



<b>Montana PRAMS Resource Guide</b>	
Early Childhood and Family Support Division Hotline	1-800-762-9891
<b>Child Care Resources</b>	
Best Beginnings Scholarship Application	<a href="https://app.mt.gov/ccubs/">https://app.mt.gov/ccubs/</a>
Best Beginnings STARS to Quality Program	<a href="https://dphhs.mt.gov/hcsd/ChildCare/STARS">https://dphhs.mt.gov/hcsd/ChildCare/STARS</a>
General Childcare Resources	<a href="http://www.bestbeginnings.mt.gov">www.bestbeginnings.mt.gov</a>
Licensed Provider Search	<a href="https://dphhs.mt.gov/qad/licensure/childcarelicensing/providersearch">https://dphhs.mt.gov/qad/licensure/childcarelicensing/providersearch</a>
<b>Parenting Support</b>	
Healthy Montana Families Home Visiting	406-444-0969; <a href="https://hmf.mt.gov">https://hmf.mt.gov</a>
Healthy Mothers, Healthy Babies – MT Coalition	<a href="http://www.hmhb-mt.org">www.hmhb-mt.org</a>
MT Breastfeeding Coalition	<a href="http://www.mtbreastfeedingcoalition.com/">http://www.mtbreastfeedingcoalition.com/</a>
MT Parent Magazine	<a href="https://mtparent.com">https://mtparent.com</a>
National Military Family Association	<a href="http://www.militaryfamily.org">www.militaryfamily.org</a>
Parenting Montana	<a href="https://parentingmontana.org/">https://parentingmontana.org/</a>
Postpartum Support International	<a href="http://www.postpartum.net">www.postpartum.net</a> National Hotline: 1-800-944-4773 Southwest MT: 406-548-4675      Bozeman: 406-570-0738 Missoula: 406-370-7747      Whitefish: 434-806-8367
Text 4 Baby	<a href="http://www.text4baby.org">www.text4baby.org</a> Text4Baby app available for iPhone and Android
<b>Children's Health and Nutrition Services &amp; Insurance</b>	
Child & Adult Care Food Program (CACFP)	<a href="http://www.cacfp.mt.gov">http://www.cacfp.mt.gov</a>
Healthy Montana Kids (Children's Medicaid & Children's Health Insurance Program)	1-877-KidsNow (1-877-543-7669); <a href="http://hmk.mt.gov/">http://hmk.mt.gov/</a>
Immunizations	<a href="http://dphhs.mt.gov/publichealth/immunization">http://dphhs.mt.gov/publichealth/immunization</a>
Medicaid Early & Periodic Screening, Diagnosis & Treatment (EPSDT)	<a href="https://dphhs.mt.gov/MontanaHealthcarePrograms/WellChild">https://dphhs.mt.gov/MontanaHealthcarePrograms/WellChild</a>
Oral Health Program	406-444-2660; <a href="https://dphhs.mt.gov/publichealth/oralhealth">https://dphhs.mt.gov/publichealth/oralhealth</a>
Women, Infants, and Children (WIC) (Supplemental Nutrition Help)	1-800-433-4298; <a href="http://www.wic.mt.gov">http://www.wic.mt.gov</a> ; <a href="http://signupwic.com/">http://signupwic.com/</a>
<b>Child Safety</b>	
Car Seat Safety	1-877-330-BUCKL (877-330-2825) <a href="https://www.mdt.mt.gov/visionzero/people/buckleup/default.shtml">https://www.mdt.mt.gov/visionzero/people/buckleup/default.shtml</a> <a href="http://www.safercar.gov">www.safercar.gov</a>
Child Abuse Hotline	1-866-820-5437
Infant/Child CPR	1-800-733-2767; <a href="http://www.redcross.org/Montana">www.redcross.org/Montana</a>
National Poison Control	1-800-222-1222; <a href="http://www.poison.org">www.poison.org</a> webPOISONCONTROL app available for iPhone and Android
Recalls and Product Safety	United States Consumer Product Safety Commission <a href="https://www.cpsc.gov/Recalls">https://www.cpsc.gov/Recalls</a>
Safe Kids	<a href="http://www.safekids.org">www.safekids.org</a> – local chapters throughout Montana
<b>For Teens and Young Parents</b>	
Healthy Young Parent Program	<a href="https://dphhs.mt.gov/publichealth/adolescenthealth/hypp">https://dphhs.mt.gov/publichealth/adolescenthealth/hypp</a>
My Life, My Quit for Teens	Text "StartMyQuit" to 1-855-891-9989, call or <a href="http://mylifemyquit.com">mylifemyquit.com</a>
Safe Teens	1-866-SAFE-TEENS or text SAFE to 57890 <a href="https://safeteens.org/">https://safeteens.org/</a>
Teen Line	1-800-TLC-TEEN or text TEEN to 839863 <a href="http://www.teenlineonline.org">www.teenlineonline.org</a>

<b>Human &amp; Community Services</b>	
Healthy Montana Kids (Free or Low-Cost Health Insurance Options)	1-877-KidsNow (1-877-543-7669); <a href="http://hmk.mt.gov/">http://hmk.mt.gov/</a>
Public Assistance	1-888-706-1535
SNAP (Supplemental Nutrition Assistance Program)	<a href="http://www.dphhs.mt.gov/hcsd/SNAP">http://www.dphhs.mt.gov/hcsd/SNAP</a>
TANF (Temporary Assistance for Needy Families)	<a href="http://www.dphhs.mt.gov/hcsd/TANF">www.dphhs.mt.gov/hcsd/TANF</a>
<b>General Community Resources</b>	
Montana 2-1-1 Help Line	Dial: 2-1-1; <a href="http://www.montana211.org">www.montana211.org</a>
Montana Law Help	<a href="http://www.MontanaLawHelp.org">www.MontanaLawHelp.org</a>
<b>Family Planning Services</b>	
Title X Family Planning Program	<a href="http://familyplanning.hhs.mt.gov">http://familyplanning.hhs.mt.gov</a>
<b>Domestic and Sexual Assault Support</b>	
Domestic Violence Hotline	1-800-799-7233; <a href="http://www.thehotline.org">www.thehotline.org</a>
Montana Coalition Against Domestic & Sexual Violence	<a href="http://www.mcadsv.com">www.mcadsv.com</a>
Sexual Assault Hotline	1-800-656-HOPE (1-800-656-4673)
<b>Services for Children with Special Health Needs</b>	
Children's Special Health Services Financial Assistance Program	<a href="https://dphhs.mt.gov/publichealth/cshs/FinancialAssistance">https://dphhs.mt.gov/publichealth/cshs/FinancialAssistance</a>
Genetic Financial Assistance Program	<a href="https://dphhs.mt.gov/publichealth/cshs/GeneticFinancialAssistance">https://dphhs.mt.gov/publichealth/cshs/GeneticFinancialAssistance</a>
Medical Home Portal	<a href="https://dphhs.mt.gov/publichealth/cshs/medicalhomeportal">https://dphhs.mt.gov/publichealth/cshs/medicalhomeportal</a>
Newborn Hearing and Screening	(406) 444-1216; <a href="mailto:abell@mt.gov">abell@mt.gov</a>
Parent Partner Program	(406) 281-8751; <a href="mailto:tarrathomasfa@outlook.com">tarrathomasfa@outlook.com</a>
Pediatric Psychiatry Program - MAPP-Net (Montana Access to Pediatric Psychiatry Network)	1-844-922-MAPP (844-922-6277) <a href="https://www.mapp-net.org/">https://www.mapp-net.org/</a>
Transition Resources	<a href="https://dphhs.mt.gov/publichealth/cshs/TransitionResources">https://dphhs.mt.gov/publichealth/cshs/TransitionResources</a>
<b>Mental Health and Suicide Prevention</b>	
MT Crisis & Suicide Prevention Line	1-800-273-TALK (1-800-273-8255) or text "MT" to 741741
NAMI (National Alliance on Mental Illness) Montana	<a href="http://www.namimt.org">www.namimt.org</a>
State of Montana Suicide Prevention	<a href="https://dphhs.mt.gov/suicideprevention/suicideresources">https://dphhs.mt.gov/suicideprevention/suicideresources</a>
<b>Tobacco Cessation and Substance Abuse Support</b>	
American Indian Quit Line	1-855-372-0037; <a href="http://www.MTAmericanIndianQuitLine.com">www.MTAmericanIndianQuitLine.com</a>
MT Alcoholics Anonymous	1-888-607-2000; <a href="http://www.aa.org">www.aa.org</a>
MT Region Narcotics Anonymous	1-800-990-6262; <a href="http://www.namontana.org">www.namontana.org</a>
MT Tobacco Quit Line	1-866-485-QUIT (7848)
My Life, My Quit for Teens	Text "StartMyQuit" to 1-855-891-9989, call or <a href="http://mylifemyquit.com">mylifemyquit.com</a>
Substance Abuse & Mental Health Helpline	1-800-662-HELP (4357); <a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a>
Tobacco Cessation Program for Pregnant or New Moms (additional services available during pregnancy & postpartum)	<a href="https://montana.quitlogix.org/en-US/">https://montana.quitlogix.org/en-US/</a>
<b>Adoption Support</b>	
Adoption	<a href="http://www.dphhs.mt.gov/CFSD/Adoption">www.dphhs.mt.gov/CFSD/Adoption</a>
Adopt Us Kids	1-866-9FOSTER (866-936-7837); <a href="http://www.adoptuskids.org">www.adoptuskids.org</a>
Catholic Social Services of Montana	1-800-BABY-DUE (800-222-9383); <a href="http://www.cssmt.org">www.cssmt.org</a>
<b>Bereavement Support</b>	
The Compassionate Friends	<a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>
First Candle	1-800-221-7437; <a href="https://firstcandle.org">https://firstcandle.org</a>
Ramsey Keller Memorial	<a href="http://www.kisses2heaven.com/">http://www.kisses2heaven.com/</a>

