

# help me **C O N N E C T**

**What's included in Help Me Connect? Search for the following local programs available in a family's community (search by address or key words). New resources are being added frequently. Share suggestions and feedback: [helpmeconnect@state.mn.us](mailto:helpmeconnect@state.mn.us). \* See the Bridge to Benefit screening tool to help families know if they are eligible for these specific services and to receive application assistance: [Home \(bridgetobenefits.org\)](http://Home(bridgetobenefits.org))**

## **Healthy Development and Screening**

- Early Childhood Family Education
- Early Childhood Screening
- Family Home Visiting
- Follow Along Program
- Early Head Start/Head Start
- Health Care Providers/Clinics
  - Child & Teen Checkups
  - COVID-19 vaccine information (link)
- Help Me Grow
- Need Help Finding Health Insurance (link)

## **Developmental and Behavior Concerns**

- Health Care Providers/Clinics
- Early Intensive Developmental & Behavioral Intervention
- Early Intervention/Early Childhood Special Education (ECSE)
  - Help Me Grow referral (link)
  - ECSE programs (Birth-2, 3-5)
- Early Childhood Mental Health Providers
- Children's Therapeutic Services and Supports
- MN Association for Children's Mental Health
- Parenting Support Groups

## **Disability Services and Resources**

- Disability Hub MN
- Waiver Programs
- County Programs for People with Disabilities
- Early Intensive Developmental and Behavioral Intervention (EIDBI) Medical Benefits
- MN Autism Portal
- Hearing Loss
- Medical Equipment and Supplies

- MinnesotaHelp.info
- Parent Advocacy (Family Voices of MN, PACER, ARC)
- Parent Support and Organizations
- Vision Loss

## **Early Learning and Child Care**

- Find Child Care, Preschool and Other Early Learning Programs
  - Parent Aware/Online Child Care Search
  - Public School Early Childhood Education and Care Programs
- Paying for Child Care, Preschool and Other Early Learning Programs
  - Child Care Assistance Program\*
  - Early Learning Scholarships
- Early Head Start & Head Start
- Kindergarten
- Public Libraries (link)

## **Family Well-Being and Mental Health**

- Family Service Collaboratives
- Parenting Support Programs
- Parent Support Outreach Program
- 988 Suicide & Crisis Lifeline
- Mental Health Crisis Lines
- Crisis Nurseries
- Domestic Violence
- Early Childhood Mental Health Providers
- Children's Therapeutic Services and Supports
- Fast Tracker: Mental Health & Substance Abuse
- Mental Health Collaboratives
- MN Association for Children's Mental Health
- Psychiatric Assistance Line – PAL
- Quit Partner

- Reproductive and Sexual Health

### American Indian Families

- Indian Health Services (IHS) and Tribal Clinics
- Schools and Programs
- Early Head Start/Head Start
- Early Childhood Mental Health Services
- American Indian Caregiver Supports
  - Family Home Visiting
  - PACER American Indian Parent Network
- Child & Teen Checkups
- Health and Human Services
- Minnesota Tribal Resources for Early Childhood Care (MNTRECC)

### Caregiving and Community Support

- Adoption
- Fathers
- Foster Parents
- Grandparents/Kinship Caregivers
- Homeless Children and Families
  - Shelters and Transitional Housing
- Immigrants and Refugees
  - Refugee Screening Clinics
  - Community Health Clinics/Federally Qualified Health Centers
  - Rural Health Centers
  - Immigrant Law Resources
- Pregnancy Support
- Teen Parent Assistance
- Trafficked or Sexually Exploited Youth

### Dental and Health Care

- Dental Clinics
- Dental Care Expense Assistance
- Health Care Providers/Clinics
- Child & Teen Checkups
- Community Health Clinics/Federally Qualified Health Centers
- Early Childhood Mental Health Agencies
- Refugee Screening Clinics
- Rural Health Centers
- Health Insurance

### Basic Needs

- Financial Assistance\*
  - Bridge to Benefits
  - MN Benefits
  - County contacts
- Community Action Agencies
- Energy Assistance\*
- Weatherization Assistance
- MN Food HelpLine
- County Programs for Food Support\*
- Free Meals for Kids - Hunger Impact Partners: Mobile App
- Food Shelves and Food Distribution
- WIC\*
- Health Insurance
- Housing Benefits 101
- Affordable Housing Options
- Family Homeless and Prevention Assistance
- Help to Find Housing
- Homeless Services: Coordinated Entry Access
- Housing Stabilization Services
- Rental Housing Assistance
- Shelters
- Transitional Housing
- Job Training
- Career Development and Counseling
- Transportation Services
- Local Bus Service
- Greater MN Transit Options
- MN Transit
- Medical Transportation

### Legal Services

- Child Support Services
- Home Line
- Immigrant Law Resources
- Legal Aid
- Legal Information and Referrals
- Minnesota Disability Law Center

### COVID-19 Resources

Specific COVID-19 resources and helpful links.

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