

# Alaska Resource List



<b>Alaska 2-1-1</b> <a href="https://alaska211.org">https://alaska211.org</a>	Information about health and human services available in Alaska.	Dial 2-1-1 or 1 800 478-2221
<b>Help Me Grow Alaska</b> <a href="https://helpmegrowak.org">https://helpmegrowak.org</a>	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
<b>Advocacy for Domestic Violence Victims &amp; Directory of Shelters</b> <a href="https://law.alaska.gov/department/criminal/shelter-directory.html">https://law.alaska.gov/department/criminal/shelter-directory.html</a>	Statewide and community-based crisis lines and shelter information.	
<b>Best Beginnings/Imagination Library</b> <a href="http://www.bestbeginningsalaska.org">www.bestbeginningsalaska.org</a>	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)
<b>Breastfeeding (National)</b> <a href="https://www.womenshealth.gov/breastfeeding">https://www.womenshealth.gov/breastfeeding</a> See La Leche League (LLL) of Alaska on Facebook or national LLL breastfeeding information at <a href="https://lllusa.org/bfinfo/">https://lllusa.org/bfinfo/</a>		
<b>Car Seat Safety Checks</b> <a href="https://safealaskans.org/services/car-seats/">https://safealaskans.org/services/car-seats/</a> Free car seat checks. Anchorage-based, with other statewide services.		907-929-3939
<b>Child Care Resources and Referral Services (thread)</b> <a href="http://www.threadalaska.org">www.threadalaska.org</a>	Offices in Anchorage, Wasilla, Kenai, Fairbanks & Juneau. Offering online childcare search tool, connections to childcare assistance, interpreter services and more.	1 800 278-3723
<b>Clare House</b> <a href="http://www.cssalaska.org/our-programs/clare-house">www.cssalaska.org/our-programs/clare-house</a>	Emergency 24-hour shelter and progressive housing for women with children and expectant mothers (over age 18) in Anchorage.	907-563-4545
<b>Community Health Centers</b> <a href="https://alaskapca.org/map/">https://alaskapca.org/map/</a> (statewide)	Provides comprehensive primary care services including medical, dental, vision. They accept anyone needing care regardless of insurance coverage and ability to pay.	907-929-2722
<b>Denali KidCare Health Insurance</b> <a href="https://health.alaska.gov/en/services/denali-kidcare/">https://health.alaska.gov/en/services/denali-kidcare/</a>	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
<b>Diaper Pantry</b> <a href="http://www.communitydiaperpantry.org">www.communitydiaperpantry.org</a>	Anchorage and Eagle River	907-302-6339
<b>Domestic Violence Hotline (National)</b> <a href="http://www.thehotline.org">www.thehotline.org</a>	Available 24/7	1 800 799-7233 (SAFE)
<b>Early Intervention/Infant Learning Program</b> <a href="https://health.alaska.gov/en/senior-and-disabilities-services/early-intervention-infant-learning/">https://health.alaska.gov/en/senior-and-disabilities-services/early-intervention-infant-learning/</a>	Offers screening, evaluation, and resources to families from birth to age 3.	1-877-HSS-FMLY (1-877-477-3659)
<b>Developmental Milestones</b> at <a href="https://www.cdc.gov/act-early/milestones/index.html">https://www.cdc.gov/act-early/milestones/index.html</a>		

<b>Family Law Self-Help Center</b> <a href="http://www.courts.alaska.gov/shc/family/selfhelp.htm">http://www.courts.alaska.gov/shc/family/selfhelp.htm</a> 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)
<b>Grief Counseling for Infant Loss (National)</b> <a href="http://firstcandle.org">http://firstcandle.org</a> Grief counselors available 24/7.	1 800 221-7437
<b>Grief Support for Pregnancy or Infant Loss (National)</b> <a href="https://thetearsfoundation.org/">https://thetearsfoundation.org/</a> Emotional support, counseling, assistance with funeral expenses.	253-200-0944
<b>Immunization Helpline</b> <a href="https://health.alaska.gov/en/division-of-public-health/epidemiology/immunization/">https://health.alaska.gov/en/division-of-public-health/epidemiology/immunization/</a> Information on vaccine-preventable diseases and no-cost vaccines for Children through age 18. Email: <a href="mailto:doh.immune.info@alaska.gov">doh.immune.info@alaska.gov</a>	1 888 430-4321 907-269-8088 (Anch)
<b>Infant/Child CPR</b> <a href="http://www.redcross.org/alaska">www.redcross.org/alaska</a> 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)
<b>Military Support: Family Advocacy &amp; New Parent Support</b> <u>JBER</u> (Joint Base Elmendorf-Richardson): 907-580-5858 <u>AIR FORCE</u> (Eielson AFB): 907-377-4041 <u>ARMY</u> (Fort Wainwright): 907-353-7317 or 907-353-4336	
<b>Parent Portal (CDC)</b> <a href="http://www.cdc.gov/parents">www.cdc.gov/parents</a> Information on a wide variety of topics for parents.	1 800 CDC-INFO (1 800 232-4636)
<b>Poison Control</b> <a href="https://www.poisonhelp.org">https://www.poisonhelp.org</a> Available 24/7	1 800 222-1222
<b>Postpartum depression/support</b> <a href="http://www.postpartum.net">www.postpartum.net</a> <a href="https://www.providence.org/locations/ak/alaska-childrens-hospital/family-support-counseling">https://www.providence.org/locations/ak/alaska-childrens-hospital/family-support-counseling</a> (M-F 8 am – 6 pm) 907-212-2014 Support group Mondays @ 11:00 Free registration @ <a href="https://psjhcrmwebsites.microsoftcrmpartals.com/home">https://psjhcrmwebsites.microsoftcrmpartals.com/home</a>	1 800 944-4773 1 833 852 6262 (live support)
<b>Public Assistance</b> <a href="https://health.alaska.gov/dpa/">https://health.alaska.gov/dpa/</a> Information hotline: 907-269-5777	1 800 478-7778 907-269-7880
<b>Safe Sleep Information (CDC)</b> <a href="https://www.cdc.gov/sudden-infant-death/sleep-safely/">https://www.cdc.gov/sudden-infant-death/sleep-safely/</a>	
<b>STAR (Standing Together Against Rape) Crisis Line</b> <a href="http://www.staralaska.com">www.staralaska.com</a>	1 800 478-8999 907-276-7273 (Anch)
<b>Substance Abuse/Addiction Treatment</b> <a href="https://findtreatment.gov">https://findtreatment.gov</a> 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)
<b>Suicide/Crisis Intervention/Mental Health</b> <a href="http://www.carelinealaska.com">www.carelinealaska.com</a> Toll-free phone number available 24/7. Need to talk? Text 4help to 839863 (3-11 pm Tues-Sat) or visit <a href="http://988.alaska.gov">988.alaska.gov</a>	1 877 266-HELP (1 877 266-4357) Or Dial (988)
<b>Tobacco Quit Line</b> <a href="http://www.alaskaquitline.com">www.alaskaquitline.com</a> 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)
<b>Vital Records</b> <a href="https://health.alaska.gov/dph/VitalStats/">https://health.alaska.gov/dph/VitalStats/</a> 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)
<b>WIC</b> <a href="https://health.alaska.gov/en/services/division-of-public-assistance-dpa-services/wic/">https://health.alaska.gov/en/services/division-of-public-assistance-dpa-services/wic/</a> 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)