



# Resource Guide

## Housing Resources

1. Affordable Workforce/Housing Summit County Utah
  - a. Resource directory for housing needs in Summit county
  - b. <https://www.summitcounty.org/912/AffordableWorkforce-Housing>
2. Mountainlands Housing Resource Center
  - a. Assistance in affordable housing, community resources, homeownership programs, etc
  - b. <https://housinghelp.org/housing-resource-center/>
3. Summit County Resource Directory
  - a. Resource directory for assistance on legal matters and health resource
  - b. <https://www.summitcounty.org/596/Resources>
4. Park City Community Resources
  - a. Directory for community and health resources for Park City
  - b. <https://www.parkcity.org/government/covid-19/resources>

## Food Resources

1. CCPC
  - a. Local thrift store and food pantry if you're shopping on a budget
  - b. <https://ccofpc.org/heber-campus/>
2. Wasatch Food Pantries
  - a. Local pantry for individuals shopping on a budget or who are dealing with food insecurity
  - b. <https://www.foodpantries.org/co/ut-wasatch>
3. Heber Community Assistance Programs
  - a. This is a directory for resources relating to food insecurity
  - b. <https://www.heberut.gov/265/Community-Assistance-Programs>

# Education Resources

1. Wasatch Education Foundation Scholarship
  - a. Scholarship provided by the Wasatch Education Foundation
  - b. <https://wasatched.org/scholarship-program>
2. Wasatch Scholarship Program
  - a. Resource directory for support in academic subjects, math, science, english, etc.
  - b. <https://wasatch.edu/student-resources/>

# Gender Affirming Care

## Primary Care Providers

1. **Marie Shelton** specializes in Family Medicine at Intermountain Healthcare in Orem. She helps people transition.
2. **Jared Price** is a Family Nurse Practitioner and practices in American Fork, Lehi, Lindon, Vineyard, and Eagle Mountain.
3. **Monica Madhavpeddi** is a primary care and addiction medicine PA who serves the LGBTQ+ population. She practices in Salt Lake City.
4. **Sarah Eyeburg** specializes in primary care and gender affirming care to LGBTQ+ adults and adolescents. She practices in Salt Lake City at the University of Utah Hospital.
5. **Nicole Mihalopoulos** sees adolescents and young adults (aged 8-25) and specializes in transgender healthcare. She practices at Eccles Primary Children's Outpatient Services Building at the University of Utah Health in Salt Lake City.
6. The OutList is an online resource through which you can locate an LGBTQ+ affirming healthcare provider by name, location, specialty, and/or keyword:  
<https://www.outcarehealth.org/outlist/>

## Planned Parenthood

1. Intermountain healthcare  
<https://intermountainhealthcare.org/services/services-listing-page/?query=LGBTQ>
2. University of Utah health <https://healthcare.utah.edu/fad/>
  - a. There are many doctors specialized in lgbtq+ topics.  
<https://healthcare.utah.edu/transgender-health/> (for transgender information)

## Mental Healthcare

1. Search for LGBTQ+ specialized psychiatrists on Psychology Today
  - a. <https://www.psychologytoday.com/us/psychiatrists/ut/utah-county?category=gay>
2. Directory of LGBTQ+ Affirmative Therapists in Utah
  - a. This website is a Directory for anyone to find a therapist that fits their specific needs. Whether you're looking for a therapist who has a history of working with neurodivergent patients, or a therapist who is queer affirming, you can customize what you're looking for through this resource.
  - b. <https://lgbtqtherapists.com/directory.html>

