

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](https://www.suicidepreventionlifeline.org).

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](https://www.ndvh.org).

**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

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)

