



Alaska PRAMS

Resource List

<p>Alaska 2-1-1 https://alaska211.org Information about health and human services available in Alaska.</p>	<p>Dial 2-1-1 or 1 800 478-2221</p>
<p>Alaska Parent Line www.alaskachildrenstrust.org/parent-resources AK Children’s Trust Resource Line. Talk with a trained parental educator.</p>	<p>Dial 2-1-1 or 907-248-7676 (Anch)</p>
<p>Abused Women’s Aid in Crisis (AWAIC) www.awaic.org Anchorage-based 24-hour crisis line and shelter for victims of domestic violence.</p>	<p>907-272-0100 OK to call collect</p>
<p>Adoption Services Alaska Center for Resource Families www.acrf.org Catholic Social Services www.cssalaska.org</p>	<p>1 800 478-7307 907-222-7300 (Anch)</p>
<p>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.</p>	<p>907-297-3300 (Anch)</p>
<p>Breastfeeding See La Leche League of Alaska Facebook group and Breastfeeding information (National) https://llusa.org/bfinfo/</p>	
<p>Car Seat Safety Checks https://safealaskans.org/services/car-seats/ Schedule a free car seat check. Anchorage-based, with other statewide services.</p>	<p>907-929-3939</p>
<p>Child Care Resources and Referral Services (thread) www.threadalaska.org Anchorage/Southcentral Alaska Juneau/Southeast Alaska Fairbanks/Interior/Northern Alaska</p>	<p>1 800 278-3723 1 888 785-1235 1 866 878-2273</p>
<p>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.</p>	<p>907-563-4545</p>
<p>Denali KidCare Health Insurance dhss.alaska.gov/dhcs/Pages/denalikidcare Denali KidCare provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.</p>	<p>1 800 478-4372 907-269-5777 (Anch)</p>
<p>Domestic Violence Hotline (National) www.thehotline.org Available 24/7.</p>	<p>1 800 799-7233</p>
<p>Early Intervention/Infant Learning Program www.earlyintervention.alaska.gov Offers screening, evaluation, and resources to families with infants and toddlers with special needs (birth to age 3). Developmental milestones available at www.cdc.gov/ncbddd/actearly/milestones</p>	<p>1 877 HSS-FMLY (1 877 477-3659) 907-269-8442 (Anch)</p>
<p>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.</p>	<p>1 866 279-0851 907-264-0851 (Anch)</p>

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 Information on vaccine-preventable diseases and no-cost vaccines for children through age 18.	1 888 430-4321 907-269-8088 (Anch)
Infant/Child CPR www.redcross.org/alaska See Health & Safety Course schedule for cardiopulmonary resuscitation (CPR) at Alaska Red Cross. Also provides training for babysitters (ages 11+).	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): 907-353-7515, 907-353-7317	
Parent Portal (CDC) www.cdc.gov/parents Information on a wide variety of topics for parents.	1 800 CDC-INFO (1 800 232-4636)
Planned Parenthood www.plannedparenthood.org/health-center/AK Provides confidential and affordable reproductive health services to men, women and teens.	1 800 230-PLAN (1 800 230-7526) 907-563-2229 (Anch)
Poison Control (National) www.aapcc.org	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 http://dhss.alaska.gov/dpa Information hotline: 907-269-5777	1 888 804-6330 907-269-7880
Safe Sleep Information (CDC) https://www.cdc.gov/sids/	
STAR (Standing Together Against Rape) Crisis Line www.staralaska.com	1 800 478-8999 907-276-7273 (Anch)
Substance Abuse/Addiction Treatment https://findtreatment.samhsa.gov/ Comprehensive nationwide (and Alaska) facilities listing for the prevention and treatment of substance and alcohol abuse and mental health services.	
Suicide/Crisis Intervention/Mental Health Services www.carelinealaska.com 24/7. Website allows live help online. In Anchorage, call 563-3200. In Fairbanks, call 452-4357.	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 or chewing tobacco.	1 800 QUIT-NOW (1 800 784-8669)
Vital Records http://dhss.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 http://dhss.alaska.gov/dpa/Pages/nutri 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)