

## NDQUITS

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There is more than one way to quit tobacco. NDQuits offers several free options so you can find the way that works best for you. All NDQuits services include free counseling, advice, support and free nicotine replacement products for those who qualify.

For more information go to: <https://ndquits.health.nd.gov> or call 800-QUIT-NOW (800-784-8669).

If you are pregnant and currently using tobacco or recently quit, you may be eligible for the Maternal Tobacco Program. For more information go to: <https://ndquits.health.nd.gov/discover-other-resources/maternal-tobacco-program>

## FAMILY PLANNING

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The Family Planning Program provides services such as pregnancy testing, preconception counseling and contraceptive services, sexually transmitted disease testing and treatment and breast and cervical cancer screening. Clients are charged for services according to their household income and family size.

For more information go to: [www.ndhealth.gov/familyplanning](http://www.ndhealth.gov/familyplanning) or call 800-472-2286.

## CRIBS FOR KIDS®

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Cribs for Kids® is a safe-sleep education program for low-income families to help reduce the risk of injury and death of infants due to unsafe sleep environments. Screening is completed by local partners and eligibility varies by site. Crib kits for eligible pregnant and newly delivered mothers feature a Graco Pack n' Play, crib sheet, pacifier and a swaddle sack.

For a list of local programs go to: [www.health.nd.gov/cribs-kids](http://www.health.nd.gov/cribs-kids) or call 800-472-2286.

## DOMESTIC VIOLENCE AND ABUSE

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Domestic violence is an ongoing pattern of behaviors and abuse tactics used by an intimate partner or ex-partner to gain control over a person's life. Anyone can be a victim.

For more information go to: [www.ndcaws.org](http://www.ndcaws.org) or call 800-799-7233 (National Domestic Violence Hotline).

## HEAD START AND EARLY HEAD START

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Head Start and Early Head Start are free, comprehensive early childhood programs for income-eligible children ages 0-5, expectant mothers and their families. The goal of both programs is to promote school readiness in young children by integrating social and intellectual development through education, health, family, nutrition and other services.

For more information go to: [www.nd.gov/dpi/education-programs/early-childhood-education/head-start](http://www.nd.gov/dpi/education-programs/early-childhood-education/head-start) or ask your WIC staff about your local program.

## COMMUNITY ACTION

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Seven Community Action agencies in North Dakota provide programs and services that empower low-income individuals and families to become self-sufficient. Programs and services vary by region and may include food pantries, financial services, weatherization program, etc.

For more information go to: [www.capnd.org](http://www.capnd.org) or ask your WIC staff about your local Community Action agency.

## HUMAN SERVICE CENTERS

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The North Dakota Department of Human Services operates eight regional human service centers. Each serves a designated multi-county area, providing counseling and mental health services, substance abuse treatment, disability services and other human services.

For more information go to: [www.nd.gov/dhs/locations/regionalhsc](http://www.nd.gov/dhs/locations/regionalhsc) or call 800-472-2622.

## FIRSTLINK

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FirstLink is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help, and crisis intervention. For more information to go to: [www.myfirstlink.org](http://www.myfirstlink.org), call 211 or text your zip code to 898-211 from anywhere in the state for confidential help and support.

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**800-472-2286 • [www.health.nd.gov/wic](http://www.health.nd.gov/wic)**



**AUGUST 2021**

## **TANF (TEMPORARY ASSISTANCE FOR NEEDY FAMILIES)**

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Temporary Assistance for Needy Families (TANF) is a monthly cash assistance program for families and children younger than 18 or pregnant women with low incomes. This program provides temporary cash assistance and has work requirements.

For more information go to: [www.nd.gov/dhs/services/financialhelp/tanfjobs.html](http://www.nd.gov/dhs/services/financialhelp/tanfjobs.html) or call 800-755-2716.

## **SNAP (FOOD STAMPS)**

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SNAP provides food assistance to families within certain income limits. The program helps you stretch your family's food dollars. You use an ND EBT card to buy food at your local grocery store.

For more information go to: [www.nd.gov/dhs/services/financialhelp/foodstamps.html](http://www.nd.gov/dhs/services/financialhelp/foodstamps.html) or call 800-755-2716.

## **IMMUNIZATIONS**

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Immunizations help protect your child from serious and sometimes deadly diseases. Make sure your child gets the right immunizations when he or she needs them. Immunizations are available through your health care provider, local public health department, pharmacies, etc.

For more information go to: [www.health.nd.gov/immunize](http://www.health.nd.gov/immunize) or call 800-472-2180.

## **SPECIAL HEALTH SERVICES**

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Special Health Services provides assistance to children with certain special health care needs and promotes family-centered, community-based, coordinated services and systems of health care.

For more information go to: [www.health.nd.gov/special-health-services](http://www.health.nd.gov/special-health-services) or call 800-755-2714.

## **MEDICAID (MEDICAL ASSISTANCE)**

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Medicaid helps pay for some medical services, depending on the family's income and resources. You must use a doctor, clinic, hospital, public health unit or pharmacy that accepts Medicaid payments. Just like insurance, Medicaid pays the clinic or hospital directly. Medicaid can be used to supplement current insurance. People younger than 21 who qualify for Medicaid may be eligible to get a free health and developmental check-up from Health Tracks.

For more information go to: [www.nd.gov/dhs/services/medicalserv/medicaid](http://www.nd.gov/dhs/services/medicalserv/medicaid) or call 800-755-2604.

## **HEALTHY STEPS**

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Healthy Steps (Children's Health Insurance Program) is an insurance program for uninsured children from low income families who are not eligible for Medical Assistance.

For more information go to: [www.nd.gov/dhs/services/medicalserv/chip](http://www.nd.gov/dhs/services/medicalserv/chip) or call 877-543-7669.

## **OTHER HEALTH CARE OPTIONS**

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Affordable health care is important for you and your family. Go to [www.HealthCare.gov](http://www.HealthCare.gov) to apply for coverage through the Health Insurance Marketplace or call 800-318-2596. You may qualify for coverage through a health plan, Medicaid, or Healthy Steps.

## **ENERGY ASSISTANCE PROGRAM**

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The Low Income Home Energy Assistance Program provides home energy assistance to eligible low-income households.

For more information go to: [www.nd.gov/dhs/services/financialhelp/energyassistfaq.html](http://www.nd.gov/dhs/services/financialhelp/energyassistfaq.html) or call 800-755-2716.

## **LOCAL FOOD PANTRIES**

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Access to enough food every day is necessary to keep people healthy. For more information on food pantries in your community go to: [www.greatplainsfoodbank.org](http://www.greatplainsfoodbank.org)

## **HOUSING ASSISTANCE**

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The North Dakota Housing Finance Agency administers two rental assistance programs. Each program helps to provide affordable housing for families who are low income or have a family member with a disability.

For more information go to: [www.ndhfa.org](http://www.ndhfa.org) or call 800-292-8621.

## **CHILD SUPPORT DIVISION**

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The Child Support Division helps obtain payments from an absent parent who is not paying for the support of a child. Services include establishing legal parenthood, locating absent parents, getting support orders from the court and collecting child support payments.

For more information go to: [www.nd.gov/dhs/services/childsupport](http://www.nd.gov/dhs/services/childsupport) or call 800-231-4255.

## **RIGHT TRACK PROGRAM**

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The Right Track Program is a free program for all North Dakota children birth to three years of age. Right Track consultants provide developmental screenings, ideas on stimulating your child's development and referrals to other programs.

For more information go to: [www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html](http://www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html) or call 800-755-8529.

## **CHILD CARE ASSISTANCE**

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The Child Care Assistance Program helps eligible low-income families pay for child care expenses.

For more information go to: [www.nd.gov/dhs/services/financialhelp/childcare.html](http://www.nd.gov/dhs/services/financialhelp/childcare.html) or call 800-755-2716.

## **CAR SEATS**

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If you are looking for information about car seats and other child passenger safety issues, contact the North Dakota Child Passenger Safety Program at [www.ndhealth.gov/injuryprevention/childpassenger](http://www.ndhealth.gov/injuryprevention/childpassenger) or call 800-472-2286.