Utah Community Resources

For You and Your Family During and After Pregnancy

UTAH DEPARTMENT OF HEALTH
MATERNAL & INFANT HEALTH PROGRAM

TABLE OF CONTENTS

Page 1: Assistance
Baby Your Baby
Baby Watch/Early Intervention
Birth Control and Family Planning
Birth and Death Certificates
Breastfeeding
Child Abuse/Neglect
Child Care
Disability Information= 211
Domestic Violence LINK Line
Emergencies
Financial Counseling
Grieving Parent Support Services

Page 2: General Information
HIV/Aids Information & Referral
Health Insurance
Health Clinics (Local)
Health Departments (Local)
Immunization

Page 3: Legal Information/Consultation
Mental Health
Poison Control
Pregnancy Information
Parenting Resources

Page 4: Prenatal Care

Page 5: Rape/Sexual Assault
Smoking Cessation/Quit Programs & Info
Sexually Transmitted Diseases/Infections
Substance Abuse Counseling & Referral
Support Groups
Teen Parenting

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
A supplemental nutrition program for eligible women, infants and children.

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.

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

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

Utah Dept. of Health Vital Records 801-538-6105

Breastfeeding

Pregnancy Risk Line/Mother to Baby
1-800-822-2229
La Leche League 1-800-525-3243
U of U Hospital Lactation Clinic 801-581-2205

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

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

Domestic Violence LINK Line

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

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. Visit Angel Watch or email angelwatch@imail.org

May also call 211

UTAH COMMUNITY RESOURCES

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.uw.org/211/find-help/

United Way of Utah County 801-374-2588
Community Resource list: http://uwucdev.org/sites/uwucdev.org/files/attachments/CommunityResources.pdf

HIV/AIDS Information & Referral

Utah AIDS Foundation 1-800-366-2437
801-487-2323

Health Insurance

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

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.

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

Local Health Clinics

Intermountain Neighborhood Clinic (Glendale)
801-408-4550

Midtown South Salt Lake CHC Clinic 801-974-5522

Mid-Valley Health Clinic 801-417-0131

Midvale CBC Community Clinic 801-566-6190

Molina Health Clinics 1-877-385-7822

Sacred Circle Clinic (Tribal Members Priority)
801-359-2256

Local Health Departments

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

Central Utah Public Health Dept. 435-896-5451
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

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).

UTAH COMMUNITY RESOURCES

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.

Utah State Courts Self-Help Center 1- 888-683-0009
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 Service 801-538-3939
Mental health information and referral
National Alliance on Mental Illness 801-323-9900

Valley Mental Health 801-587-3000
24 hour crisis line 1-800-273-8255

Poison Control Statewide
toll free 1-800-222-1222

Pregnancy Information

Baby Your Baby Hotline 1-800-826-9662

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

Children's Service Society 801-355-7444
1-800-839-7444
Parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.

Pregnancy Risk Line/MotherToBaby 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

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)

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**: 385-468-3878 or 385-468-3955 or www.nursefamilypartnership.org

Help Me Grow is a FREE information and referral line providing information on child development and parenting topics, referrals to community resources, developmental screening questionnaires for children ages 0-65 months, and developmental activities. Help Me Grow serves children ages 0-8 years old who live in Salt Lake and Utah Counties. Services are available in English and Spanish. For more information, call 801.691.5322 or visit www.helpmegrowutah.org

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 please call: 801-393-3366

Prevent Child Abuse Utah: 801-532-3404
www.preventchildabuseutah.org
www.healthyfamiliesamerica.org

Cache Child and Family Support Center:
www.cachecfsc.org 435-752-8880

Davis Family Connection Center: 801-773-0712
or www.familyconnection4u.org

UTAH COMMUNITY RESOURCES

Prenatal Care

South Main Clinic @
Salt Lake Valley Public Health Center
3690 S Main St Salt Lake City UT 385-468-4000

Exodus Healthcare (West Valley) 801-250-9638
3336 S Pioneer Pkwy, Ste 201 WVC UT

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 385-468-3950

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 801-539-8634

Centro De Salud 801-908-0930
245 S 1100 E Ste 209 Salt Lake City UT

BirthCare/HealthCare @Ellis Shipp Clinic
4535 S 5600 W West Valley City UT 385-468-3700

IHC Nurse Midwives Services 801-507-7070
5063 Cottonwood St Ste 130 Salt Lake City UT

St. Mark's Family Medicine 801-265-2000
1250 E 3900S #260 Salt Lake City UT

Mountainlands Community Health Center
215 W 100 N Provo UT 801-374-9660

People's Health Clinic
650 Round Valley Road Park City UT 435-333-1850

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 N 300 W Bicknell UT 435-425-3744

Enterprise Valley Medical Clinic
223 S 200 E Enterprise UT 435-878-2281

Southwest Utah Community Health Center
25 N 100 E Ste 102 St George UT 435-986-2565

Prenatal Care (cont.)

Doctors' Free Clinic
1036 E Riverside Dr St George UT 435-656-0022

Cedar City Clinic
1303 N Main St Cedar City UT 435-868-5500

Montezuma Creek Clinic 435-651-3291
262 East Highway Montezuma Creek UT

The Neighborhood Clinic - IHC 801-977-0502
855 West California Avenue SLC UT

Rose Park Elementary Clinic - IHC 801-364-2434
1105 West 1000 North SLC UT

Fourth Street Clinic 801-364-0058
404 South 400 West SLC UT

More resources on the following page...

UTAH COMMUNITY RESOURCES

Rape/Sexual Assault

Rape Recovery Center 1-888-421-1100
or 801-467-7273

Smoking Cessation/Quit Programs & Info

American Cancer Society 1-800-227-2345

American Lung Association 1-800-586-4872

Utah Tobacco Quit Line 1-800-784-8669
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 1-800-230-7526
or 801-322-5571

Utah Department of Health STD Control Program
801-538-6191

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
or 801-467-7273

Teen Parenting

So Main Public Health Dept/Teen Mother & Child Program 801-468-3903
or 801-468-3950

Teen Success-support group 801-521-2741
http://www.plannedparenthood.org/utah/
or http://www.facebook.com/PPACofUtah

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