

Does your family need support? We're here to help!

Below are several programs funded by the Administration for Children and Families (ACF) and other federal government agencies that may be available in your community. For more information on the benefits and eligibility requirements for each program and information about how to apply, follow the link provided.

You and your family may be eligible for these programs



Do you need **help buying food?**

[Supplemental Nutritional Assistance Program \(SNAP\)](#): Assistance program used like cash to pay for food at most grocery stores

[Women, Infants & Children Nutrition Program \(WIC\)](#): Assistance program used like cash that provides food for parents who are pregnant or breastfeeding and children up to age 5



Do you need **financial support?**

[Temporary Assistance for Needy Families \(TANF\)](#): Cash and work opportunities for families with children under 18 years old

[Supplemental Security Income \(SSI\)](#): Cash assistance to meet basic needs (food, shelter, and clothing) for people who are blind, aged, or have a disability and have little or no income and resources



Do you need **health insurance?**

[Medicaid](#): Health insurance for people with low incomes and limited resources

[Children's Health Insurance Program \(CHIP\)](#): Health insurance for children under 18 years old who are uninsured and living with families earning low incomes



Do you need **someone to talk to?**

[Behavioral Health Information for Parents and Caregivers](#): Learn about mental health and substance use disorders

[Substance Abuse and Mental Health Services Administration Programs](#): Help with mental health and substance use challenges for you or your family



Do you need **help with housing-related costs?**

[Public Housing Program](#): Affordable housing for families and individuals earning low incomes

[Housing Choice Voucher Program](#): Housing voucher program to help families and individuals earning low incomes pay rent

[Low Income Home Energy Assistance Program \(LIHEAP\)](#): Assistance to reduce the costs associated with energy bills, energy crises, weatherization, and minor energy-related repairs



Do you need **child care** for a baby, toddler, or older child?

[Early Head Start](#): Free support for eligible individuals who are pregnant and families with children ages 0-3, including early education, nutrition, health, mental health, and parent/caregiver education and family services

[Head Start](#): Free, high-quality pre-school education to promote school readiness for eligible families with children ages 3-5, as well as nutrition, health, mental health, and parent/caregiver education and family services

[Child Care Subsidies](#): Financial support to help families who are working or in school pay for child care for children from birth to age 13, and for children with disabilities up to age 18

Learn more

To learn about other support you may be eligible for and how to apply in your area, visit www.benefits.gov/.

ACF is committed to supporting the economic and social well-being of children and families. ACF programs aim to empower families, support the development of children, and encourage strong, healthy communities.