

Ready4K

# Basic Needs & Mental Health Resources



# Having all the basics you need can help make parenting a whole lot easier.



To find out more about government programs that can help you with insurance, food, or general financial assistance, visit: <https://fmly.info/USABenefits>

## Dial 2-1-1 to access a free and confidential hotline

that can connect you with local resources for food, employment, crisis support, health, and housing assistance. Support available in English and Spanish.



## SNAP is a supplemental nutrition assistance program

that can help you access healthy and delicious foods. To learn more about SNAP and find the SNAP office in your state, visit: <https://fmly.info/SNAPinfo>

**Feeding America**  
can help you locate food banks in your area.  
Visit: <https://fmly.info/FeedingAmerica>



**WIC is a nutrition program for women, infants and children.**

Lots of people qualify, you might too.  
Click here to find your state's WIC phone number: <https://fmly.info/WICinfo>

**Medicaid and CHIP are two federal and state programs**

that provide health insurance for people with low incomes. For more information and to find out if you qualify in your state, visit: <https://fmly.info/Medicaid>



**HUD Exchange can connect you with the person in your community who can provide support in times of housing insecurity or housing loss, visit: <https://fmly.info/HUDexchange>**

**LIHEAP is a resource that can help you pay for heating and electricity.**

To find out about services in your community, visit:

<https://fmly.info/LIHEAP>



**Temporary financial assistance**

is available to those who qualify.

Find your local TANF help here:

<https://fmly.info/TANF>

**ChildCare Aware**

has free tools and resources to help find the best child care match for your family.

<https://fmly.info/ChildCareAware>



Challenging times can be extra hard when you're a parent. If powerful feelings and stress are making it hard to get through the day, reach out. Here's some organizations who are ready to support you.



**The National Alliance for Mental Health**

offers a helpline M–Fr, 10am–8 pm EST. Call 1-800-950-NAMI (6264) to reach a HelpLine volunteer who can answer questions, provide support, and give guidance on practical next steps. Support available in English and Spanish.

To access a nationwide **24/7 Crisis Text Line**, text “HELLO” to 741741 and to be connected directly with a crisis counselor. Support is available in English.





## Suicide Prevention Life Line

provides support in English 1-800-273-8255 and in Spanish 1-888-628-9454. For additional support lines or to get help via chat, visit [Suicide Prevention Life Line](#).

If you or someone you know has experienced domestic violence, you're not alone. Call 1-800-799-7233 to get confidential support in English or Spanish from the [National Domestic Violence Hotline](#).

The logo for the National Domestic Violence Hotline, consisting of the words "NATIONAL DOMESTIC VIOLENCE HOTLINE" in bold black capital letters, enclosed in a purple square frame with a small gap at the bottom right.

**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**



## SAMHSA's [Disaster Distress Helpline](#)

provides 24/7, 365-day-a-year crisis counseling and support in English and Spanish to people experiencing emotional distress related to natural or human-caused disasters. To connect with a trained crisis counselor, call or text 1-800-985-5990

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**SAMHSA's National Helpline**  
offers free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish for individuals and families facing mental and/or substance-use disorders.  
Call 1-800-662-HELP (4357)



**The ChildHelp Child Abuse Hotline**  
is a 24-hour-a-day confidential hotline with resources offered in English and Spanish to help with all forms of child abuse. Call 1-800-4-A-CHILD (1-800-422-4453)

**The National Parent Helpline**  
offers emotional support in English and Spanish from a trained Advocate Monday-Friday 10 am-7 pm PST.  
Call 1-855-4A PARENT (1-855-427-2736)

