Resources for Parents

Food Security

National Resources

- **SNAP – Supplemental Nutrition Assistance Program**
  - Offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.
  - [www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap](http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap)
  - 1-800-692-7462

- **TANF – Temporary Assistance for Needy Families**
  - Time limited assistance to families with children when the parents or other responsible relatives cannot provide for the family’s basic needs.
  - [www.acf.hhs.gov/ofa/programs/tanf](http://www.acf.hhs.gov/ofa/programs/tanf)
  - 1-800-403-0864

- **WIC – Women, Infants and Children**
  - Funds for food, health care referrals and nutrition education for low-income pregnant, breastfeeding and non-breastfeeding post-partum women, and to infants and children up to age five who are at nutritional risk.
  - 1-800-721-5998
  - FNMP – Farmers’ Market Nutrition Program

- **National School Lunch Program**
  - Federally assisted meal program that provides nutritionally balanced low-cost or free lunches each day.

- **Meals on Wheels**
  - Healthy and ready to eat meals for people who are unable to prepare them.
  - [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)
  - 1-888-998-6325

- **National Hunger Hotline**
  - Operates 7AM – 10PM EST
  - 1-866-3-HUNGRY or text 97779

- **Cooking Matters**
  - A program to help parents and caregivers shop for and cook healthy meals on a limited food budget.
  - [https://cookingmatters.org/](https://cookingmatters.org/)

State Resources

- **Hunger Free Pennsylvania**
  - [www.hungerfreepa.org](http://www.hungerfreepa.org)
  - Has 18 foodbanks in all 67 counties

- **Family Health Council of Central Pennsylvania, Inc.**
  - [https://www.fhcpp.org/about/contact-us/](https://www.fhcpp.org/about/contact-us/)
Resources for Parents

Tobacco

• 1-800-QUIT-NOW
• https://women.smokefree.gov/
  o Website providing resources for all women, including those pregnant
  o SmokefreeMOM text message program
    • https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom
  o Smoking and your baby page:
    • https://women.smokefree.gov/pregnancy-motherhood/quit-while-pregnant/smoking-your-baby

Alcohol

• ‘Drinking and your Pregnancy’ Pamphlet
• https://www.cdc.gov/ncbddd/fasd/alcohol-use.html

Drugs

• Pennsylvania Department of Drug and Alcohol Programs-Hotline and online search for local drug and alcohol treatment options, search by ZIP code available. 1-800-662-HELP (4357)
  https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx

Depression

• Disaster Distress Helpline
  o 1-800-985-5990 or text TalkWithUs to 66746
• National Suicide Prevention Lifeline
  o 1-800-273-8255
  o https://suicidepreventionlifeline.org/chat/

Anxiety

• Penn State on Demand to schedule appt.

Domestic Violence

https://ncadv.org/resources

  • National Domestic Violence Hotline 1-800-799-7233
  • National Dating Abuse Hotline 1-866-331-9474
  • National resource center on domestic violence 1-800-537-2238

• Specific resources for women of color:
  o Women of Color Network 1-800-537-2238 www.wocinc.org
  o INCITE! Women of Color Against Violence www.incite-national.org

• Specific resources for latinx
  o Casa de Esperanza 1-651-772-1611 www.casadeesperanza.org
  o National Latin@ Network for Health Families and Communities 1-651-646-5553

• Specific Resources for Asian/Pacific Islander:
  o Asian and Pacific Islander Institute on Domestic Violence 1-415-954-9988
    • Apiidv.org
Resources for Parents

- Committee Against Anti-Asian Violence 1-212-473-6485 [www.caaav.org](http://www.caaav.org)

- Specific Resources for African Americans:
  - Institute on Domestic Violence in the African American Community
    - 1-877-643-8222 [www.dvinstitute.org](http://www.dvinstitute.org)
  - The Black Church and Domestic Violence Institute
    - 1-770-909-0715

Centre Safe *(Centre County agency located in State College that functions as an emergency safe house, provides sexual assault services, 24-hour hotline, protection orders, counseling and advocacy, legal representation, international services, etc.)*

- 140 W. Nittany Avenue, State College, PA 16801-4811
- (877) 234-5050
- [https://ccwrc.org/](https://ccwrc.org/)

Pennsylvania Coalition Against Domestic Violence *(PCADV; help accessing local and national resources)*

- 3605 VARTAN WAY, SUITE 101, HARRISBURG, PA 17110
  - (717) 545-6400
- [https://www.pcadv.org/find-help/](https://www.pcadv.org/find-help/)

Women's Law Project *(Tech safety, stalking resource center, how to get a new social security number, local DV hotlines by PA county, protection orders, child custody, DV against immigrants, etc.)*

- 125 S. 9th Street, Suite 300, Philadelphia, PA 19107
- (215) 928-9801
- [https://womenslawproject.org/information-resources/domestic-violence/](https://womenslawproject.org/information-resources/domestic-violence/)

DHS Domestic Violence Crisis & Prevention *(Resources for survivors, how to report abuse, different types of violence and their definitions)*

- [https://www.dhs.pa.gov/Services/Assistance/Pages/Domestic-Violence.aspx](https://www.dhs.pa.gov/Services/Assistance/Pages/Domestic-Violence.aspx)

PADOH Coronavirus website

- [https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx)

Penn State Resources

- Penn State on Demand: [https://hmc.pennstatehealth.org/ondemand-overview](https://hmc.pennstatehealth.org/ondemand-overview)
- Penn State Tobacco Intervention Program
  - Careline at 1-800-243-1455