

# Do You Need Help With...

## **Health Care?**

Health Insurance is very expensive and many children are uninsured. Medicaid and Health Choice are free or low cost health insurance plans. These plans cover medical visits (well baby/child visits) as well as vision, dental, hearing and labs. Call 1-800-367-2229 or visit [www.NCHealthyStart.org](http://www.NCHealthyStart.org) (click on 'For The Public') for more information and applications.

## **Prescription Drug Coverage?**

Prescription drugs are very expensive. Together Rx Access is a free prescription savings card that helps those without prescription drug coverage to get the medicines they need. Savings are available on hundreds of name brand medications as well as generic drugs. Call 1-877-789-6028 or visit [www.TogetherRxAccess.com](http://www.TogetherRxAccess.com) for more information.

## **Dental Care?**

Good dental hygiene is important for the prevention of tooth decay and extreme pain. Children in pain find it difficult to learn. Medicaid and Health Choice provide dental coverage, however, if your child is not enrolled in one of these plans, there are dental clinics in most counties in North Carolina. Information about clinics in your area can be found at [www.communityhealth.dhhs.state.nc.us/dental](http://www.communityhealth.dhhs.state.nc.us/dental).

## **Food and Nutrition?**

### *Food stamps*

The Food Stamp Program helps low-income individuals and families buy the food they need for good health. The Food Stamp Program is a federal program that provides a monthly allotment of Food Stamp benefits issued via Electronic Benefit Transfer cards (EBT cards) that can be used like debit cards. Call 1-800-662-7030 or visit [www.fns.usda.gov/fns/](http://www.fns.usda.gov/fns/) for more information.

### *WIC (Women, Infants and Children a.k.a. Special Supplemental Nutrition Program)*

Research has established a clear connection between good nutrition and child development, including brain development in the first three years of life. The WIC program is designed to provide food to low-income, pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support and referrals for health care.

Eligibility in the WIC Program may be granted to North Carolina residents and undocumented individuals who live in North Carolina or receive health care in the state. Anyone who currently receives Medicaid, Work First or Food Stamps automatically meets the income eligibility guidelines. Services are provided at the local or county level by health departments, community health centers and community action agencies. Call the North Carolina Family Resource line at 1-800-367-2229 for more information.

### *Angel Food Ministries*

This resource allows individuals or families to obtain nutritious food at reasonable prices. The basic food box is created to provide a family of four two meals a day for a week, at the cost of \$31. Once a basic food box is purchased, other specialty boxes such as fresh vegetables and fruit or selections of meat can be purchased for additional, but reasonable cost. Please visit [www.angelfoodministries.org](http://www.angelfoodministries.org)

## **Child Care?**

### *Finding Child Care*

Parents are often faced with the difficult question of who will care for their children while they work. Child Care Resource and Referral (CCR&R) agencies are available across the state of North Carolina to help parents better understand the early care and education system and to help them access high quality child care. For help in finding child care in your area, please call Child Care Services Association at 967-3272 (Orange County), (336) 513-0063 (Alamance County) and (336) 779-2220 (Guilford County).

### *Paying for child care*

Child care tuition rates are unaffordable for many families. In each county across North Carolina funds are available to help families pay for child care. Eligibility for the child care subsidy program is based on income and priorities set by the individual county. To find out more please call (336) 513-5516 (Alamance County), (336)369-5097 (Guilford County) and ODSS at 245-2800 or CCSA at 967-3272 (Orange County residents).

## **Family Violence?**

Family violence powerfully affects children and adults. Family violence occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate or harm another family member. It has many forms, including physical

violence, sexual abuse, emotional abuse, intimidation, economic deprivation or threats of violence. If you or anyone you know is experiencing family violence, call a national family violence hotline for immediate assistance: 1-800-799-SAFE (7233). Local resources are available through the North Carolina Coalition Against Domestic Violence website: [www.nccadv.org](http://www.nccadv.org).

### **Child Abuse?**

118,294 children were reported as abused or neglected in North Carolina in 2005/06. Reporting suspected child abuse is the first important step in stopping abuse and protecting a child from effects of abuse that can have consequences that last for years or even a lifetime. You can help stop the cycle of abuse by calling 1-800-CHILDREN or notifying the Child Protective Services Unit at your county Department of Social Services. Those numbers are 245-2800 (Orange County), (336) 570-6532 (Alamance County), and (336) 641-3000 (Guilford County). For additional support services in your area visit <http://www.nchealthinfo.org/locations.cfm?info=0,254,0,0,0>.

### **College Education?**

Because a college education greatly improves job opportunities and compensation, it is important that children and families have access to resources that help with funding college and securing a better financial future. Grants and loans for college, loan forgiveness programs, service work opportunities, and tax credits are available to those who qualify. For more information on these resources you may contact your local college, high school counselor, the Free Application for Federal Student Aid (FAFSA) website ([www.fafsa.ed.gov](http://www.fafsa.ed.gov)), the North Carolina College Foundation, or if you are working in child care, T.E.A.C.H. Early Childhood® at 919-967-3272.

### **Other Financial Resources?**

You may be able to offset some of your child care expenses by filing for federal and state tax credits. When filing your taxes, be sure to check your eligibility for the following credits: *The Federal Child Tax Credit (CTC)* may reduce the federal income tax you owe by up to \$1,000 for each qualifying child under the age of 17.

*The Federal Child and Dependent Care Tax Credit* provides up to \$2,100 in tax assistance to parents who pay for child care so they can work or look for work. This federal tax credit will also be used in determining the NC Child and Dependent Care Tax Credit. Total expenses counted for the credit cannot be more than \$3000 for one dependent or \$6000 for two or more dependents.

*The Federal Earned Income Tax Credit (EITC)* provides up to \$4,716 in tax assistance to working families with qualifying children and incomes of less than \$39,783.

*North Carolina Rewarding Work Tax Credit* grants a state EITC of up to 3.4% of an individual's federal EITC. This new credit will be available through 2012. For more information on Federal tax credits visit [www.irs.gov](http://www.irs.gov). For more information on North Carolina tax credits visit [www.dor.state.nc.us](http://www.dor.state.nc.us).

### **Temporary Assistance for Needy Families (TANF)**

Families may find themselves faced with an unexpected crisis because of job loss. TANF, also known as Work First, provides support to help families overcome obstacles and become independent once again. Qualifying families may receive employment training, monetary Work First benefits, Medicaid, child care services and food/nutrition services. Contact NC Care Line at 1-800-662-7030 for more information. In Orange County call 245-2800, in Alamance County call (336)570-6532 and in Guilford County call (336) 641-3000.

### **Unemployment?**

The NC unemployment rate is expected to top out around 9 percent in early to mid-2010. The Employment Security Commission (ESC) provides job search assistance and unemployment filings.

Burlington: (336) 570-6800 2720 South Mebane Street, Burlington, NC 27215

Greensboro: (336)882-4141 919 Phillips Avenue Greensboro, NC 27262

Orange County: 644-1051 - 601 Valley Forge Road, Hillsborough, NC 27278

Visit the NC Job Bank at [www.ncesc.com](http://www.ncesc.com)

### **Finding Other Resources in Your Community?**

Finding help in times of need can be confusing; there are community service organizations and nonprofit agencies to assist, but where do you begin? Call 1-888-UW211NC (1-888-892-1162) or visit [www.NC211.org](http://www.NC211.org).