Family Resource Guide

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WELL BADGER RESOURCE CENTER

Basic Needs & Financial Assistance



2-1-1

211 can connect you with food pantries, housing, utility assistance, 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.

Child Support

Child Support is a state-operated program that helps with payments one parent makes to the child's other parent or legal guardian to help with the cost of raising a child. Parents and guardians can receive services from their local child support office. To open a child support case, you'll need to complete an application with your local office.

Find your local Child Support office HERE.

To learn more about Child Support, watch this short video.

Energy Assistance

Energy Assistance includes programs such as Home Energy Plus (HE+), Wisconsin Home Energy Assistance Program (WHEAP) and the Weatherization Assistance Program (WAP).

WHEAP helps to pay for:

- Heating costs
- Electric costs
- Energy crisis situations

HE+ and WAP help renters and homeowners improve energy efficiency and reduce their energy use.

Basic Needs & Financial Assistance Continued

They can help pay for:

- Repairing or replacing an old furnace or boiler that uses a lot of energy
- Insulation
- Sealing air leaks that cause drafts
- Installing other energy saving products

Find your local agency HERE.

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/or child(ren).

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

Wisconsin Works (W-2)

Wisconsin Works (W-2) is a program that connects you to training and services. Your time in program activities may be compensated by cash assistance. Depending on the hours of work and activities you do, you may receive a monthly payment of up to $653. If you have an at-risk pregnancy, you may be able to get $673 each month in your third trimester. If you are the birth parent of a newborn, you may be able to get a monthly payment of $673 during the first eight weeks after childbirth. In addition to cash assistance, W-2 provides many other services.

These include:

- A connection to FoodShare and other assistance programs
- Help applying for SSI and SSDI
- Help finding career interests
- High school or technical college education courses
- Job matching
- Onsite work training
- Resume and interview skill growth

Find your local W-2 program HERE.

Child Care & Parenting Support



Child Care Resource and Referral Centers

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.

Child Care & Parenting Support Continued

Triple P Online

Triple P stands for Positive Parenting Program. Triple P Online is a free, self-guided program for all families in Wisconsin. Individuals can work at their own pace from their phone, tablet, or computer. Triple P Online provides simple, sustainable, and evidence-based strategies to help manage challenging behaviors and raise confident and happy children.

There are four Triple P Online Programs to choose from:

- Triple P Online for Baby
- Triple P Online (0-12)
- Teen Triple P Online
- Fear-Less Triple P Online

Learn more or sign up HERE.



Children & Youth with Special Health Care Needs



Birth to Three

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 works to support your child's development and your family's skills in raising your child.

Find your local Birth to 3 program HERE.

Children's Resource Centers

Wisconsin has five Children's Resource Centers that support families with children and youth ages 0–22 who have special health care needs, as well as the providers who serve them.

At each Children's Resource Center, parents and professionals are available to help answer questions, find services, connect with community resources, and offer trainings and support. All services are free, confidential, and based on up-to-date information.

No matter where you live, a children's resource guide is available to help.

Find your local Children's Resource 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 health care services such as:

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

Find a detailed list of covered services HERE.

A list of local BadgerCare Plus enrollment offices is available HERE or apply online at access.wi.gov.

Covering Wisconsin

Covering Wisconsin is a program that helps connect Wisconsin residents with health insurance and other programs that support health.

Services include:

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

Find more information HERE.

Insurance & Health Care Coverage Continued

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
- Enroll in a health insurance plan that meets your needs
- Get answers to questions about your health care insurance

Find Marketplace coverage and enrollment information at 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 (contact number should be on your insurance card) for help finding a primary care provider.
A list of health insurance contacts is available HERE.

If you would like to learn about the **different types of medical providers and their credentials, read this article.**

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:

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

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

Mental Health

Help is available for mental health and overall emotional wellness. There are services that can help with stress, anxiety, depression, substance use, and more.

Options may include:

- Counseling
- Crisis help
- Psychiatric care
- Support groups
- Therapy

Services are available in person, by phone, or online.

Find local mental health resources HERE.

Mental Health Continued

National Maternal Mental Health Hotline

This hotline offers confidential mental health support. It connects pregnant and postpartum mothers and their loved ones to resources and referrals. The hotline offers culturally sensitive support. This support is available 24/7.

The hotline also offers:

- Phone or text access to trained mental health professionals
- Real-time support and information
- Referrals to local and telehealth providers and support groups
- Resources to support mental health and well-being

To access, call or text 1 (833) 852-6262 (TLC MAMA) or visit HERE.

Postpartum Support International

Postpartum Support International (PSI) provides peer support, education, and local referrals to moms and families. These services are for those dealing with perinatal mental health challenges. Services are provided through a helpline and local coordinators.

How to contact:

- Call the PSI Helpline: 1-800-944-4773
  - (Press 1 for Spanish or 2 for English)
- Text (English): 1-800-944-4773
- Text (Spanish): 971-203-7773

Learn more about PSI 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:

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

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 enrollment office HERE.

Women, Infants, and 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**:

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

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



Abortion

There are agencies that offer abortion resources and emotional support. They also offer choices other than abortion (if you are interested) when making decisions about your pregnancy.

Navigate abortion services HERE or HERE.

Adoption

Find helpful information and resources if you are considering adoption for your baby.

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

Find emergency contraception 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 may need support 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

In a home visiting program 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) 888-2768, text "FB" to 29669, or visit joinfirstbreath.org

Wisconsin Addiction Recovery Helpline

The Wisconsin Addiction Recovery Helpline is a statewide resource for finding treatment and recovery services for substance use. The helpline 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 898211, or find more information HERE.





Other Pregnancy & Parenting Resources

Find other pregnancy and parenting resources HERE.

Types of resources that can be found include:

- Adoption and Foster Care
- Home Visiting and Early Education
- Parenting Help
- Pregnancy Help

Want to learn more? Visit Well Badger's Knowledge Base for **articles about pregnancy and parenting help**.

Contact Well Badger to get help finding local resources.

Speak with a live specialist | Monday - Friday: 7 AM - 6 PM

Call 1 (800) 642-7837

Text "WB" to (608) 360-9328*

Email help@wellbadger.org

More options

By texting WB to 608-360-9328 you are agreeing to receive conversational messages from Well Badger Resource Center. Msg & data rates may apply. Msg frequency varies. Unsubscribe at any time by replying STOP. Reply HELP for help. Privacy Policy and Terms of Use can be found at https://www.wellbadger.org/s/privacy-and-policy.