



RESOURCE LIST

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*Additional information about Community Health Workers, contact Tessa Acker at the Utah Department of Health.
Phone: (801)-538-6593
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Health and Medical (healthcare, asthma, prescription drug, community programs)

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
AUCH Community Health Centers 860 East 4500 South, Suite 206, Salt Lake City, Utah 84107	https://auch.org/images/CHC_Listings_and_Map_Feb_2018.pdf	(801) 974-5522	Provide comprehensive, high-quality primary and preventive healthcare services to all individuals, with or without insurance, regardless of ability to pay. Cost: Low cost to no cost medical services. Call for more details.
Utah Hope Clinic 65 East 6850 South Midvale, UT 84047	http://www.utahhopeclinic.org/	(801)-568-6700 info@utahhopeclinic.org	Clinic providing healthcare services to people who are without health insurance and have low income. All services at the Hope Clinic are free of charge. The clinic is open Tuesday and Wednesday from 8am-4:00 p.m. Cost: Free medical services.
4th Street Clinic 409 West 400 South, Salt Lake City, UT 84101	https://fourthstreetclinic.org/make-an-appointment/	(801)-364-0058 info @ fourthstreetclinic.org	Provides health care and support services for homeless Utahns. Services include primary medical care, behavioral health care, dental, pharmacy service, lab testing, immunizations, and screenings. Contact: Alexandria Taylor alextaylorcbc@gmail.com Cost: Accepts Medicaid and Medicare. Services are offered on a sliding fee scale. MUST call to make an appointment.
Midvale Community Building Community	https://www.midvalecommunityclinic.com/	(385)-887-9002	Provides services that medical, dental, therapy, and counseling services at minimal cost. Also provides community resources such as education, music lessons, diabetes management, and many other in-home services. Cost: Low to no cost.
Midvalley Clinic 8446 South Harrison Street, Midvale, UT 84047	upfh.org/services/	(801)- 417-0131	Offers access to full primary healthcare services for acute, chronic, and mental illnesses. Ancillary services include lab work, radiology, ultrasound, mammogram, and physical therapy. For those who qualify, other services include counseling, pharmaceutical, dental, and eye care. Cost: accepts Medicaid, Medicare, PCN, CHIP and other health insurance plans. Pay with a sliding fee schedule for patients under 200% of Federal Poverty Level. Proof of income is required for the sliding fee discount program.

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Maliheh Free Clinic 941 East 3300 South, Millcreek, UT 84106	https://malihehfreeclinic.org/	(801)-266-3700 receptionist@malihehfreeclinic.org	Provides a broad range of medical services such as family medicine, regular visits, labs, screenings, childhood immunizations and patient education. Cost: must be uninsured (no Medicaid, Medicare or PCN) and have a household income of under 150% of Federal Poverty Level
Sacred Health Clinic 660 South 200 East Suite 250 Salt Lake City, Utah 84111	https://www.sacredcirclehealth.com/	(801)-359-2256	Provides broad range of medical services such as family medicine, primary care, pharmacy, immunizations, physicals, and health screenings. Cost: accepts Medicaid, Medicare, and flexible payment options for non-insured.
Community Health Connect 591 South State St, Provo, UT 84606	https://www.utahchc.org/	(801)-818-3015	Connects patients to medical providers from all disciplines. Medical, behavioral, dental, or social. Cost: Little to no cost.
Health Access Project 140 West 2100 South, #208, Salt Lake City, UT 84115	http://healthaccessproject.org/	(801)-412-3982	Provides case management, helping patients understand and connect with the healthcare system. Helps patients schedule appointments and coordinate follow up care. Also arranges interpreting services and refers patients to community resources. Cost: No cost.
University of Utah – Wellness Bus	https://healthcare.utah.edu/wellness/driving-out-diabetes/mobile-health-program.php	(801)-587-5257	The Wellness Bus creates healthier communities by offering the following services to Utahns who don't have access to quality health care: chronic disease screening, nutrition education, health & wellness counseling, referrals to social services Contact: Nancy Ortiz Nancy.ortiz@hsc.utah.edu Cost: Little to no cost.
RxConnectUtah	http://health.utah.gov/rxconnectutah/	1-866-221-0265 (toll-free)	Links person with resources to get the prescriptions you need. You must qualify for services. For example, if you need a prescription but don't have health insurance to pay for it, RxConnectUtah may be able to help. Cost: Little to no cost.
Ventanilla de Salud at the Mexican Consulate 660 South 200 East, #300, Salt Lake City, UT 84111	https://www.cuutah.org/healthbooth	(801)-487-4143 yehemy@cuutah.org	Daily glucose, BMI, and blood pressure screenings/ Daily educational workshops on programs available through CU and other partners. Cost: Little to no cost.

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Salt Lake County Health Department Asthma Program	https://slco.org/health/healthy-living/asthma/	385-468-5250 asthma@slco.org	The Salt Lake County Health Department asthma program provides asthma education and conducts a free home visiting assessment program for county residents with asthma. Also helps with prescription and management.
Utah Asthma Program	Home Health: http://health.utah.gov/asthma/homevisit/index.html Asthma Basics: http://health.utah.gov/asthma/basics/basics.html Español: http://health.utah.gov/asthma/basics/enespanol.html	(385)-468-5250 (Salt Lake County) (801)-851-7509 (Utah County)	Home visits are available in English and Spanish. Open to all residents of Salt Lake or Utah Counties with severe or uncontrolled asthma. Also helps with prescription and asthma education.
Utah Department of Health – Living Well Programs	https://livingwell.utah.gov/	(801)-538-6003	Webpage for statewide health and wellness programs. Offerings include Diabetes Prevention, Chronic Disease Management, Pain management, Arthritis, tobacco cessation, etc.

Mental Health, Substance Abuse, Violence

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Utah Department of Human Services - Division of Substance Abuse and Mental Health	https://dsamh.utah.gov/	(801)-538-4171 dhsinfo@utah.gov	Referrals and resources for Substance Abuse and Mental Health in Utah.
Valley Behavioral Health Multiple locations for services: https://www.valleycares.com/about-valley/locations-2/	https://www.valleycares.com/programs-services/	1-(888)-949-4864	Offers behavioral health services for adults and children. Cost: Accepts all insurances and on a sliding fee scale.

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
National Alliance on Mental Illness (NAMI) Utah 1600 West 2200 South, Suite 202 West Valley City, Utah 84119	https://www.namiut.org/our-programs	(801)-323-9900	Offers support groups and education for anyone impacted by mental health conditions throughout Utah – including those with mental health conditions and their family members or loved ones. One on one, group, and family sessions. In English and Spanish. Cost: Free.
BYU Comprehensive Clinic Counseling The John Taylor Building (TLRB) 1190 North 900 East, Provo, UT 84602	https://comprehensiveclinic.byu.edu/	(801)-422-4636	Offers counseling services for individuals, couples, and families in the Utah County community. Cost: Individual, couple, or family counseling costs \$15/session. Participation in groups cost one-time fee of \$15. Psychological assessments cost \$50. Neurological assessments cost \$400. Fees may be decreased for financial need.
Multicultural Counseling Center 7625 South 3200 West Suite 2 & 4, West Jordan, UT 84084	http://www.mccounseling.com/	(801)-915-0359 admin@mccounseling.com	Services includes individual, couple and family, child and adolescents, substance abuse, telehealth treatments. Immigration evaluations, case management & peer support, for a range of mental health concerns. Cost: Accept major forms of payment, health insurances, and operates on a sliding fee scale (\$80 to \$185 per session). Contact: Karla Arroyo, LCSW, Director (801)-915-0359 karlaa@mccounseling.com
Latino Behavioral 3471 South West Temple, Salt Lake City, Utah 84115	http://latinobehavioral.org/	(801)-935-4447 lbhs@gmail.com	Offers peer mentorship, counseling, suicide education, education, and peer development. Cost: Little to no cost.
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/	1-800-273-TALK(8255)	Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
Rape, Abuse, and Incest National Network (RAINN) – National Sexual Assault Hotline	https://www.rainn.org/	1 (800)-656-4673	Provides 24/7 and online chat, free and confidential support for victims of sexual assault, rape, and violence.
Domestic Violence Hotline	https://www.thehotline.org/	1 (800)-799 – 7233	Provides 24/7, highly trained advocates to talk confidentially with anyone experiencing domestic violence, seeking information, or questioning unhealthy aspects of their relationship

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Victim Connect Resource Center	https://victimconnect.org/resources/national-hotlines/	1-(855)-484-2846	Provides link and contact for national hotlines to help connect victims, survivors, and their support networks to local resources.
2-1-1	https://211utah.org/	2-1-1	2-1-1 is an free, easy-to-remember, three-digit number that connects people to the services they need, such as housing and utility assistance, food resources, legal aid, and more.
Division of Child and Family Services Multiple locations across the state: https://dcfs.utah.gov/interactive-location-map/	https://dcfs.utah.gov/services/	(801)-538-4171	Provides in-home services, foster care, child protective services, domestic violence services, and youth services Contacts: Drew Barton DCFS: dkbarton@utah.gov Iris Gomez, DCFS: igomez@utah.gov

Food and Nutrition

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Utah Community Action 1307 South 900 West, Salt Lake City, UT 84104	https://www.utahca.org/nutrition/	(801)-359-2444 info@utahca.org	Provides food assistance, referral services, culinary job training, and central kitchen that serves food
Utah Food Pantries Multiple locations across the state: https://www.foodpantries.org/st/utah	https://www.foodpantries.org/st/utah	N/A	Website with database list of food pantries in the state of Utah.
Utah Food Bank Mobile Truck	https://www.utahfoodbank.org/programs/mobile-pantry/	(801)-978-2452	Provides food support services for Utahns living in areas that are classified as food deserts or are inaccessible or underserved by traditional food pantries.

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
<p>Utah Food Bank</p> <p>(Salt Lake City) 3150 South 900 West, Salt Lake City, UT 84119</p> <p>(St. George) 4416 S. River Road St. George, UT 84790</p> <p>Visit website to find locations across the state: https://www.utahfoodbank.org/get-help/</p>	<p>https://www.utahfoodbank.org/</p>	<p>(801)-978-2452</p>	<p>Provides food support services and pantries</p>
<p>WIC (Women, Infants, and Children)</p> <p>Multiple locations across the state, search by zip code: https://wic.utah.gov/locations/</p>	<p>https://wic.utah.gov/</p>	<p>1-(877)-942-5437 wic@utah.gov</p>	<p>WIC is a nutrition program that helps families learn about healthy eating through nutrition education, counseling, nutritious foods, and help accessing health care. These services are provided to low-income women, infants, and children</p>
<p>Food Sense and Snap-Ed</p> <p>Multiple locations across the state: https://extension.usu.edu/locations</p>	<p>https://extension.usu.edu/createbetterhealth/</p>	<p>(385)-468-4840</p>	<p>Provides basic concepts of food and nutrition, buying skills, meal planning, food safety, and resource management</p>
<p>Utahns Against Hunger</p> <p>244 South 500 W Suite 102, Salt Lake City, UT 84101</p>	<p>https://www.uah.org/get-help</p>	<p>(801)-328-2561 info@uah.org</p>	<p>Assists people in finding food help that they need. Provides assistance and programs including food stamps/SNAP, WIC, school meal programs, summer food program, child and adult food programs, and food pantries/kitchens</p>
<p>Eat Well Utah</p>	<p>https://createbetterhealth.org/</p>	<p>N/A</p>	<p>Provides recipes, tips, healthy food ideas, and advice for living a healthier "food" lifestyle.</p>

Dental Providers

ORGANIZATION NAME	CONTACT PERSON	NUMBER/EMAIL	RELEVANT NOTES
Family Dental Plan Program – Utah Department of Health (UDOH) (Salt Lake City Clinic) 168 North 1950 West Suite 202, Salt lake City, UT 84116 (Ogden Clinic) 950 25 th Street Suite A, Ogden, UT 84401	http://health.utah.gov/clinics/dental/index.php	(Salt Lake City) (801)-715-3400 (Ogden) (801)-395-7090	Consists of 3 dental clinics and mobile clinic that provides low cost, high quality dental services. Cost: For patients on Medicaid, PCN, CHIP, PEHP and the uninsured on a fee for service (reduced rates) basis.
Maliheh Free Clinic 941 East 3300 South, Millcreek, UT 84106	https://malihehfreeclinic.org/	(801)-266-3700 receptionist@malih ehfreeclinic.org	Provides dental services Cost: must be uninsured (no Medicaid, Medicare or PCN) and have a household income of under 150% of Federal Poverty Level
Salt Lake Donated Dental Services Clinic 1383 South 900 West Suite 128, Salt Lake City, UT 84104	http://donateddental.org/	(801)-983-0345 treatment@donate ddental.org	Provides comprehensive dental care for individuals at or below 100% federal poverty level. Oral cleanings, fillings, crowns, bridges, root canals, wisdom teeth extraction, dentures and partials
Free/Low Cost clinics like Salt Lake Donated Dental Services Clinic Multiple locations across the state: http://donateddental.org/services/ *scroll to bottom of webpage for locations	http://donateddental.org/services/	*scroll to bottom of webpage	Scroll to bottom of webpage. Provides list of Salt Lake area and outside of Salt Lake area free/discounted clinics
Oral Health Program – Utah Department of Health	https://health.utah.gov/oralhealth/dentist.php	(801-273-2995)	Locate a dentist and clinic with details by using zip code

Tobacco Cessation

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Way to Quit / Dejelo Ya Multiple locations across the state: https://tobaccofreeutah.org/community/#info	https://waytoquit.org/	1-(800)-784-8669	Resource for quitting tobacco. Provides online, in-person, and over-the phone quit services and resources to help with tobacco cessation. Assistance available in Spanish.
The Tobacco Talk	https://thetobaccotalk.org/	1-(888)-222-2542	Information regarding electronic cigarettes, vaping, and similar products and their side effects. Useful tool for parents and professionals working with youth.
Comunidades Unidas 1750 Research Way #102, West Valley City, UT 84116	https://www.cuutah.org/preventive-health	(801)-487-4143	Provides tobacco cessation program and other health related programs.

Children and Child Services

ORGANIZATION NAME	CONTACT PERSON	NUMBER/EMAIL	RELEVANT NOTES
Headstart Program Multiple locations across the state: https://www.utahca.org/head-start/ *scroll to bottom of webpage	https://www.utahca.org/head-start/	(801)-972-2337 erseateam@utah.ca.org	Headstart Program provides children and families of children birth to age 5 with food, education, financial and healthcare assistance
Baby Your Baby	http://www.babyyourbaby.org/financial-help/where-to-apply.php	1-(800)-826-9662	Free financial help for prenatal and infant care, preparing for pregnancy, information on infant and childcare
Boys & Girls Club of Greater Salt Lake Multiple locations across the state: https://www.gslclubs.org/find_a_club/find-a-club.html	https://www.gslclubs.org/	(801)-322-4411	Offers kids services that include: homework helps and tutoring, computer labs, gyms and sports, arts, games, help with college applications, character and leadership development, career development

Housing and Rent Assistance

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Utah Non-Profit Housing Corporation 223 West 700 South, Salt Lake City, UT 84101	https://unphc.org/	801-364-6117 info@unphc.org	Provides very low-income individuals, seniors, and families affordable housing. Pre-Application Form available online, or can be downloaded, to remit via mail or in person. Once your pre-application has been received and approved you will be sent a list of the properties where you have been placed on the waitlist. It is your responsibility to follow up with properties
Community Action Program 1307 South 900 West, Salt Lake City, UT 84104	https://www.utahca.org/housing-case-management/#about	801-359-2444	The Case Management & Housing program assists income-eligible families and individuals with rental assistance and case management to obtain or maintain safe, stable and affordable housing. Contacts: Amanda Whitley, Housing Coordinator: 801-214-3198
Family Promise 814 West 800 South, Salt Lake City, UT 84104	(Salt Lake) https://familypromisesaltlake.org/ (Ogden) https://familypromiseofogden.org/	(Salt Lake) (801)-961-8622 (Ogden) (385)-298-1081	Helps families with food, housing, and those experiencing homelessness.
Housing Authority of Salt Lake 1776 South West Temple, Salt Lake City, UT 84115	http://www.haslcutah.org/	(801)-487-2161	Federally funded agency providing rent payment assistance and affordable housing for low-income persons
Housing Authority of Utah County 240 East Center St, Provo, UT 84606	http://housinguc.org/section-8/	(801)-373-8333	Federally funded agency providing rent payment assistance and affordable housing for low-income persons
Housing Authority of Weber 237 26th St # 224, Ogden, UT 84401	http://www.webercountyyutah.gov/Housing-Authority/	(801)-399-8691	Federally funded agency providing rent payment assistance and affordable housing for low-income persons
Housing Authority of Provo 688 West 100 North, Provo, Utah 84601	http://www.haprovo.com/	(801)-900-5676	Federally funded agency providing rent payment assistance and affordable housing for low-income persons
Homeless Housing Assistance Center – YCC Family Crisis Center 2261 Adams Ave, Ogden, UT 84401	https://www.ycchope.org/homeless-housing-assistance-center/	(801)-689-1719	Provides families that are currently homeless or in a housing crisis living in Weber or Davis County.

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Utah Affordable Housing Database	https://jobs.utah.gov/jsp/housing/	N/A	List of all affordable housing agencies that helps connect individuals with affordable housing options and resources

Transportation Assistance

ORGANIZATION NAME	CONTACT PERSON	NUMBER/EMAIL	RELEVANT NOTES
Utah Transit Authority (UTA)	https://www.rideuta.com/	(801)-743-3882	For public transportation information and programs.
Salt Lake County Aging and Adult Services 195 North 1950 West, Salt Lake City, UT 84116	https://slco.org/aging-adult-services/	(385)-468-3200	Services offered include: Meals on Wheels, Foster Grandparents, Transportation Assistance, Senior Centers, Ombudsman services
Workforce Services Multiple locations across the state: https://jobs.utah.gov/jsp/officesearch/#/map	https://jobs.utah.gov/assistance/index.html	(801)-526-9675	Can provide UTA tokens for transportation if the person qualifies. Also provides other resources such as income, housing, job assistance, etc.

Legal

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Utah Legal Services. 205 North 400 West, Salt Lake City, UT 84103	https://www.utahlegalservices.org/	(801)-328-8891	Legal information about family issues, domestic violence, family, housings, SSI & SSD.
Legal Aid Society 205 North 400 West, Salt Lake City, UT 84103	https://www.legalaidsocietyofsaltlake.org/	(801)-328-8849	Divorce, custody, guardianship, protective orders, and individuals representing themselves (pro se clinics *various locations) see website for details.
Nonprofit Legal Services 623 E 2100 S Suite B1, Salt Lake City, UT 84106	https://www.nonprofitlegalservices.com/	(385)-419-4111	Legal help for people who do not qualify for free legal assistance
Utah Dispute Resolution 645 South 200 East, Salt Lake City, UT 84111	https://www.utahdisputeresolution.org/	(801)-535-4841	Provide mediation services and conflict resolution services

ORGANIZATION NAME	LINK	NUMBER/EMAIL	RELEVANT NOTES
Disability Law Center 205 North 400 West, Salt Lake City, UT 84103	http://disabilitylawcenter.org/	(801)-662-9080	Assists with legal rights, opportunities and choices of Utahns with disabilities.

Refugee, Immigration, and Interpreting Services

ORGANIZATION NAME	CONTACT PERSON	NUMBER/EMAIL	RELEVANT NOTES
International Rescue Committee (IRC) 221 South 400 West, Salt Lake City, UT 84110	https://www.rescue.org/	(801)-328-1091 SaltLakeCity@rescue.org	Provides opportunities for refugees, asylees, victims of human trafficking, and other immigrants. Resettlement, education, job finding, career development, legal services towards residency and citizenship, rent help, food assistance, healthcare Contact: Pamela Silberman pamela.silberman@rescue.org
Refugee & Immigrant Center 155 South 300 West, Salt Lake City, UT 84101	http://aau-slc.org/	(801)-467-6060 aau@aau-slc.org	Provides wellness, interpreting, youth and family services, and social services.
Utah Health and Human Rights	https://www.uhhr.org/	(801)-363-4596 info@uhhr.org	Utah Health and Human Rights offers holistic services to survivors of torture living in Utah, as well as training for those who work with or may encounter torture survivors.
Refugee Education and Training Center 650 East 4500 South Suite 220, Murray, UT 84107	https://jobs.utah.gov/refugee/center/	(801)-989-7808	Offers employment training, education, English skills classes, computer classes, and other similar resources.
Workforce Refugee Services List of Resources	https://jobs.utah.gov/refugee/resources/index.html	N/A	Comprehensive list of resources for refugees and immigrants.
Holy Cross Ministries 860 East 4500 South Suite #204, Salt Lake City, UT 84107	https://hcm Utah.org/	(801)-261-3440 mallen@hcm Utah.org	Provides legal immigration, children and parent education, and counseling programs Contact: Margarite Allen mallen@hcm Utah.org
Comunidades Unidas 1750 Research Way #102, West Valley City, UT 84116	https://www.cu Utah.org/	(801)-487-4143	Immigration rights programs and advocacy, preventative services, volunteer and internship opportunities, workers rights and safety services