

# 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.
  - [www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic)
  - 1-800-721-5998
  - FNMP – Farmers' Market Nutrition Program
  - [www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program](http://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program)
- National School Lunch Program
  - Federally assisted meal program that provides nutritionally balanced low-cost or free lunches each day
  - [www.fns.usda.gov/nslp/national-school-lunch-program-nslp](http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp)
- 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/>

### 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.fhccp.org/about/contact-us/>

# Resources for Parents

## Tobacco

- 1-800-QUIT-NOW
- <https://women.smokefree.gov/>
  - Website providing resources for all women, including those pregnant
  - SmokefreeMOM text message program
    - <https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom>
  - Smoking and your baby page:
    - <https://women.smokefree.gov/pregnancy-motherhood/quitting-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
  - 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline
  - 1-800-273-8255
  - <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:
  - Women of Color Network 1-800-537-2238 [www.wocinc.org](http://www.wocinc.org)
  - INCITE! Women of Color Against Violence [www.incite-national.org](http://www.incite-national.org)
- Specific resources for latinx
  - Casa de Esperanza 1-651-772-1611 [www.casadeesperanza.org](http://www.casadeesperanza.org)
  - National Latin@ Network for Health Families and Communities 1-651-646-5553
- Specific Resources for Asian/Pacific Islander:
  - Asian and Pacific Islander Institute on Domestic Violence 1-415-954-9988
    - [Apiidv.org](http://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/>

***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/>

***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/>

***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>

## PADOH Coronavirus website

- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

## Penn State Resources

- Penn State on Demand: <https://hmc.pennstatehealth.org/ondemand-overview>
- Penn State Tobacco Intervention Program
  - Careline at 1-800-243-1455