

help me

# CONNECT

## Connect Families with their Local Communities

Help Me Connect is an online service navigator that helps providers connect pregnant individuals and families with young children (birth-8 years old) with services in their community.

*When young families thrive, we all do.*

### Find Families Services and Resources



#### Healthy Development and Screening

Parenting programs and Identify concerns early



#### Developmental and Behavior Concerns

Services for early intervention, special education, and mental health



#### Disability Services and Resources

Community and family support for children with disabilities



#### Early Learning and Child Care

Education and child care programs



#### Family Well-Being and Mental Health

Support the whole family's safety, physical health and mental health



#### Tribal and American Indian Families

Resources and supports for American Indians



#### Additional Caregiving and Community Support

Resources for homeless, immigrants, refugees, teen parents, and other family situations



#### Dental Care

Find and access affordable dental care



#### Basic Needs

Help with food, housing, and transportation



#### Legal Services

Low-cost or free legal services and information



#### Emergency Resources

Support during crises

### How to use

1. **Visit:** [helpmeconnectmn.org](http://helpmeconnectmn.org)
2. **Select:** A category to see list of services
3. **Enter:** An address to find services nearby
4. **Create:** Favorites for future use
5. **Contact:** [HelpMeConnect@state.mn.us](mailto:HelpMeConnect@state.mn.us) for more information



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