

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:**
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 for more information



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