



Alaska Resource List for New Parents

Alaska 2-1-1 https://alaska211.org Information about health and human services available in Alaska.	Dial 2-1-1 or 1 800 478-2221
Help Me Grow Alaska https://helpmegrowak.org Family support specialists who help connect families to services and resources for free, including during pregnancy through early adulthood of the child.	1-833-464-2527
Advocacy for Domestic Violence Victims & Directory of Shelters https://law.alaska.gov/department/criminal/shelter-directory.html Statewide and community-based crisis lines and shelter information.	
Best Beginnings/Imagination Library www.bestbeginningsalaska.org Offers free online early learning activities and activity guides within Alaska. The Imagination Library sends children under age 5 free age-appropriate books each month. Sign up on website.	907-297-3300 (Anch)
Breastfeeding https://www.womenshealth.gov/breastfeeding See La Leche League (LLL) of Alaska on Facebook or national LLL breastfeeding information at https://llusa.org/bfinfo/	
Car Seat Safety Checks https://safealaskans.org/services/car-seats/ Free car seat checks. Anchorage-based, with other statewide services.	907-929-3939
Child Care Resources and Referral Services (thread) www.threadalaska.org Offices in Anchorage, Wasilla, Kenai, Fairbanks & Juneau. Offering online childcare search tool, connections to childcare assistance, interpreter services and more.	1 800 278-3723
Clare House www.cssalaska.org/our-programs/clare-house Emergency 24-hour shelter and progressive housing for women with children and expectant mothers (over age 18) in Anchorage.	907-563-4545
Community Health Centers https://alaskapca.org/map/ (statewide) Provides comprehensive primary care services including medical, dental, vision. They accept anyone needing care regardless of insurance coverage and ability to pay.	
Denali KidCare Health Insurance https://health.alaska.gov/dpa/Pages/dkc/ Denali KidCare provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.	1 800 478-7778 907-269-5777 (Anch)
Diaper Pantry www.communitydiaperpantry.org Anchorage and Eagle River	907-302-6332
Domestic Violence Hotline (National) www.thehotline.org Available 24/7	1 800 799-7233 (SAFE)
Early Intervention/Infant Learning Program https://health.alaska.gov/dsds/Pages/infantlearning/family/ Offers screening, evaluation, and resources to families from birth to age 3. Developmental milestones available at https://health.alaska.gov/dsds/Pages/infantlearning/family/zero-to-three/devchecklist/	1-877-HSS-FMLY (1-877-477-3659) 907-269-8442 (Anch)

Note: 24/7 means the service is available 24 hours a day 7 days a week

Source: Alaska PRAMS

Family Law Self-Help Center http://www.courts.alaska.gov/shc/family/selfhelp.htm A free statewide service from the Alaska Court System to help people represent themselves in family law cases.	1 866 279-0851 907-264-0851 (Anch)
Grief Counseling for Infant Loss (National) http://firstcandle.org Grief counselors available 24/7.	1 800 221-7437
Grief Support for Pregnancy or Infant Loss https://thetearsfoundation.org/alaska/ Anchorage support group.	907-315-8258
Immunization Helpline https://health.alaska.gov/dph/Epi/iz/ Information on vaccine-preventable diseases and no-cost vaccines for Children through age 18. Email: Immune@Alaska.gov.	1 888 430-4321 907-269-8088 (Anch)
Infant/Child CPR www.redcross.org/alaska Available 24/7 See Training & Certification schedule for cardiopulmonary resuscitation (CPR) at Alaska Red Cross. Also provides training for babysitters (ages 11+).	1 800 RED-CROSS (1 800 733-2767) 907-646-5401 (Anch)
Military Support: Family Advocacy & New Parent Support <u>JBER</u> (Joint Base Elmendorf-Richardson): 907-580-5858 <u>AIR FORCE</u> (Eielson AFB): 907-377-4041 <u>ARMY</u> (Fort Wainwright): 907-353-7519 or 907-353-2101	
Parent Portal (CDC) www.cdc.gov/parents Information on a wide variety of topics for parents.	1 800 CDC-INFO (1 800 232-4636)
Poison Control (National) https://poisoncenters.org Available 24/7	1 800 222-1222
Postpartum depression/support (National) www.postpartum.net Free live chat sessions for moms and dads; online support groups available. Open support group at Providence Medical Center, Mondays 11am-noon.	1 800 944-4PPD (1 800 944-4773) 907-212-5886 (Anch)
Public Assistance https://health.alaska.gov/dpa/ Information hotline: 907-269-5777	1 800 478-7778 907-269-7880
Safe Sleep Information (CDC) https://www.cdc.gov/sudden-infant-death/sleep-safely/	
STAR (Standing Together Against Rape) Crisis Line www.staralaska.com	1 800 478-8999 907-276-7273 (Anch)
Substance Abuse/Addiction Treatment https://findtreatment.gov/ Comprehensive nationwide (and Alaska) facilities listing for the prevention and treatment of substance and alcohol abuse and mental health services.	1 800 662-HELP (1 800 662-4357)
Suicide/Crisis Intervention/Mental Health www.carelinealaska.com Toll-free phone available 24/7. Need to talk? Text 4help to 839863 (3-11pm Tues-Sat) or visit 988.alaska.gov or dial 988 statewide.	1 800 273-8255 1 877 266-HELP (1 877 266-4357)
Tobacco Quit Line www.alaskaquitline.com Free and confidential counseling and support services by trained quit coaches to help Alaskans quit smoking, vaping, or chewing tobacco.	1 800 QUIT-NOW (1 800 784-8669)
Vital Records https://health.alaska.gov/dph/VitalStats/ Providing certificates of birth, death, marriage, or divorce Anchorage office: 3901 Old Seward Hwy, Suite 101 Juneau office: 5441 Commercial Blvd	907-269-0991 (Anch) 907-465-3391 (Juneau)
WIC https://health.alaska.gov/dpa/Pages/nutri/wic/ Nutrition and breastfeeding information, food supplements, and referral for health and social services to low-income pregnant women and moms with kids under age 5.	Dial 2-1-1 or 1 800 478-2221 907-465-3100 (Juneau)

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