

Medical Resources

UTAH VACCINES FOR CHILDREN (VFC).....	800-275-0659*
www.immunize-utah.org/ Get no-cost or low-cost vaccines.	
UVU DENTAL HYGIENE PROGRAM.....	863-7608*
987 S. Geneva Road, OREM, in the MATC building www.uvu.edu/dental/clinic.html Low cost dental cleaning. Closed during the summer.	
VOLUNTEER CARE CLINIC.....	812-8094*
589 S. State street, PROVO http://www.utahcountyonline.org/Dept2/Health/Admin/VolClinic.html Free general health care to low income individuals with no insurance. Tuesday and Thursday from 5-7 p.m.	
MEDICAL SERVICES FOR THE DISABLED RECREATION AND HABILITATION SERVICES.....	374-8074*
815 N. 800 W., PROVO http://rahservices.org Community habilitation and recreational activities for the disabled. Transportation on a limited basis.	
UTAH STATE DEVELOPMENTAL CENTER.....	763-4000*
895 N. 900 E., AMERICAN FORK www.usdc.utah.gov Services for people with disabilities.	
VOCATIONAL REHABILITATION OFFICE.....	374-7724*
150 E. Center Street, suite 3300, PROVO http://www.workabilityutah.org/healthcare/ Services for people with disabilities.	

Mental Health

BYU COMPREHENSIVE CLINIC.....	422-7759*
1190 N. 900 E., PROVO https://comprehensiveclinic.byu.edu/Pages/home.aspx Provides counseling and psychological assessments.	
CRISIS LINE (suicide hotline).....	691-5433*
www.crisislineuc.org Help with depression, abuse, relationships and sex problems, loneliness, financial problems. 24-hr help line.	
INTERMOUNTAIN HOME CARE AND HOSPICE.....	225-0584*
Support groups for bereavement/living with a chronic illness.	
LDS FAMILY SERVICES	
See LDS Family Services under "Education and Employment".	
UVU STUDENT HEALTH SERVICES.....	863-8876*
http://www.uvu.edu/studenthealth/ Basic medical and counseling services for UVU students.	
VANTAGE POINT YOUTH SERVICES.....	373-2215*
1189 E 300 N, PROVO http://www.wasatch.org/blog/index.php/children-youth-and-family-services-ii/vantage-point/ 24 hour, 7 day a week youth crisis residential center.	
WASATCH MENTAL HEALTH.....	373-4760*
CRISIS LINE.....373-7393* Wellness Recovery Clinic.....852-3789* 750 N. 200 W., PROVO www.wasatch.org Group therapy; help with psychiatric medication for uninsured or with medicaid.	

Neglect and Abuse

CENTER FOR WOMEN & CHILDREN IN CRISIS DOMESTIC VIOLENCE, 24 hour hotline.....	377-5500*
RAPE CRISIS LINE 24 hour hotline.....356-2511* www.cwvic.org Domestic violence shelter for women and their children.	

CHILD HELP USA.....	1-800-4-A-CHILD*
https://www.childhelp.org/ 24 hour hotline, crisis help for abuse and neglect.	
CHILDREN'S JUSTICE CENTER.....	851-8554*
315 S. 100 E., PROVO http://cjcprovo.com/ Group treatment for sexual and physical abuse.	
FAMILY SUPPORT AND TREATMENT CENTER	
1255 N. 1200 W., OREM.....229-1181* www.utahvalleyfamilysupport.org 24 hr abuse prevention, crisis respite nursery. Therapy.	
INTERMOUNTAIN SPECIALIZED ABUSE TREATMENT CENTER Protective Services.....	373-0210*
1868 N 1120 W, PROVO http://www.isatcenter.org/ Protective services/help for victims of abuse.	
PROTECTIVE SERVICES (DCFS)	
CENTRALIZED INTAKE.....	1-855-323-3237*
861 E. 900 N., AMERICAN FORK.....763-4100 1106 N., 1200 W., OREM.....224-7820 150 E. Center Street, PROVO.....374-7005 607 E. Kirby Lane, SPANISH FORK.....794-6700 http://dcfs.utah.gov/ Treatment and referrals for child and adult abuse and neglect.	

Pregnancy Assistance

BABY YOUR BABY HOTLINE.....	800-826-9662*
BABY YOUR BABY.....	851-7033*
151 S. University Ave., suite 2400, PROVO www.babyyourbaby.org or www.utahclicks.org Temporary Medicaid program that covers prenatal services.	
HOSPITAL CHILDBIRTH CLASSES	
Sign up about 3 months before due date; enrollment fee. Orem Community Hospital714-3324 Mountain View Hospital.....465-7052 Timpanogos Hospital.....714-6025	
MARCH OF DIMES.....	327-9464*
www.marchofdimes.com Information about having a healthy pregnancy.	
MEDICAID	
See Medicaid under "Medical Resources".	
MOTHER TO BABY.....	800-822-2229*
http://health.utah.gov/prl/ or https://mothertobaby.org/ Questions about risk to baby in pregnancy/breastfeeding.	
PREGNANCY RESOURCE CENTER.....	363-5433*
644 S 900 E, SALT LAKE CITY http://www.pregnancyresource.net/ Free pregnancy tests; Peer counseling for unplanned pregnancy; Free maternity and infant clothing. Confidential.	
PREGNANCY TESTS	
IHC Hospitals (Laboratory) (doctor order only).....357-7021* Mt Timpanogos Women's Health Care (free).....756-5288* 1886 W. 800 N., PLEASANT GROVE Revere Health Women's Center (free).....756-5288* 4095 E Pony Express Parkway, EAGLE MOUNTAIN (M-S 8-5 pm) 1886 W 800 N, PLEASANT GROVE (M-F 8:30-4 pm) UCHD Women's Health Clinic (free).....851-7031* 151 S University Ave, ste 1709, PROVO	

Substance Abuse

ALCOHOLICS ANONYMOUS.....	375-8620*
210 West 200 North #102 PROVO http://www.utahvalleyaa.org/ or http://utahaa.org/ Help alcoholics and their families to overcome alcoholism.	

THE HOUSE OF HOPE.....	373-6562*
1726 S. Buckley Lane, PROVO https://www.houseofhopeut.org/ Inpatient substance abuse treatment for mothers with children.	
THE PROMISE OF WOMEN AND FAMILIES	
North County 1479 W. Center Street, OREM.....851-7696* South County 1169 E 1010 N, SPANISH FORK..851-7661* http://www.utahcountyonline.org/dept2/health/Substance%20Abuse/Promise.asp Substance abuse treatment for women with children. 24 hour service for alcohol rehabilitation.	
UTAH COUNTY DIVISION OF SUBSTANCE ABUSE	
151 S. University Ave., suite 3200, PROVO.....851-7128* http://utahcountyonline.org/Dept2/Health/Substance%20Abuse/treatment.html Provides services for overcoming substance abuse.	

Transportation

UTA BUS.....	801-RIDE-UTA*
Paratransit contact information.....1-877-882-7272* www.rideutah.com Public transportation. Reduced fare for disabled and seniors.	
UTAH VALLEY PARATRANSIT.....	374-9306
815 S. Freedom Blvd., PROVO Services for the disabled who cannot ride busses.	

Utilities, Energy and Heating

H.E.A.T. AND H.E.L.P PROGRAMS.....	373-8200*
815 S. Freedom Blvd., PROVO https://jobs.utah.gov/housing/seal/heat.html or http://jobs.utah.gov/housing/seal/help.html Assist with heating and electricity.	
R.E.A.C.H. (American Red Cross).....	373-8580*
865 N. Freedom Blvd., PROVO http://www.redcross.org/local/utah Assistance with emergency heating and public utilities.	
WEATHERIZATION ASSISTANCE PROGRAM.....	344-5184
257 E Center Street, PROVO http://housinguc.org/weatherization-assistance/weatherization/ Free weatherization for those who are income eligible.	

Other

DESERET INDUSTRIES	
435 S. 500 E., AMERICAN FORK.....763-4560* 1415 N. State Street, PROVO.....373-7920* 655 S 1750 W, SPRINGVILLE.....489-6203* https://deseretindustries.org A nonprofit, vocational rehabilitation facility, and thrift store.	
GRACE BIBLE CHURCH.....	491-8440
239 South Main Street, SPRINGVILLE www.saturdaygrace.org/index.php Food and clothing for those in need	
TABITHA'S WAY	
140 N MAIN, SPANISH FORK.....709-8573* 920 E State Rd, suite C, AMERICAN FORK.....692-1881* www.tabithasway.com Provides food and other essential items to the needy.	
UNITED WAY (main line).....	374-2588*
Information and referral center).....374-6400 or 211* 148 N. 100 W., PROVO www.unitedwayuc.org Provides information and referrals to individuals.	
UTAH CARES	
http://utahcares.org/ Community referrals to services in the community.	



Community Referrals

WIC WEBSITES: www.utahcountywic.org http://health.utah.gov/wic/	Produced by Utah County WIC Updated January 2017 *Spanish Speaking Staff available.
---	---

NOTE: All numbers require area code 801, unless otherwise noted.

DEPARTMENT OF WORKFORCE SERVICES.....	866-435-7414*
557 W State Street, LEHI 1550 N Freedom Blvd (200 W), PROVO 1185 N Canyon Creek Parkway, SPANISH FORK www.jobs.utah.gov Employment; medical help; retroactive medical assistance; GED/training workshops; FOOD STAMPS; MEDICAID.	

Breastfeeding

A MOTHER'S TOUCH LACTATION CLINIC.....	714-3324*
527 W 400 N, suite 3, OREM https://intermountainhealthcare.org/locations/orem-community--hospital/medical-services/womens-health/lactation-support/Questions/assistance with breastfeeding. Electric pumps. Breastfeeding class for \$20.	
LA LECHE LEAGUE.....	385-208-1749*
www.lalecheleague.org and www.lllutah.org Provides information about breastfeeding.	
OFFICE OF WOMEN'S HEALTH.....	1-800-994-9662*
http://www.womenshealth.gov/breastfeeding/ Breastfeeding information. Helpline 9 a.m. - 6 p.m. EST.	
WIC BREASTFEEDING SUPPORT LINE.....	851-7312*
http://www.utahcountywic.org/ Assistance with breastfeeding by Lactation Specialists. Infant growth follow-up, hand and electric breast pumps.	

Children and Family Services

BABY WATCH EARLY INTERVENTION.....	273-2998*
www.utahbabywatch.org Early intervention for children 0-3 yrs with a disability or delay. Programs: Early HeadStart, Early Education Daycare, Bridges for autistic children.	
KIDS ON THE MOVE (North Utah County)	
475 W. 260 N., OREM.....221-9930* www.kotm.org	
KIDS WHO COUNT (South Utah County)	
345 N. State Road 198, SALEM.....423-3000* http://kidswhocount.org	
PROVO EARLY INTERVENTION PROGRAM (PEIP) (Central Utah County)	
1185 E. 300 N., PROVO.....852-4525* http://www.easterseals.com/	
SPECIAL EDUCATION SCHOOL DISTRICT SERVICES	
Alpine School District.....610-8857* Nebo School District.....354-7416* Provo School District.....374-4883*	

Children and Family Services

CARE ABOUT CHILDCARE863-8589*
500 W 1200 S, Rm EE-010, OREM (Extended Education Bldg)
<http://www.uvu.edu/cac/>; <https://careaboutchildcare.utah.gov/>
A free child care resource and referral agency.

CENTER FOR SERVICE AND LEARNING.....422-8686
2010/2330 WSC, BRIGHAM YOUNG UNIVERSITY, PROVO
<https://yserve.byu.edu/programs/ACCESS>
ACCESS---A mentor program for children 3--12 years old.

CHILD CAR SEAT PROGRAM.....851-7035*
151 S. University Ave., suite 2700, PROVO
Low cost toddler car seats, not infants. Must be on Medicaid, WIC, or Food Stamps. Provide car seat classes and checks.

COMMON BOND.....357-4504
<http://www.nicucommonbonds.org/>
Support for parents who have lost children, parents of kids with disabilities, parents with babies in NBICU.

EARLY CHILDHOOD DEVELOPMENT
www.earlychildhood.com
Child development and activities resource for parents.

MOUNTAINLAND HEADSTART.....375-7981*
264 W. 300 N., PROVO (main office)
<http://www.mountainlandheadstart.org/>
Preschool for low income families and special needs.
Various locations in Utah County.

NATIONAL FATHERHOOD INITIATIVE
www.fatherhood.org
Education for fathers about child development.

OFFICE OF RECOVERY SERVICES.....536-8500*
150 E. Center Street, suite 2100, PROVO
www.ors.utah.gov
Recovers Child Support payments.

PARENT EDUCATION RESOURCE CENTER (PERC)
58 N. State Street, OREM.....229-7390*
<http://www.oremperc.org/>
Resources for education and parenting.

UTAH OFFICE OF CHILD CARE.....1-866-435-7414*
<https://jobs.utah.gov/occ/>
Affordable and quality day care.

WELCOME BABY.....691-5334*
151 S. University Ave., suite 1610, PROVO
<http://www.welcomebabyuc.org/>
A home visitation program for parents.

UPSTART.....800-669-4533*
<http://www.waterfordupstart.org/>
Free at-home preschool for 4-5 year olds.

Education and Employment

AMERICAN RED CROSS.....373-8580*
865 N. Freedom Blvd., PROVO
<http://www.redcross.org/local/utah>
First Aid, CPR, and AED classes. Assist with utilities.
Emergency services for the military.

DEPARTMENT OF WORKFORCE SERVICES.....526-0950*
557 W State Street, LEHI
1550 N Freedom Blvd (200 W), PROVO
1185 N Canyon Creek Parkway, SPANISH FORK
www.jobs.utah.gov
Employment assistance; GED; Training workshops.

LDS EMPLOYMENT SERVICES
437 S. 500 E., AMERICAN FORK756-6079*
1415 S. State Street, PROVO.....818-6161*
1672 W 700 S, SPRINGVILLE.....491-7379*
www.lidsjobs.org
Help with employment, counseling, housing, food, clothing.

RIPPY LITERACY CENTER INC......385-201-1060*
120 N. Center Street, LEHI
<http://www.lehi-ut.gov/recreation/literacy>
Lehi residents only. Tutor for reading and math.
Preschool Basics Program (3-4 year olds).....836-1018

MOUNTAINLAND APPLIED TECHNOLOGY CENTER
Three locations in Utah County.....753-6282*
www.mlac.edu
Classes/Training for high school students, adults, businesses.

NEBO SCHOOL DISTRICT ADULT EDUCATION.....798-4093
612 S. Main Street, SPANISH FORK.
<http://landmark.nebo.edu/adult-ed/>
Resources for GED or high school diploma. ESL classes.

PROJECT READ.....448-7323*
550 N. University Ave #215, PROVO (3 locations for tutoring)
<http://projectreadutah.org/>
Resources for GED, high school diploma, improve English skills.

PROVO ADULT EDUCATION.....374-4840
636 N. Independence Ave, PROVO
<http://provo.edu/schools/provo-adult-education/>
Helps teens and adults to finish High School, prepare for GED, or improve English language skills.

SOCIAL SECURITY ADMINISTRATION.....866-366-9549*
88 W 100 N, PROVO
www.ssa.gov
Cards, disability benefits, social security income.

TURNING POINT (CENTER FOR PERSONAL AND CAREER DEVELOPMENT).....863-7580
987 S Geneva Rd, OREM (UVU Health Professions Bldg)
<http://www.uvu.edu/turningpoint/>
Classes: life skills, academics, career, scholarships, parenting, anger management, marriage relationships, communication. Professional clothing source. UVU single parent scholarship.

WOMEN'S SERVICES & RESOURCES (BYU).....422-4877
WSC 3326, BRIGHAM YOUNG UNIVERSITY, PROVO
<https://wsr.byu.edu/>
Single parent scholarship, support and services for women.

Family Planning and Adoption

MOUNTAINLAND COMMUNITY HEALTH CENTER
See information under "Medical Resources".

PLANNED PARENTHOOD.....226-5246
1086 N. 1200 W., OREM
www.plannedparenthood.org
Birth control clinic, STD tests, pregnancy tests, counseling.

UCHD WOMEN'S HEALTH CLINIC.....851-7031*
151 S. University Ave, suite 1709, PROVO
Family planning information. LOWEST COST services.

UTAH ADOPTION SERVICES.....538-4100
<http://dcfs.utah.gov/services/adoption/>
Provides information about adoption.

Food, Nutrition and Shelter

CHILD NUTRITION PROGRAMS.....538-7500*
Utah State Office of Education
250 E. 500 S., SALT LAKE CITY
www.schools.utah.gov/cnp/
Reimbursement for state licensed child care providers for meals to daycare children and if caring for a relative's child.

COMMUNITY ACTION.....373-8200*
815 S. 200 W., PROVO
www.communityactionprovo.org
Help with emergency food/housing, commodities, heat program, mortgage counseling. Youth and elderly programs

FOOD AND CARE COALITION.....373-1825*
299 E. 900 S., PROVO
www.foodandcare.org
Serve emergency food 3 meals/day. Free hygiene products for low-income families, shower, laundry, computer lab, emergency shelter aide.

FOOD STAMPS.....526-0950*
557 W State Street, LEHI
1550 N. Freedom Blvd, PROVO
1185 N. Chappel Dr., SPANISH FORK
www.jobs.utah.gov
Food assistance program.

HOUSING AUTHORITY OF UTAH COUNTY...373-8333*
240 E. Center Street, PROVO
<http://housinguc.org/>
Provides decent, affordable housing to low-income families.

NEIGHBORWORKS PROVO.....375-5820
39 W. 300 N., PROVO
www.neighborworksprovo.org
Provides foreclosure counseling and loans for home improvement and ownership.

PROVO HOUSING AUTHORITY.....801-900-5676
650 W. 100 N., PROVO
www.provohousing.org
Subsidized housing for low-income Provo residents/seniors.

SCHOOL/SUMMER SCHOOL LUNCH PROGRAM
www.schools.utah.gov/cnp
Provides school lunch at reduced/no cost to eligible families.
Contact the principal in your child's school.

USU NUTRITION EDUCATION PROGRAM.....851-5460
100 E. Center St., suite L600, PROVO
www.extension.usu.edu/utah
Nutrition education, meal planning. Classes/education on cooking, food storage, canning, gardening, budgeting, meal planning with food stamps.

W.I.C. (Women, Infants and Children)
Information line.....851-4WIC*
Breastfeeding Support Line.....851-7312*
599 S. 500 E., AMERICAN FORK.....851-7320*
816 N. 980 W., OREM.....851-7340*
910 E. 100 N., #175, PAYSON.....851-7360*
151 S. University Ave, ste 2100, PROVO.....851-7300*
www.utahcountywic.org
Nutrition program for pregnant, breastfeeding, post-partum women; infants and children under 5. Breastfeeding support.

Legal Services

BYU LAW HELP.....422-3025*
Free 30-minute consultations and legal advice.

TIMPANOGOS LEGAL CENTER.....649-8895
151 S. University Ave., suite 1600, PROVO
<http://timplegal.com/>
Free legal clinic Tuesdays from 5:00-8:00 p.m.

UTAH LEGAL SERVICES.....374-6766
455 N University Ave, ste 100, PROVO
<http://utahlegalservices.org/>
Free legal services for low income families.

UTAH STATE BAR LAW.....531-9077*
645 S. 200 E., SALT LAKE CITY
<https://www.utcourts.gov/howto/legalclinics/index.asp>
Free legal clinics.

Medical Resources

BYU COMPREHENSIVE CLINIC.....422-7759*
1190 N. 900 E., PROVO
<https://comprehensiveclinic.byu.edu/Pages/home.aspx>
Counseling and help for problems with speech and hearing.

CARING FOUNDATION FOR CHILDREN.....333-5850*
Up to \$1,000 for dental coverage for uninsured children.

C.H.I.P......1-866-435-7414*
www.health.utah.gov/chip or www.utahchip.org
Insurance for uninsured children 0-19 years who do not qualify for medicaid

COMMUNITY HEALTH CONNECT.....818-3015*
591 South State, PROVO
<http://www.utahchc.org/>
Community health resources, specialty care. Free dental work, if no insurance.

COMMUNITY REHABILITATION CLINIC.....375-2041
587 South State, PROVO
<http://crc.rmuohp.edu/>
Physical/neuro rehab/therapy for low income individuals.

FLUORIDE PRESCRIPTION
599 S 500 E, AMERICAN FORK.....851-7320*
816 N 980 W, OREM.....851-7340*
151 S. University Ave, suite 1610, PROVO.....851-7300*
Free fluoride prescription note at nurse's station.

HEALTH CLINIC OF UTAH AND FAMILY DENTAL PLAN.....374-7011*
150 E. Center Street, suite 1100, PROVO
www.medicaiddentistry.com
Accept PCN, Medicaid patients. Some dental, no prenatal care.

HEALTH INFO REFERRAL AGENCY.....800-336-4797*
www.health.gov/nhic or www.healthfinder.gov
Referrals to health agencies best able to respond.

INTERMOUNTAIN DIXON HEALTH CENTER.....357-5757*
750 W. 200 N., PROVO
Affordable medical care. Sliding scale.

MEDICAID.....866-435-7414*
557 W State Street, LEHI
1550 N Freedom Blvd (200 W), PROVO
1185 N Canyon Creek Parkway, SPANISH FORK
<https://medicaid.utah.gov/> or www.jobs.utah.gov
Medical assistance program.

MOUNTAINLANDS COMMUNITY HEALTH CENTER.....429-2000*
299 E 900 S, suite 101, PROVO (also offers services for homeless)
589 S State Street, PROVO
750 N 200 W, suite 201, PROVO
910 E 100 N, Suite 155, PAYSON
www.mountainlands.org/
Services for family planning, primary care, maternity, dental, mental health.

MERRILL GAPPMEYER CLINIC.....357-7930*
475 W. 940 N., PROVO
Affordable medical care. Need income verification.

NEEDY MEDS.....800-503-6897*
www.needymeds.org
Find help with the cost of medications.
Affordable medical care. Need income verification.

PRIMARY CARE NETWORK.....888-222-2542*
<http://health.utah.gov/pcn>
Health insurance to eligible low-income adults with a child under 18.

TOBACCO QUIT LINE.....888-567-TRUTH*
www.utahquitnet.com or <http://www.tobaccofreeutah.org/>

UTAH COUNTY HEALTH DEPARTMENT.....851-7000*
151 S. University Ave., PROVO
<http://www.utahcountyonline.org/Dept2/Health/Index.asp>
Clinics: Cancer Screening, Cholesterol/Blood Pressure, HIV test/counseling, Sexually Transmitted Disease, Well Child, Women's Health, Immunizations, Welcome Baby Program, Vital Records.

UTAH POISON CONTROL CENTER.....800-222-1222*
<http://poisoncontrol.utah.edu/>
24-hour resource for poison information and prevention.