

[United Way 2-1-1](#) is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.



ABUSE/NEGLECT

Children's Justice Center provides support services in a home-like facility for children who have experienced physical or sexual abuse; 801-851-8554

Child Abuse and Neglect Reporting Line serves to protect children from abuse and neglect; 1-855-323- 3237

Family Haven provides therapy and prevention programs for children who have been affected by child abuse or neglect; 801-229-1181.

COMMUNITY INVOLVEMENT/ACTIVITIES

Boys and Girls Club offers sports and fitness, summer and after school programs for children ages 6-18; 801-371-6247.

Girl Scouts of Utah offers educational and social activities to help girls develop leadership and citizenship skills; 801-265-8472.

USU 4-H Youth Programs - Utah County consists of after school homework help, group activities and more throughout the school year. Also, offers camps and activities during the summer; 385-268-6531.

EDUCATION/PARENT SUPPORT

Care about Child Care provides information and referrals about daycares and programs in the area; 801-355-7444.

Help Me Grow is a free information line that provides parents with the knowledge and resources for children through age 8; 801-691-5322 or call 2-1-1.

Kids on the Move provides services to low-income children with special needs and assistance to families. Includes Early Intervention and Early Head Start; 801-221-9930.

Mountainland Head Start promotes school readiness for low-income children 3-5 years old. Qualified families can bring their children free of charge; 801-375-7981.

Utah Parent Center empowers parents to help their children with disabilities live productive lives and feel included in their community; 801-272-1051.

School Districts offer education services and early intervention programs for children; call your local school district to learn about programs in your area.

CRISIS/SUPPORT

Utah Crisis Line offers a confidential service for anyone experiencing a crisis; 833-372-3388.

Crisis Text Line offers free, confidential crisis support for all ages. Text "HOME" to 741-741.

Hope 4 Utah provides educational suicide prevention, intervention and postvention for youth, leaders and community members; 801-854-7374

HEALTH SERVICES

Kids Cause provides eye screenings, glasses, shoes, clothing, winter coats or medical needs. Must have referral from child's school counselor, principal or teacher; 801-885-3557.

Mountainlands Family Health Center provides well-baby checks, immunizations, dental services, pre-natal care, vision/hearing screenings, health counseling and more; 801- 429-2000.

Volunteer Care Clinic provides free basic medical care services to low-income individuals and families without health insurance. They can offer referrals out for those needing more medical care. Only open Tuesday and Thursday evenings 5 pm-7 pm. Serves on a first come first served basis. Located at 589 S State St., Provo, UT 84606.

PREGNANCY

Pregnancy Resource Center of Salt Lake City provides information regarding options, counseling, and physical and emotional support to individuals facing unplanned pregnancies; 801-363-5433.

Baby Your Baby Provides temporary Medicaid insurance coverage for low income pregnant women who have no insurance or inadequate prenatal insurance. Other services include helpful information from referrals to financial help to preparing for pregnancy, for parents and their children statewide; 800-826-9662.

Welcome Baby provides information, referrals and support for first-time parents. Services include home visits, playgroups; 801-691-5440.



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National Safe Haven Alliance provides a place where babies can be dropped off permanently without any repercussions; Call or Text 1-888- 510-BABY (2229)

SUBSTANCE ABUSE

Utah Tobacco Prevention and Control Program

Counseling, nicotine replacement therapy; 1- 800-QUIT-NOW.

Vantage Point Youth Services offers services to divert runaway/ungovernable youth ages 11- 17 experiencing trouble at home or homelessness; 801-373-2215.

Utah County Health Department offers youth treatment services, which includes assessments, early intervention, and substance abuse outpatient treatment programs for youth; 801-851-3000.



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