



What's included in Help Me Connect? Search for the following local programs available in a family's community (search by address and/or key words). New resources are added frequently; share suggestions: helpmeconnect@state.mn.us. Visit the [Bridge to Benefit screening tool](#) to help families know if they are eligible for these specific services and to receive application assistance ^(B2B).

Pregnant and Expectant Families

- Breastfeeding and Lactation Support
- Car Seats and Diapers
- WIC ^(B2B)
- Health Insurance ^(B2B) for Pregnant Individuals *(link)*
- Child Care *search and financial support* ^(B2B)
- Birthing Centers and Hospitals
- Doula and Birth Workers
- Genetic Counseling *(link)*
- Medical Transportation
- Mental Health Resources *(links)*
- Substance Use and Recovery
- Quit Partner Pregnancy Program *(link)*
- Reproductive and Sexual Health
- Family Home Visiting
- Parent Support Outreach Program
- Tribal and Local Public Health Agencies

- Children's Therapeutic Services and Supports
- Parenting Support Groups

Disability Services and Resources

- Disability Hub MN *(link)*
- Waiver Programs and County Programs for People with Disabilities
- Early Intensive Developmental and Behavioral Intervention (EIDBI) Medical Benefits
- MN Autism Portal *(link)*
- Hearing and Vision Loss
- Medical Equipment and Supplies
- MinnesotaHelp.info *(link)*
- Parent Advocacy (Family Voices of MN, PACER, ARC)
- Parent Support and Organizations

Healthy Development and Screening

- Family Home Visiting
- Follow Along Program
- Early Head Start/Head Start
- Early Childhood Screening
- Health Care Providers/Clinics
 - Child & Teen Checkups
- Early Childhood Family Education
- Help Me Grow *(link)*

Early Learning and Child Care

- Find Child Care, Preschool and Other Early Learning Programs
 - Parent Aware/Online Child Care Search *(link)*
 - Public School Early Childhood Education and Care Programs
- Paying for Child Care, Preschool and Other Early Learning Programs
 - Child Care Assistance Program ^(B2B)
 - Early Learning Scholarships
 - Postsecondary Child Care Program
- Early Head Start & Head Start
- Kindergarten
- Public Libraries *(link)*

Developmental and Behavior Concerns

- Health Care Providers/Clinics
- Early Intensive Developmental & Behavioral Intervention (EIDBI)
- Early Intervention/Early Childhood Special Education
 - Help Me Grow referral *(link)*
 - ECSE programs (Birth-2, 3-5 years)
- Early Childhood Mental Health Providers

Family Well-Being and Mental Health

- Family Service Collaboratives
- Parenting Support Programs
- Parent Support Outreach Program
- 988 Suicide & Crisis Lifeline *(link)*
- 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 Assn for Children's Mental Health *(link)*
- Psychiatric Assistance Line – PAL *(link)*
- Quit Partner

- Medical Transportation
- Refugee Health Assessment
- Reproductive and Sexual Health Services
- Rural Health Centers
- Health Insurance *(link)*

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
- Tribal Health and Human Services
- MN 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 Health Assessment
 - Community Health Clinics/Federally Qualified Health Centers
 - Rural Health Centers
 - Immigrant Law Resources
- 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 *(link)*
- Community Health Clinics/Federally Qualified Health Centers
- Early Childhood Mental Health Agencies

Basic Needs

- Financial Assistance ^(B2B)
 - Bridge to Benefits *(link)*
 - MN Benefits *(link)*
 - County Human Services Agencies
- Community Action Agencies
- Energy Assistance ^(B2B)
- Weatherization Assistance
- MN Food HelpLine *(link)*
- County Programs for Food Support ^(B2B)
- Free Meals for Kids - Hunger Impact Partners *(link)*
- Food Shelves and Food Distribution
- WIC ^(B2B)
- Health Insurance *(link)* ^(B2B)
- Housing Benefits 101 *(link)*
- Affordable Housing Options
- Family Homeless and Prevention Assistance
- Homeless Services: Coordinated Entry Access *(link)*
- Housing Stabilization Services
- Rental Housing Assistance *(link)*
- Shelters
- Transitional Housing
- Job Training
- Career Development and Counseling
- Transportation Services
- Local Bus Service
- Greater MN Transit Options *(link)*
- MN Transit *(link)*
- Medical Transportation

Legal Services

- Child Support Services
- Safe Exchange/Supervised Visitation
- Home Line
- Immigrant Law Resources
- Legal Aid
- Legal Information and Referrals
- Minnesota Disability Law Center