0688

Local Health Departments

Bear River Health Dept. (435)792-6500
Logan, UT 84341

Central Utah Public Health Dept. (435)896-5452
Richfield, UT84701

Davis County Health Dept. (801)525-5000
Farmington, UT 84025

Salt Lake Valley Health Dept. (801)468-2700
Salt Lake City, UT 84190

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

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

Summit county Public Health Dept. (435)336-3234
Coalville, UT 84017

Tooele County Health Dept. (435)277-2300
Tooele, UT 84074

Tricounty Health Dept. (435)247-1177
Vernal, UT 84078

Utah County Health Dept. (801)851-7024
Provo, UT 84601

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

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

HIV/AIDS Information & Referral

Utah AIDS Foundation Toll Free: 1-800-366-2437
Salt Lake: 801-487-2323

Information

Information and Referral Center

Dial 211

Or 1-888-826-9790

For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce health, parenting and substance abuse.

United Way of Salt Lake 801-736-8929

Various Resources List: http://www.211ut.org/index.php?option=com_content&view=article&id=2&Itemid=4

United Way of Utah County 801-374-2588

Community Resource list: <http://uwucdev.org/sites/uwucdev.org/files/attachments/CommunityResources.pdf>

Legal Information/Consultation

Disability Law Center (801)363-1347

Legal aid for persons with disabilities

Legal Aid Society (801)328-8849

Family Law. Fee based on ability to pay.

Utah Legal Services (801)328-8891

Legal Counsel and referral.

Mental Health

Utah Department of Human Service (801)538-3939

Mental health information and referral

National Alliance on Mental Illness (801)323-9900

Valley Mental Health (801)261-1442

24 hour crisis line (801)483-5444

Poison Control Statewide

toll free 1-800-222-1222

Pregnancy Information

Baby Your Baby Hotline toll free: 1-800-826-9662

See the Baby Your Baby section on the reverse side of this brochure.

Catholic Community Services (801)977-9119

Adoption and pregnancy counseling, immigration and refugee resettlement and other family services.

Children's Service Society (801) 355-7444

Toll free: 1-800-839-7444

Pregnancy counseling, parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.

LDS Family Services Toll free: 1-800-537-

2229 Free pregnancy counseling, adoption services, and foster care for mothers & families of all religions.

Pregnancy Risk Line Toll free: 1-800-822-2229

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.

UTAH COMMUNITY RESOURCES



Prenatal Care

South Main Clinic @ Salt Lake Valley Public Health Center 3690 S Main St Salt Lake City UT	(801)468-3690
Exodus Healthcare (West Valley) 3336 S Pioneer Pkwy, Ste 201 WVC UT	(801)417-0108
Oquirrh View Community Health Center 4745 S 3200 W Salt Lake City UT	(801)964-6214
72nd Street Clinic 220 West 7200 South, Suite A Midvale UT	(801)566-5494
Teen Mother and Child Program 3690 S Main St. Salt Lake City UT	(801)468-3690
Steven D Ratcliffe Community Health Center 1365 W 1000 N Salt Lake City UT	(801)328-5750
Central City Community Health Center 461 S 400 E Salt Lake City UT	(801)539-8617
Centro De Salud 245 S 1100 E Ste 209 Salt Lake City UT	(801)214-7650
BirthCare/HealthCare @Ellis Shipp Clinic 4535 S 5600 W West Valley City UT	(801)963-7357
IHC Nurse Midwives Services 5063 Cottonwood St Ste 130 Salt Lake City UT	(801)507-7070
St. Mark's Family Medicine 1250 E 3900S #260 Salt Lake City UT	(801)265-2000
Mountainlands Community Health Center 215 W 100 N Provo UT	(801)374-9660
People's Health Clinic 1251 Kearns Blvd Park City UT	(435)615-7822
Midtown Community Health Center 2240 Adams Ave Ogden UT	(801)393-5355
Clinica de Buena Salud (UT Farm Worker Health) 14 N 100 E #200 Brigham City UT	(435)723-8276
IHC Cache Valley CHC 272 1/2 N Main St Logan UT	(435)752-7060
Wayne Community Health Center 128 S 300 S Bicknell UT	(435)425-3744
Enterprise Valley Medical Clinic 223 S 200 E Enterprise UT	(435)878-2281
Southwest Utah Community Health Center 168 N 100 E St George UT	(435)986-2565
Doctors' Free Clinic 1036 E Riverside Dr St George UT	(435)656-0022

Prenatal Care (cont.)

Cedar City Clinic 1303 N Main St Cedar City UT	(435)868-5500
Montezuma Creek Clinic 262 East Highway Montezuma Creek UT	(435)651-3291
The Neighborhood Clinic - IHC 855 West California Avenue SLC UT	(801)977-0502
Rose Park Elementary Clinic - IHC 1105 West 1000 North SLC	(801)364-2434

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: 801-393-3113 (in Ogden UT)

Healthy Families Utah is a free, voluntary in-home parenting program for first-time parents who are either pregnant or have just had their baby. For more information or to see if you qualify please contact:

- **Prevent Child Abuse Utah:** 801-393-3366
www.preventchildabuseutah.org
www.healthyfamiliesamerica.org
- **Cache Child and Family Support Center:**
435-752-8880 or www.cachecfsc.org
- **Davis Family Connection Center:**
801-773-0712 or www.familyconnection4u.org

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. If you are interested to know more about this program or to find out if you are eligible contact the **Salt Lake Valley Health Department** at: 801-468-3873 or 801-468-3876 or www.nursefamilypartnership.org

Teen Parenting

- So Main Public Health Dept/Teen Mother & Child Program** (801)468-3690
- Teen Success—support group** (801) 521-2741
www.ppau.org or facebook.com/pputah



UTAH COMMUNITY RESOURCES

Smoking Cessation/Quit Programs & Info

American Cancer Society Toll free: 1-800-227-2345

American Lung Association 1-800-586-4872

Utah Tobacco Quit Line Toll free: 1-888-567-8788

For more information about programs in your area to help you or a loved one quit smoking, call your Local Health Department.

Sexually Transmitted Diseases/Infections

Planned Parenthood Toll free: 1-800-230-7526
Or 801-322-5571

Utah Department of Health STD Control Program
(801)538-6096

Substance Abuse Counseling & Referral

House of Hope (801)487-3276

UT Dept of Human Services -
Division of Substance Abuse (801)538-3939

Project Realty (801)364-8080

Dial 211 for substance abuse programs in your area.

Support Groups

Asian Association of Utah (801)486-5987
Provides services such as tutoring, language, classes, translation, cultural activities and family counseling to Asian Americans and Pacific Islanders

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.

National Association for the Advancement of
Colored People (N.A.A.C.P.) (801)250-5088

Rape/Sexual Assault

Rape Recovery Center Toll Free:1-888-421-1100
or 801-467-7282



Created by:
Utah Department of Health
Maternal & Infant Health Program
288 N 1460 W/PO Box 142001
Salt Lake City UT 84114-2001
(801) 538-9970
www.health.utah.gov/mihp 03/12

