



Resource List

<p>Alaska 2-1-1 www.alaska211.org Information about health and human services available in Alaska</p>	<p>Dial 2-1-1 or 1 800 478-2221</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</p>
<p>Alaska Injury Prevention Center www.alaska-ipc.org Information on proper car seat usage (call to schedule free car seat check). Anchorage-based with other statewide services.</p>	<p>907-929-3939</p>
<p>Alaska Parent Line Alaska Children’s Trust parenting support/resource line Call to talk with a trained parent educator from 9am to 9pm.</p>	<p>1 800 643-KIDS (1 800 643-5437)</p>
<p>Alaska Women’s Resource Center www.akeela.us Services include counseling/referral for substance abuse; pregnancy/health issues; parent education, domestic violence; crisis intervention services, and career development and employment readiness. Anchorage-based</p>	<p>907-279-5000</p>
<p>Best Beginnings/Imagination Library www.bestbeginningsalaska.org A partnership working to ensure all Alaskan children begin school ready to succeed. Imagination Library is open to children under age 5 to receive free age-appropriate books each month. Sign up on website.</p>	<p>907-297-3300 (Anch)</p>
<p>Breastfeeding Support Line Call to talk with a trained lactation consultant weekdays 9am-5pm.</p>	<p>907-212-2574</p>
<p>Child Care Resource and Referral Services (thread) www.threadalaska.org Anchorage/Southcentral Alaska Juneau/Southeast Alaska Fairbanks/Interior/Northern Alaska (In Fairbanks call 479-2214)</p>	<p>1 800 278-3723 1 888 785-1235 1 866 878-2273</p>
<p>Child Health Insurance (Denali KidCare) 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>1 888 318-8890 907-269-6529 (Anch)</p>
<p>Clare House Emergency 24-hour shelter for women with children and expectant mothers (over 18 years) in Anchorage.</p>	<p>907-563-4545</p>
<p>Domestic Violence Hotline (National) www.thehotline.org 24 hrs a day / 7 days a week</p>	<p>1 800 799-7233</p>
<p>Early Intervention/Infant Learning Program www.earlyintervention.alaska.gov Early intervention services available for families with infants and toddlers (birth to age three) with special needs. Developmental milestones are shared on the website.</p>	<p>1 877 HSS-FMLY (1 877 477-3659) 907-269-8442 (Anch)</p>

Family Law Self-Help Center http://courts.alaska.gov/shc/representing-yourself.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)
Grieving/Loss of Infant Parents Reaching Out with Hospice of Anchorage (Anchorage/ Mat-Su Area) Support group, networking, and lending library for grieving parents. www.firstcandle.org/grieving-families (National) Grief counselors are available 24 hours a day, seven days a week.	907-561-5322 (Anch) 1 800 221-7437
Immunization HelpLine Information on vaccine-preventable-disease 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 includes training for babysitters (ages 11 yrs or older)	1 800 733-2767
Military Support: Family Advocacy & New Parent Support JBER (Joint Base Elmendorf-Richardson) Anchorage area AIR FORCE : Eielson Fairbanks area ARMY : Fort Wainwright Fairbanks area	907-580-5858 907-377-4041 907-353-7317
Planned Parenthood www.plannedparenthood.org/health-center/AK Provides confidential and affordable reproductive health care 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 www.postpartum.net Anchorage number: 212-4940 Open support group at Providence Medical Center Mondays 11am -noon.	1 800 944-4PPD (1 800 944-4773)
Public Assistance http://dhss.alaska.gov/dpa In Anchorage, call 269-6599 or 269-5777 (Info. Hotline)	1 888 876-2477
STAR (Standing Together Against Rape) Crisis Line www.staralaska.com	1 800 478-8999 907-276-7273 (Anch)
Sudden Infant Death Syndrome (SIDS)-First Candle (National) www.sidsalliance.org	1 800 221-7437
Suicide/Crisis Intervention/Other Mental Health 24-hour Services www.carelinealaska.com 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, 3601 C Street, Suite 128 Juneau office, 5441 Commercial Blvd	907-269-0991 (Anch) 907-465-3391 (Juneau)
WIC http://dhss.alaska.gov/dpa/Pages/nutri Nutrition education, food supplements, and referral for health and social services to low-income pregnant, breastfeeding, and postpartum women, infants, and children under age five who are at nutritional risk.	907-465-3100 (Juneau) or Dial 2-1-1 or 1 800 478-2221