Family Resource Guide

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Basic Needs & Financial Assistance

2-1-1

2!1 can connect you with food pantries, housing, utility assistance, crisis intervention, and other support services in your area.

Call 2-1-1, text your zip code to 898211, or visit their website at 211wisconsin.communityos.org

Free & Low-Cost Baby Supplies

Well Badger can help connect you with resources. These resources provide free or low-cost supplies for your baby and child(ren).

Contact a Well Badger Specialist at 1 (800) 642-7837 or find your local baby supplies HERE.

Low Income Household Water Assistance Program (LIHWAP)

LIHWAP benefits assist low income households with their water and sewer bills.

Benefits are prioritized in the following order:

- Households currently disconnected
- Households with a pending disconnection notice
- Households that owe a current water bill

Energy Services, Inc. (ESI) is administering LIHWAP statewide.

Applicants must first complete a Wisconsin Home Energy Assistance Program (WHEAP) application to be determined eligible for LIHWAP.

Find more information and an application link HERE.

Wisconsin Home Energy Assistance Program (WHEAP)

WHEAP uses federal and state funding.
This helps to pay for:

- Heating costs
- Electric costs
- Energy crisis situations

Find your local WHEAP offices HERE.

Child Care & Parenting Support

Childcare Referral & Resource Center

The Child Care Resource and Referral Agencies (CCR&Rs) in Wisconsin can help you find the childcare that meets your needs. First, answer a few questions about your needs and wants for care. Then you will receive a free list of childcare providers located near your home or place of work.

Find your local Child Care Referral and Resource Center HERE.

Family Resource Centers

FRC stands for Family Resource Center. FRCs are:

- Community-based
- Flexible
- Family-focused
- Culturally sensitive

FRCs are hubs that provide:

- Parent education
- Tools and strategies for healthy child development
- Information about community resources

These services are based on the needs and interests of the family.

Find your local Family Resource Center HERE.

Children & Youth with Special Health Care Needs

Birth to 3

Birth to 3 is an early support program for infants and toddlers with developmental delays. It is available in every county. The program values your relationship with your child and works in partnership with you. It exists to support your child's development and your family's skills in raising your child.

Find your local Birth to 3 program HERE.

Regional Centers

CYSHCN stands for Children and Youth with Special Health Care Needs. The CYSHCN Regional Centers promote quality care for children and youth with special health care needs in Wisconsin. The program goal is to assure that these children and youth with special health care needs:

- Are identified early.
- Receive high quality coordinated care.
- Receive, with their families, the support they need.

Program services are free and private.

Find your local Regional Center HERE.

Insurance & Health Care Coverage

BadgerCare Plus

BadgerCare Plus is a health care coverage program for low-income Wisconsin residents. Children, pregnant people, and adults can enroll. BadgerCare Plus covers types of health care services such as:

- Basic medical needs
- Mental health
- Care in certain settings
- Assisted living
- Pregnancy and family planning

Find a detailed list of covered services HERE.

A list of local BadgerCare offices is available HERE or apply online at www.access.wisconsin.gov

Covering Wisconsin

Covering Wisconsin is a program housed within the School of Human Ecology at UW-Madison. It provides the following to Wisconsin residents:

- Free BadgerCare Plus (Medicaid) and Healthcare.gov (Marketplace) health insurance support and education
- Free health insurance how-to sheets

Find more information HERE.

Marketplace

The Health Insurance Marketplace (also known as ObamaCare or the Affordable Care Act – ACA) is a resource where you can:

- Compare health insurance plans by coverage and cost.
- Get answers to questions about your health care insurance.
- Find out if you are eligible for tax credits.
- Enroll in a health insurance plan that meets your needs.

Find Marketplace coverage and enrollment information at www.healthcare.gov or you can contact the Health Insurance Marketplace at 1 (800) 318-2596.

Primary Care Provider

A primary care provider is a nurse practitioner, doctor's assistant, or doctor who sees you on a regular basis to help you stay healthy. This provider is the one you'll see first for any health needs. If necessary, they can refer you to a specialist.

Contact Well Badger or your insurance company for help finding a primary care provider. A list of health insurance contacts is available HERE.

Mental Health

988 Suicide and Crisis Lifeline

This was formerly known as the National Suicide Prevention Lifeline. It is now called the 988 Suicide and Crisis Lifeline. You can call and be connected with trained counselors. These counselors will:

- Listen to you.
- Understand how your problems are affecting you.
- Provide support.
- Connect you to resources if necessary.

Call or text 9-1-8 to get help. Find more information HERE.

Mental Health

Support for mental health and emotional well-being can include the following:

- Crisis intervention
- Substance use help
- Support and counseling

Find local mental health resources HERE.

Nutrition Programs

FoodShare

FoodShare helps people of all ages with limited money buy the food they need for good health. This includes people who:

- Have low-income jobs.
- Live on a small or fixed income.
- Are retired.
- Have lost their jobs.
- Are disabled and can't work.

FoodShare benefits are put into an account. This account is accessible by a Wisconsin QUEST card. The card can be used to buy food at grocery stores and at some farmers markets.

Find your local FoodShare offices HERE.

Women, Infants, & Children (WIC)

WIC stands for Women, Infants and Children. The goal of WIC is to promote and maintain the health and well-being of nutritionally at-risk:

- Pregnant, breastfeeding and postpartum (time after childbirth) women
- Infants
- Children

WIC provides the following:

- Nutrition education
- Breastfeeding education and support
- Supplemental nutritious foods
- Referrals to other health and nutrition services

Find your local WIC office HERE.

Pregnancy Counseling

Adoption

Find resources that give you helpful information as you decide if you wish to give your baby up for adoption.

Find adoption services HERE.

Emergency Contraception

Emergency contraception is a form of birth control. It may be used by any of the following people:

- Those who have had unprotected sex
- Those who used a birth control method that failed
- Those who missed two or more birth control pills in a monthly cycle

Find emergency contraception services HERE.

Family Planning

These types of agencies offer a variety of family planning resources and emotional support. They can also help you understand your choices when it comes to your pregnancy.

Navigate services HERE.

Prenatal & Postpartum Care

Breastfeeding

Although breastfeeding is a natural part of the birthing process, it's not always easy, and may not be for everyone. Many people need help if they do decide to breastfeed. Your doctor may recommend breastfeeding for at least the first 6 months of your baby's life.

Find breastfeeding support and information HERE.

Home Visiting

Parents and caregivers are matched with trained professionals. These professionals make regular home visits. These visits are throughout your pregnancy and during your child's earliest years of life.

Find your local home visitation program HERE.

Prenatal Care Coordination (PNCC)

PNCC stands for Prenatal Care Coordination. It is a Wisconsin Medicaid and BadgerCare Plus benefit. PNCC helps people get support and services while they are pregnant, and right after the baby is born. This help is free. Prenatal care coordinators will:

- Help the individual get the support and services they need.
- Respect the individual's choices and ideas.
- Meet with the individual at a time and place they choose.
- Learn about the individual's current health, strengths, and needs.

Find a list of PNCC providers HERE.

Tobacco & Substance Use

First Breath

First Breath is Wisconsin's free program to help people make positive changes to their tobacco, alcohol, and substance use during pregnancy and beyond. It provides one-on-one counseling with a First Breath Health Educator, text message support, and gifts.

To enroll, call (608) 888-2748, text "FB" to 29969, or visit quitfirstbreath.org

Wisconsin Addiction Recovery Helpline

The Wisconsin Addiction Recovery Helpline is a statewide resource for finding treatment and recovery services for substance use disorders. It is free, confidential, and available 24/7. Trained resource specialists will help you understand your treatment and support options.

Call 2-1-1 or (833) 944-4673, text your zip code to 811211 or find more information HERE.

Other Pregnancy & Parenting Resources

Find other pregnancy & parenting resources HERE.

YOU HAVE QUESTIONS.
WE FIND ANSWERS.

Contact Well Badger to get help finding local resources.
Speak with a live specialist | Monday - Friday: 7 am - 6 pm

Facebook Messenger @wellbadger

Phone 1 (800) 642-7837

Text Message (608) 360-8226

Email help@wellbadger.org

Live Chat & Searchable Directory www.wellbadger.org