
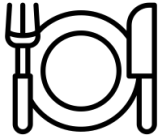

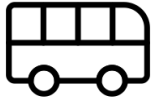








# Maternal resource guide

for all moms, created to bring access to all

## Connect to the help you need

An online guide that features over 900 free or low cost resources across Utah including:

<b>Housing</b>		<b>Food, formula &amp; diapers</b>	
<b>Accessible healthcare</b>		<b>Transportation</b>	
<b>Mental health &amp; substance use</b>		<b>Legal assistance &amp; integration support</b>	
<b>Intimate partner violence</b>		<b>Employment &amp; financial assistance</b>	
<b>Midwife &amp; doula services</b>		<b>Childcare &amp; parenting resources</b>	

## To get started, scan a QR code...

### Quick resource

#### Utah 211: Dial 2-1-1

Need help over the phone? Utah 211 connects people to a variety of services such as housing, food, healthcare, and utilities. Hablamos Español.

[211utah.org](https://211utah.org)

English:



Español:



or visit [mihp.utah.gov/hispanic-maternal-resource-guide-utah](https://mihp.utah.gov/hispanic-maternal-resource-guide-utah)