

Jiunge kwenye msaada unaohitaji

Makazi

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



Mfumo wa Huduma ya Afya

Community Health Centers, Inc.
(801) 964-6214 | 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

Madarasa ya Kiingereza (ESL)

Kituo cha Kujifunza Ujuzi wa lugha ya Kiingereza
(801) 328-5608 | Hutoa msaada wa matunzo ya watoto
kwa wanafunzi. | eslcenter.org/contact



Columbus Adult Education Center and Youth Program
(801) 559-7533 | Inatoa mafunzo ya Kiingereza kwa watu
wazima. columbusaec.org/contact

Women of the World
(801) 953-0008 | Inatoa usaidizi, vifaa, elimu na jamii
kwa wakimbizi wanawake. thewowfoundation.com

Afya ya akili na matumizi ya dawa za kulevya

Piga au tuma ujumbe 988

Mtandao wa Rufaa za afya ya akili kwa akinamama
Waliojifungua jimboni Utah.
maternalmentalhealth.dhhs.utah.gov

Simu ya bila malipo Kitaifa kwa afya ya akili kwa
akinamama waliojifungua. | (833) 852-6262
mchb.hrsa.gov/national-mental-health-hotline

Matumizi ya dawa za kulevya na afya ya akili.
utah.gov/wp-content/uploads/Statewide-SUD-Resource



Chakula, maziwa ya watoto wachanga na nepi

WIC (Women, Infant and Children)
(435) 587-3838 | Hutoa msaada wa chakula kwa
akinamama waliojifungua na watoto. | wic.utah.gov



Hifadhi ya Chakula ya Utah
(801) 978-2452 | utahfoodbank.org

Crossroads | (801) 364-7765 | Husaidia familia kwa
kuwapa chakula na mavazi. | crossroadsurbancenter.org

Utah Refugee Connection
(801) 871-5903 | serverefugees.org

Know Your Neighbor
Inawakutanisha wakimbizi na watu wanaojitolea ambao
huwasaidia kuwaunganisha na huduma.
myslc.gov/s/knowyourneighbor

Nyenzo za Matunzo na Ulezi wa watoto

Uratibu wa Matunzo kwa watoto kuanzia umri
wa miaka 0-8 | Inasaidia kuwaunganisha watoto na
nyenzo. | earlychildhood.utah.gov



Nyenzo za jimbo la Utah zipo kwenye wavuti wa
ChildCare.gov. | childcare.gov/state-resources/utah

Utah Parent Center | (800) 468-1160
Inawasaidia wazazi kuwasaidia watoto, vijana, na vijana
watu wazima wenye ulemavu. | utahparentcenter.org

The Children's Center Utah | (801) 582-5534
Husaidia kuboresha ustawi wa kihisia kwa watoto.
childrenscenterutah.org

Usafirishaji

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



Utah Transit Authority | (801) 225-9268
rideuta.com

Swahili v10-25



Connect to the help you need

Housing



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

Healthcare



Community Health Centers, Inc.
(801) 964-6214 | 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

Utah Food Bank
(801) 978-2452 | utahfoodbank.org

Crossroads | (801) 364-7765 | Helps families with food and clothing. | crossroadsurbancenter.org

Utah Refugee Connection
(801) 871-5903 | serverefugees.org

Know Your Neighbor
Pairs refugees with volunteers who help connect them to services. | myslc.gov/s/knowyourneighbor

English (ESL) classes



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

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

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

Childcare & parenting resources



0-8 Care Coordination
Helps connect kids to resources.
earlychildhood.utah.gov

Utah state resources on ChildCare.gov
childcare.gov/state-resources/utah

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

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

Mental health and substance use



Call or text 988

Utah Maternal Mental Health Referral Network
maternalmentalhealth.dhhs.utah.gov

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

Substance use and mental health | utah.gov/wp-content/uploads/Statewide-SUD-Resource

Transportation



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

Utah Transit Authority
(801) 225-9268
rideuta.com

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