

Resources

Community Resources

If you need help finding a place to live, getting food or buying school clothes for your children, you can call 2-1-1 or 1-877-211-8661. Or, you can visit <https://211arizona.org/maricopa/>.

Arizona Agencies

- [Arizona at Your Service](#)- Search for Arizona agencies, services and more.

Healthcare

- [Arizona Health Care Cost Containment System \(AHCCCS\)](#)- Arizona's Medicaid agency that offers health care programs to Arizona residents who meet certain income and other requirements.
- [Area Agencies on Aging](#) - The seven Area Agencies on Aging in Arizona offer a variety of programs and services that enhance the quality of life for the residents in their regions. They advocate, plan, coordinate, develop and deliver services for seniors, individuals with disabilities, and their families and caregivers.
- [Arizona Early Intervention Program \(AzEIP\)](#)- A statewide system of services and supports for families of infants and toddlers, birth to three years of age, with disabilities or delays.
- [AZLINKS.gov](#)- Get assistance and information on aging and disability and get connected to community agencies that can help.
- [Health-e-Arizona PLUS](#)- A new system to apply for AHCCCS Health Insurance, KidsCare, Nutrition Assistance and Cash Assistance benefits and to connect to the Federal Insurance Marketplace.
- [Women, Infants & Children \(WIC\)](#)- Families now have the option to attend some of their WIC appointments from the comfort of their homes. During a WIC@Home appointment, you'll join other parents or caregivers using a video-chat website to share tips on nutrition or breastfeeding. All you need is a smartphone, tablet or computer with a webcam to participate.

Employment

- [Department of Economic Security](#)

Education

- [Head Start Programs](#) - Arizona Head Start Programs provide high quality early childhood education, nutrition, health, mental health, disabilities, and social services with a strong parent involvement focus.
 - **Who is Eligible?**
 - Children who are 3 to 5 years old are eligible for Head Start services. Pregnant women and children from birth to 3 years of age are eligible for Early Head Start services. Children and families who are homeless, in foster care, or receive TANF or SSI are also eligible for services. Eligibility is determined by Head Start program staff and some families may be eligible for services if they are determined to be at or below the federal poverty level. Some grantees enroll a percentage of children from families with incomes above the Poverty Guidelines as well.
 - **How Do I Apply for Head Start and Early Head Start?**
 - Contact the Head Start or Early Head Start program serving your community. They will explain the paperwork you should bring to apply. Your local program will provide the required forms and answer your questions. Use the [Head Start Locator](#) to find a Head Start or Early Head Start program near you. Call the Head Start Knowledge and Information Management Services toll free at 1-866-763-6481 to find a Head Start or Early Head Start program in your area.

Behavioral Health Assistance

- [Arizona Center for Disability Law - Mental Health](#)- Advocates for the legal rights of persons with disabilities to be free from abuse, neglect and discrimination and to gain access to services, maximizing independence and achieving equality.
- [Arizona Behavioral Health Corporation](#)- Provides quality, affordable housing and supportive services for persons with behavioral health needs and others with similar housing challenges in Arizona.
- [Arizona Suicide Prevention Coalition](#)- A coalition providing awareness, intervention and action around conditions that result in suicidal acts in Arizona.
- [C.H.E.E.R.S. \(Center 4 Health, Enlightenment, Enrichment, Empowerment Renewal Services\)](#)
- [Information and Resources, Marc Community Resources](#)(No charge)
- [Mental Health Association of Arizona](#)
- [Mentally Ill Kids in Distress \(MIKID\)](#)
- [NAMI Arizona \(National Alliance on Mental Illness\)](#)
- [Depression and Bipolar Support Alliance](#)

Caregiving

- [Arizona DES Family Caregiver Support](#)
- [Mental Health Resources for Caregivers](#)
- [Government Caregiver Resources](#)
- [AARP Caregiving](#)

Child Mental Health/ Welfare

- [Depression and Bipolar Support Alliance](#)
- [ChildWelfare.gov](#) - Information on a variety of parenting questions.

Disease Management

- [Alzheimer's Association](#) - Committed to advocating for the needs and rights of those facing Alzheimer's disease and advancing critical research toward methods of treatment, prevention and, ultimately, a cure.
- [Tobacco & Chronic Disease](#) - Learn about tobacco and chronic diseases such as heart disease, stroke, lung disease, cancer, diabetes and asthma.
<https://azdhs.gov/prevention/tobacco-chronic-disease/index.php>

Internet Assistance

- [Affordable Connectivity Program](#) - a federal program that helps low-income households offset the monthly cost of a new or existing internet service and devices like a laptop or tablet.

Physical Health Assistance

- [Arizona Autism Coalition](#)-Improving the lives of individuals with Autism Spectrum Disorder and their families in Arizona by sharing resources and affecting autism systems reform through state-wide collaboration and advocacy.
- [Advocates for Individuals with Disabilities Foundation \(AID\)](#)- A non-profit created to advance the time in which the U.S. would become more accessible to everyone.

Support Groups and Information

Crisis

- [Community Information and Referral](#)

Family

- [FIC - Family Involvement Center](#)
- [Raising Special Kids](#)

Peer

- [Hope Lives - Vive La Esperanza](#)
- [Peer Support Groups](#)(No charge)
- [REN - Recovery Empowerment Network](#)
- [STAR - Stand Together And Recover](#)

Refugee

- [Refugee & Asylee Mentorship Program \(RAMP\)](#)

Tobacco Cessation

Many people have quit using tobacco through the programs offered by the Arizona Smokers Helpline (ASHLine) and tobacco cessation medication. You can double your chances of quitting successfully if you get coaching and tobacco cessation medication. ASHLine can also help you cut back on your use of tobacco. It also provides information to help protect you and your loved ones from second hand smoke. You can also talk to your PCP. There are several no cost resources available, including Quit Coaching.

- **ASHLine**
1-800-QUIT-NOW (1-800-784-8669)

1-855-DEJELO-YA (1-855-335-3569)
ashline.org
- **Tobacco Free Arizona**
azdhs.gov/tobaccofreeaz/
- **Tobacco & Chronic Disease** - Learn about tobacco and chronic diseases such as heart disease, stroke, lung disease, cancer, diabetes and asthma.
<https://azdhs.gov/prevention/tobacco-chronic-disease/index.php>

Home Visit Resources

- Strong Families AZ is a network of free home visiting programs that helps families raise healthy children ready to succeed in school and life. The programs focus on pregnant woman and families with children birth to age 5.
 - [Arizona Health Start](#) - For women who are pregnant or have a child under 2 years old
 - If you are pregnant or a mother facing challenges, it's important to know that someone can help you. Arizona Health Start is here to help. Our home visitors can connect you with a variety of community organizations that provide health care, education, parenting resources, and application assistance for other programs. We will get to know you and your family, so we can help you get the resources you need. We understand your culture, because we live in your community. We also understand what you're going through, because we've helped families just like yours.
 - [Early Head Start](#) - For families with children under 5 years old

- Head Start (for children 3-5) and Early Head Start (pregnant women and children 0-3) has a variety of program and service delivery options including Center Base, Home-Base, Combination (Home & Center) or Family Child Care. Each program incorporates an individualized approach to high-quality services for low-income pregnant women and children age birth to five. Families receive support and guidance from Head Start staff to become self-sufficient.
 - **Healthy Families Arizona** - For families with an infant under 3 months old
 - Everyone who is having a baby can feel overwhelmed. It's important to know that it's ok to ask for help, especially if you're experiencing a number of challenges. Healthy Families Arizona is a free program that helps mothers and fathers become the best parents they can be. A Home Visitor will get to know you, and connect you with services based on your specific situation. To initiate services, please directly contact any of the service providers serving the area where you reside.
 - **Nurse-Family Partnership** - For first-time mothers less than 28 weeks pregnant
 - Children don't come with an instructional guide. So it's only normal that new mothers face challenges and doubt. In times like these, someone is here to help you. Nurse-Family Partnership is a community healthcare program that will connect you with a nurse home visitor. Through the visits, you will learn how you can best care for your child.
 - **Parents As Teachers** - For families with a child on the way or under 5 years old
 - Your children have so much potential. As a parent, you have a unique opportunity to be their first teacher. That's because most brain development occurs in the first few years of life, and you can make a difference. Parents As Teachers will show you how. Our Home Visitors will provide you with resources appropriate for your child's stage of development. Through Parents As Teachers, you'll develop a stronger relationship with your child and help prepare them for academic success.
 - **Family Spirit** - For Native American families with children under 3 years old
 - The **Family Spirit Program** is a culturally tailored home-visiting intervention delivered by Native American paraprofessionals as a core strategy to support young Native parents from pregnancy to 3 years post-partum. Parents gain knowledge and skills to achieve optimum development for their preschool age children across the domains of physical, cognitive, social-emotional, language learning, and self-help.
 - **High Risk Perinatal/ Newborn Intensive Care Program** - For families with newborns who have been in intensive care
 - The High Risk Perinatal Program/Newborn Intensive Care Program (HRPP/ NICP) is a comprehensive, statewide system of services dedicated to reducing maternal and infant mortality. The program provides a safety net for Arizona families, to ensure the most appropriate level of care surrounding birth as well as early identification and support for the child's developmental needs.
 - **SafeCare** - For families with a child under 5 years old
 - Let professional and highly trained home visitors support you and your family on your journey to success. Utilizing the nationally recognized SafeCare model, you will receive weekly visits that are divided into core focus areas: parent-child interaction, health and home safety. In each focus area or module, you will build on and strengthen your skills through a variety of interactive sessions.
- **Parents Partners Plus**
 - Partners with trusted, established nonprofit and advocacy organizations to help give your child his or her best possible chance at a happy, healthy future. If you have questions, concerns or needs as far as breastfeeding, fighting postpartum depression, child-rearing or

otherwise transitioning into life as a parent, our representatives can connect you with critical resources.

- [Birth to 5 Helpline](#) - (877) 705-KIDS

Free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers and preschoolers. Call to speak with an early childhood specialist, on duty **Monday through Friday from 8:00 a.m. to 8:00 p.m.** You can also leave a voicemail or submit your question online anytime.

- [Fussy Baby Program](#)

- The Fussy Baby program is a component of the [Birth to Five Helpline](#) and provides support for parents who are concerned about their baby's temperament or behavior during the first year of life. Our clinicians will work with you to find more ways to soothe, care for, and enjoy your baby. We'll also offer ways to reduce stress while supporting you in your important role as a parent.

- [First Things First](#) - (602)771-5100 or (877)803-7234

- Partners with families and communities to help our state's young children be ready for success in kindergarten and beyond.

- [Southwest Human Development](#) - (602)266-5976

- Works with families from pregnancy through the first 5 years of life to become the best parent you can be.

[Maricopa County Lead Safe Phoenix Partnership](#) - Provides the following services to families enrolled in the Lead Safe Phoenix program:

Home Visitation

- Lead blood testing for children under 6 years of age
- Environmental assessment of the home to enhance the health and safety of the children in the home
- Education on the prevention of lead poisoning
- Screening and referral to community resources as needed

Community Education and Outreach

- Education regarding lead hazards and lead poisoning prevention to target populations (pregnant women, households with children under six) within Lead Safe Phoenix eligible zip codes
- Education to home visiting program staff working within the Lead Safe Phoenix target zip codes