



# Alaska PRAMS

## Resource List

<b>Alaska 2-1-1</b> <a href="http://www.alaska211.org">www.alaska211.org</a> Information about health and human services available in Alaska.	Dial 2-1-1 or 1 800 478-2221
<b>Abused Women’s Aid in Crisis (AWAIC)</b> <a href="http://www.awaic.org">www.awaic.org</a> Anchorage-based 24-hour crisis line and shelter for victims of domestic violence.	907-272-0100 OK to call collect
<b>Adoption Services</b> Alaska Center for Resource Families <a href="http://www.acrf.org">www.acrf.org</a> Catholic Social Services <a href="http://www.cssalaska.org">www.cssalaska.org</a>	1 800 478-7307 907-222-7300
<b>Alaska Injury Prevention Center</b> <a href="http://www.alaska-ipc.org">www.alaska-ipc.org</a> Information on proper car seat usage (call to schedule a free car seat check). Anchorage-based, with other statewide services.	907-929-3939
<b>Alaska Parent Line</b> <a href="http://www.alaskachildrenstrust.org">www.alaskachildrenstrust.org</a> AK Children’s Trust Resource Line. Talk with a trained parental educator.	Dial 2-1-1 or 907-248-7676 (Anch)
<b>Alaska Women’s Resource Center</b> <a href="http://www.akeela.us">www.akeela.us</a> Services include counseling/referral for substance abuse; pregnancy/health issues; parent education; domestic violence; crisis intervention; and career development. Anchorage-based.	1 800 478-7738 or 907-565-1200 (Anch)
<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 Support Line</b> Call to talk with a trained lactation consultant, weekdays 9am-3:30pm.	907-212-2574
<b>Child Care Resource and Referral Services (thread)</b> <a href="http://www.threadalaska.org">www.threadalaska.org</a> Anchorage/Southcentral Alaska Juneau/Southeast Alaska Fairbanks/Interior/Northern Alaska (In Fairbanks, call 479-2214)	1 800 278-3723 1 888 785-1235 1 866 878-2273
<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 for women with children and expectant mothers (over age 18) in Anchorage.	907-563-4545
<b>Denali KidCare Health Insurance</b> <a href="http://dhss.alaska.gov/dhcs/Pages/denalikidcare">dhss.alaska.gov/dhcs/Pages/denalikidcare</a> Denali KidCare provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.	1 800 478-4372 907-269-6599 (Anch)
<b>Domestic Violence Hotline (National)</b> <a href="http://www.thehotline.org">www.thehotline.org</a> Available 24/7.	1 800 799-7233
<b>Early Intervention/Infant Learning Program</b> <a href="http://www.earlyintervention.alaska.gov">www.earlyintervention.alaska.gov</a> Offers screening, evaluation, and resources to families with infants and toddlers with special needs (birth to age 3). Developmental milestones available at <a href="http://www.cdc.gov/MilestoneTracker">www.cdc.gov/MilestoneTracker</a>	1 877 HSS-FMLY (1 877 477-3659) 907-269-8442 (Anch)

<b>Family Law Self-Help Center</b> <a href="http://courts.alaska.gov/shc/representing-yourself.htm">http://courts.alaska.gov/shc/representing-yourself.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>Forget Me Not Grief Program</b> Provided through Hospice of Anchorage (Anchorage/Mat-Su area). Support group, networking, and lending library for grieving parents.	907-561-5322 (Anch)
<b>Grief Counseling through First Candle (National)</b> <a href="https://firstcandle.org">https://firstcandle.org</a> Grief counselors available 24/7.	1 800 221-7437
<b>Immunization HelpLine</b> Information on vaccine-preventable diseases and no-cost vaccines for children through age 18.	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> See Health & Safety Course schedule for cardiopulmonary resuscitation (CPR) at Alaska Red Cross. Also provides training for babysitters (ages 11+).	1 800 733-2767 907-646-5400 (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): 907-353-7515, 907-353-7317	
<b>Planned Parenthood</b> <a href="http://www.plannedparenthood.org/health-center/AK">www.plannedparenthood.org/health-center/AK</a> Provides confidential and affordable reproductive health services to men, women and teens.	1 800 230-PLAN (1 800 230-7526) 907-563-2229 (Anch)
<b>Poison Control (National)</b> <a href="http://www.aapcc.org">www.aapcc.org</a>	1 800 222-1222
<b>Postpartum depression/support</b> <a href="http://www.postpartum.net">www.postpartum.net</a> 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) 907-212-4940 (Anch)
<b>Public Assistance</b> <a href="http://dhss.alaska.gov/dpa">http://dhss.alaska.gov/dpa</a> Information hotline: 269-5777	1 888 876-2477 907-269-6599
<b>Safe Sleep Information: First Candle (National)</b> <a href="https://firstcandle.org">https://firstcandle.org</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>Suicide/Crisis Intervention/Mental Health Services</b> <a href="http://www.carelinealaska.com">www.carelinealaska.com</a> 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)
<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 or chewing tobacco.	1 800 QUIT-NOW (1 800 784-8669)
<b>Vital Records</b> <a href="http://dhss.alaska.gov/dph/VitalStats">http://dhss.alaska.gov/dph/VitalStats</a> Providing certificates of birth, death, marriage, or divorce Anchorage office: 3601 C Street, Suite 128 Juneau office: 5441 Commercial Blvd	907-269-0991 (Anch)  907-465-3391 (Juneau)
<b>WIC</b> <a href="http://dhss.alaska.gov/dpa/Pages/nutri">http://dhss.alaska.gov/dpa/Pages/nutri</a> Nutrition 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)