









**Help Starts Here: Call 2-1-1 for Provo's community resources & information.**  
*Se habla español. Llama al número 2-1-1 para ayuda de recursos y más información.*



	<b>Primary Resource</b> <i>Primera Opción</i>	<b>Call 2-1-1 for Community Resources</b> <i>Llama #2-1-1 para Recursos De Comunidad</i>
 <p><b>Housing + Utilities</b> <i>Alojamiento y Utilidades</i></p>	<p><b>Community Action</b> 815 S Freedom Blvd Provo 801-373-8200</p>	<ul style="list-style-type: none"> <li>• <a href="#">Community Action</a> - Free food, &amp; rent assistance</li> <li>• <a href="#">Domestic Violence Shelter</a> - Emergency housing</li> <li>• <a href="#">Provo Housing Authority</a> - Subsidized rent</li> <li>• <a href="#">Utah County Housing Authority</a> - Subsidized rent</li> <li>• <a href="#">Mountainland HEAT</a> - For electricity/gas shutoff</li> <li>• <a href="#">Victim Crime Reparation</a> - Relocation assistance</li> <li>• Homeless resources through Provo School District</li> </ul>
 <p><b>Employment</b> <i>Empleo</i></p>	<p><b>Department of Workforce Services</b> 1550 N 200 W Provo 866-435-7414</p>	<ul style="list-style-type: none"> <li>• <a href="#">People Helping People</a>- For single parent</li> <li>• <a href="#">Vocational Rehabilitation</a> - Disability to qualify</li> <li>• <a href="#">Centro Hispano</a> - Job application help for Spanish</li> <li>• <a href="#">Job Coaching</a> - Through Deseret Industries</li> <li>• <a href="#">Find a Better Job</a> - Class / manual free to public</li> <li>• <a href="#">Career Center</a> or <a href="#">Women's Success Center</a> - UVU</li> <li>• <a href="#">Respite Childcare</a> - If necessary for job interview</li> <li>• <a href="#">Department of Workforce Services</a> - Childcare \$</li> <li>• <a href="#">Care About Childcare</a> - Help finding childcare</li> </ul>
 <p><b>Food</b> <i>Comida</i></p>	<p><b>Food &amp; Care Coalition</b> 299 E 900 S Provo 801-373-1825</p> <p>Free Meals daily! <i>*Comida Gratis Cada Dia</i></p>	<ul style="list-style-type: none"> <li>• <a href="#">Free / Reduced Lunch</a> - Provo School District</li> <li>• <a href="#">Food &amp; Care Coalition</a> - Free meals @299 E 900S</li> <li>• <a href="#">Community Action</a> - Food pantry / free groceries</li> <li>• <a href="#">Food Not Bombs</a>- Fridges with food in Provo</li> <li>• <a href="#">Tabitha's Way</a>- Food &amp; clothing (Spanish Fork)</li> <li>• <a href="#">Department of Workforce Services</a>- Food Stamps</li> <li>• <a href="#">Free "Food Box" Delivery</a>: Call 801-598-3993</li> <li>• <a href="#">Bishop's Storehouse Food</a> - Call 801-785-0995</li> <li>• Provo School District Pantry / Weekend Food Bags</li> </ul>




If you have any questions, please contact your school and ask for your School Social Worker.

*\*Si Ud. tiene alguna pregunta, por favor comuníquese con su escuela y pregunte por su trabajador social.*

	<b>Primary Resource</b> <i>Primera Opción</i>	<b>Call 2-1-1 for Community Resources</b> <i>Llama al 2-1-1 para Recursos De Comunidad</i>
 <p><b>Clothing / Ropa</b></p>	<p><b>Contact student's school for clothing assistance</b></p> <p><i>*Contacte al escuela para ayuda de ropa</i></p>	<ul style="list-style-type: none"> <li>• <a href="#">Deseret Industries</a> - Thrift store Tue-Sat 10am-5pm</li> <li>• <a href="#">Tabitha's Way</a> - Clothing &amp; food (Spanish Fork)</li> <li>• Provo School District Clothing Pantry &amp; Kids Cause</li> </ul>
 <p><b>Transportation</b> <i>Transportación</i></p>	<p><b>1-800-RIDE-UTA</b> <b>801-743-3882</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Utah Valley Express Bus</a> - Free from Provo to Orem</li> <li>• <a href="#">Community Action</a> - Bus tokens for job interview</li> <li>• <a href="#">Vocational Rehabilitation</a> - Disability to qualify</li> <li>• <a href="#">Wasatch Mental Health</a> - Rides to medical appointments from your Case Manager at WMH</li> <li>• Provo School District Homeless Resources</li> </ul>
 <p><b>Medical, Dental, Vision</b> <i>Medico/Dental/Vision</i></p>	<p><b>Mountainlands Health</b> <b>590 S. State St. Provo</b> <b>801-429-2000</b></p> <p><i>*Se habla español</i></p>	<ul style="list-style-type: none"> <li>• <a href="#">Volunteer Care Clinic</a> - Free basic medical checks</li> <li>• <a href="#">Mountainlands Health Center</a> - Medical / dental</li> <li>• <a href="#">Dept. of Workforce Services</a>- Medicaid insurance</li> <li>• <a href="#">Dixon Medical Center</a>- Medical / immunizations</li> <li>• <a href="#">UVU Hygiene Clinic</a>- \$15-25 basic dental</li> <li>• Provo School District Kids Cause - Medical / Vision</li> </ul>
 <p><b>Mental Health</b> <i>Salud Mental</i></p>	<p><b>Free Emotional Health Relief Hotline</b> <b>Open Daily 10am-10pm</b> <b>833-442-2211</b></p> <p><i>*Ayuda emocional gratis</i></p>	<ul style="list-style-type: none"> <li>• <a href="#">BYU Comprehensive Clinic</a> - \$15 virtual counseling</li> <li>• <a href="#">Wasatch Behavioral Health</a> - Medicaid / uninsured</li> <li>• <a href="#">Mountainlands Health Center</a>- For uninsured</li> <li>• <a href="#">Family Support Treatment Center</a> - For uninsured</li> <li>• <a href="#">Virtual Divorce Education Class</a> - for children</li> <li>• <a href="#">Hope4Utah</a>- Family mental health resources</li> <li>• Provo School District Counselors &amp; Social Workers</li> </ul>
 <p><b>Internet / Móvil</b></p>	<p><b>Contact student's school for technology support / student chromebook</b></p> <p><i>*Contacte al escuela para ayuda de computadora</i></p> <p><b>Many cell phone providers waive late fees / won't terminate service if unable to pay</b></p> <p><i>*Servicios de móvil gratis</i></p>	<ul style="list-style-type: none"> <li>• <a href="#">SafeLink</a> - Free cell phone</li> <li>• <a href="#">Google Fiber</a> - Free internet</li> <li>• <a href="#">Xfinity Wifi</a>- Free internet hotspots</li> <li>• <a href="#">Comcast</a> - Free internet 60 days then \$10 / month</li> <li>• <a href="#">Provo City Library</a> - Borrow computer / tech help</li> <li>• <a href="#">Upstart</a> - Borrow computer for preschooler program</li> <li>• Provo School District - Student chromebooks</li> </ul>

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 <p><b>CORONAVIRUS</b></p> <p><i>*Se habla español</i></p>	<p><b>COVID-19 Testing</b> 844-442-5224</p> <p><b>Utah COVID-19 Info</b> 1-800-456-7707</p> <p>*Translation provided &amp; languages online <a href="#">here</a></p>	<ul style="list-style-type: none"> <li>● <a href="#">COVID-19 Testing</a> - Call 844-442-5224 for testing</li> <li>● <a href="#">Utah COVID-19 Info</a> - Call 800-456-7707 for info</li> <li>● <a href="#">Healthy Together Utah App</a> - Updated info</li> <li>● <a href="#">Re-opening Schools Safely</a> - by State Health Dept</li> <li>● <a href="#">Free "Food Box" Delivery</a>: Call 801-598-3993</li> <li>● <a href="#">Community Action</a> Rent, Food, Utilities Assistance</li> <li>● <a href="#">Free Emotional Health Relief</a> - Call 833-442-2211</li> <li>● <a href="#">Utah COVID-19 School Manual</a> - Spanish here</li> <li>● <a href="#">Provo School District COVID-19 Procedures</a></li> </ul>
 <p><b>Domestic Violence + Abuse</b></p> <p><b>Feel Unsafe?</b></p> <p><i>Si haya un crisis</i></p>	<p><b>Call 9-1-1 if emergency or crime is in progress</b></p> <p><i>*Llama al numero 9-1-1, si haya una emergencia</i></p>	<ul style="list-style-type: none"> <li>● <a href="#">Safe UT Tips</a> - Anonymously report to school admin</li> <li>● <a href="#">SafeUT</a> - App to text / Chat online with crisis worker</li> <li>● <a href="#">Suicide Prevention Hotline</a> - Call 800-273-8255</li> <li>● <a href="#">Crisis Text Line</a> - Text "start" to 741741</li> <li>● <a href="#">Report Abuse / Neglect</a> - Call 855-323-3237</li> <li>● <a href="#">Domestic Violence Shelter</a> - Call 801-377-5500</li> <li>● <a href="#">Crisis Nursery</a> - Call 801-229-1181</li> <li>● <a href="#">Free Emotional Health Relief</a> - Call 833-442-2211</li> <li>● <a href="#">Hope Squad</a> student leaders &amp; Kindness Club</li> </ul>
 <p><b>Other Needs</b></p> <p><i>Otros recursos que mi familia necesita</i></p>	<p><b>Call 2-1-1 for help</b></p> <p><i>*Se habla español, llama al numero 2-1-1</i></p>	<ul style="list-style-type: none"> <li>● <a href="#">United Way</a>- Call 2-1-1 for all community resources</li> <li>● <a href="#">Provo School District Equity &amp; Diversity Resources</a> <ul style="list-style-type: none"> <li>○ Parent Advisory Committees: <ul style="list-style-type: none"> <li>■ Native American</li> <li>■ Pacific Islander</li> <li>■ Latino</li> <li>■ Asian</li> <li>■ Parents of Black Children</li> <li>■ LGBTQ+</li> </ul> </li> </ul> </li> <li>● <a href="#">Provo School District Parent Academy</a></li> <li>● If you have any questions, please contact your school and ask for your School Social Worker.</li> </ul> <p><i>*Si Ud. tiene alguna pregunta, por favor comuníquese con su escuela y pregunte por su trabajador social.</i></p>

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