

## Conéctate a la ayuda que necesites

### Vivienda

Housing Connect | (801) 284-4400  
[housingconnect.org/connect-to-housing](https://housingconnect.org/connect-to-housing)



### Atención médica

Community Health Centers, Inc.  
(801) 964-6214 | [chc-ut.org](https://chc-ut.org)

Primary Children's Hospital | (801) 662-1000

Redwood Health Clinic | (801) 213-9900

St. Mark's Hospital | (801) 268-7111

University of Utah Hospital | (801) 581-2121



### Clases de inglés (ESL)

English Skills Learning Center | (801) 328-5608  
Proporciona asistencia para el cuidado de niños a los estudiantes. | [eslcenter.org/contact](https://eslcenter.org/contact)

Columbus Adult Education Center and Youth Program | (801) 559-7533 | Ofrece clases de inglés para adultos. | [columbusaec.org/contact](https://columbusaec.org/contact)

Women of the World  
(801) 953-0008 | Proporciona apoyo, suministros, educación y comunidad a mujeres refugiadas.  
[thewowfoundation.com](https://thewowfoundation.com)



### Salud emocional y adicciones

Llama o envía un mensaje de texto al 988

Red de Referencia de Salud Mental Materna  
[maternalmentalhealth.dhhs.utah.gov](https://maternalmentalhealth.dhhs.utah.gov)

Línea Nacional de Salud Mental Materna  
(833) 852-6262  
[mchb.hrsa.gov/national-mental-health-hotline](https://mchb.hrsa.gov/national-mental-health-hotline)

Adicciones y salud emocional | [utah.gov/wp-content/uploads/Statewide-SUD-Resource](https://utah.gov/wp-content/uploads/Statewide-SUD-Resource)



### Alimentos, fórmula y pañales

WIC (Mujeres, Bebés y Niños)  
(435) 587-3838 | Proporciona asistencia alimentaria para madres y niños. | [wic.utah.gov](https://wic.utah.gov)

Utah Food Bank (banco de alimentos)  
(801) 978-2452 | [utahfoodbank.org](https://utahfoodbank.org)

Crossroads | (801) 364-7765 | Ayuda a las familias con comida y ropa. | [crossroadsurbancenter.org](https://crossroadsurbancenter.org)

Utah Refugee Connection  
(801) 871-5903 | [serverefugees.org](https://serverefugees.org)

Know Your Neighbor  
Vincula a refugiados con voluntarios que los ayudan a conectarse con servicios.  
[myslc.gov/s/knowyourneighbor](https://myslc.gov/s/knowyourneighbor)



### Guardería y recursos para padres

0-8 Care Coordination | Ayuda a conectar a los niños con recursos.  
[earlychildhood.utah.gov](https://earlychildhood.utah.gov)

Utah state resources on ChildCare.gov  
[childcare.gov/state-resources/utah](https://childcare.gov/state-resources/utah)

Utah Parent Center | (800) 468-1160  
Ayuda a los padres a ayudar a niños, jóvenes y adultos jóvenes con discapacidades.  
[utahparentcenter.org](https://utahparentcenter.org)

The Children's Center Utah | (801) 582-5534  
Ayuda a mejorar el bienestar emocional de los niños. | [childrenscenterutah.org](https://childrenscenterutah.org)



### Transporte

Rides for Refugees (JustServe)  
(801) 648-6654 | Email: [justice.forshee@uhhr.org](mailto:justice.forshee@uhhr.org)

Utah Transit Authority  
(801) 225-9268  
[rideuta.com](https://rideuta.com)



Spanish - V10-25



## Connect to the help you need

### Housing



Housing Connect | (801) 284-4400  
[housingconnect.org/connect-to-housing](https://housingconnect.org/connect-to-housing)

### Healthcare



Community Health Centers, Inc.  
(801) 964-6214 | [chc-ut.org](https://chc-ut.org)

Primary Children's Hospital | (801) 662-1000

Redwood Health Clinic | (801) 213-9900

St. Mark's Hospital | (801) 268-7111

University of Utah Hospital | (801) 581-2121

### Food, formula, & diapers



WIC (Women, Infant and Children)  
(435) 587-3838 | Provides food assistance for moms and children. | [wic.utah.gov](https://wic.utah.gov)

Utah Food Bank  
(801) 978-2452 | [utahfoodbank.org](https://utahfoodbank.org)

Crossroads | (801) 364-7765 | Helps families with food and clothing. | [crossroadsurbancenter.org](https://crossroadsurbancenter.org)

Utah Refugee Connection  
(801) 871-5903 | [serverefugees.org](https://serverefugees.org)

Know Your Neighbor  
Pairs refugees with volunteers who help connect them to services. | [myslc.gov/s/knowyourneighbor](https://myslc.gov/s/knowyourneighbor)

### English (ESL) classes



English Skills Learning Center  
(801) 328-5608 | Provides childcare assistance for students | [eslcenter.org/contact](https://eslcenter.org/contact)

Columbus Adult Education Center and Youth Program  
(801) 559-7533 | Provides English classes to adults [columbusaec.org/contact](https://columbusaec.org/contact)

Women of the World  
(801) 953-0008 | Provides support, supplies, education, and community to refugee women  
[thewowfoundation.com](https://thewowfoundation.com)

### Childcare & parenting resources



0-8 Care Coordination  
Helps connect kids to resources.  
[earlychildhood.utah.gov](https://earlychildhood.utah.gov)

Utah state resources on ChildCare.gov  
[childcare.gov/state-resources/utah](https://childcare.gov/state-resources/utah)

Utah Parent Center | (800) 468-1160  
Helps parents assist children, youth, and young adults with disabilities. | [utahparentcenter.org](https://utahparentcenter.org)

The Children's Center Utah | (801) 582-5534  
Helps enhance the emotional well-being of children. | [childrenscenterutah.org](https://childrenscenterutah.org)

### Mental health and substance use



Call or text 988

Utah Maternal Mental Health Referral Network  
[maternalmentalhealth.dhhs.utah.gov](https://maternalmentalhealth.dhhs.utah.gov)

National Maternal Mental Health Hotline  
(833) 852-6262  
[mchb.hrsa.gov/national-mental-health-hotline](https://mchb.hrsa.gov/national-mental-health-hotline)

Substance use and mental health | [utah.gov/wp-content/uploads/Statewide-SUD-Resource](https://utah.gov/wp-content/uploads/Statewide-SUD-Resource)

### Transportation



Rides for Refugees (JustServe)  
(801) 648-6654 | Email: [justice.forshee@uhhr.org](mailto:justice.forshee@uhhr.org)

Utah Transit Authority  
(801) 225-9268  
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