

Bloomfield Family Center

Family Resource Guide

National & Federal Support Programs for Families

About This Guide

This guide provides an overview of key national and federal programs available to families across the United States. Each program includes a description and a direct link to official resources. Whether you need help with food, healthcare, housing, financial assistance, or mental health support, these programs are here for you.

All links are clickable. For assistance navigating these resources, please contact the Bloomfield Family Center.

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Food Assistance Programs

WIC - Women, Infants, and Children

WIC provides federal grants to states for supplemental foods, healthcare referrals, and nutrition education for low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are at nutritional risk.

www.fns.usda.gov/wic

SNAP - Supplemental Nutrition Assistance Program

SNAP offers nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move toward self-sufficiency. Benefits are loaded onto an Electronic Benefits Transfer (EBT) card, usable like a debit card at most grocery stores.

www.fns.usda.gov/snap

Child Nutrition Programs

USDA Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). These programs provide healthy meals and snacks to children in schools, child care settings, and community sites.

www.fns.usda.gov/cn

Healthcare Programs

Medicaid

Medicaid provides free or low-cost health coverage to eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. Medicaid is administered by states according to federal requirements, and is funded jointly by states and the federal government.

www.medicaid.gov

CHIP - Children's Health Insurance Program

CHIP provides low-cost health coverage to children in families that earn too much to qualify for Medicaid. In some states, CHIP also covers pregnant women. Families can apply any time of year with no waiting period for coverage.

www.medicaid.gov/chip

Maternal Health - Office on Women's Health

The Office on Women's Health (OWH) provides resources on maternal and infant health including prenatal care, postpartum support, and breastfeeding assistance. The CDC also provides maternal health data, resources, and state-level support programs.

www.womenshealth.gov/pregnancy

HRSA - Health Resources & Services Administration

HRSA supports access to health care for people who are geographically isolated or economically or medically vulnerable. HRSA funds community health centers, supports the training of health professionals, and maintains the National Health Service Corps.

www.hrsa.gov

Financial Assistance Programs

TANF - Temporary Assistance for Needy Families

TANF provides grants to states to run programs for needy families. Assistance may include cash aid, job training, childcare, and other supportive services. Each state designs its own program and sets eligibility rules within federal guidelines.

www.acf.hhs.gov/ofa/programs/tanf

LIHEAP - Low Income Home Energy Assistance Program

LIHEAP helps low-income households pay for home heating and cooling costs. Benefits may cover utility bills, energy-related home repairs and weatherization, and energy crises such as utility shutoffs. Contact your state or local agency to apply.

www.acf.hhs.gov/ocs/programs/liheap

Benefits.gov - Benefit Finder

Benefits.gov is the official benefits website of the U.S. government. Use the Benefit Finder to discover federal and state programs you may be eligible for, covering food, housing, healthcare, education, employment, and more.

www.benefits.gov/benefit-finder

Earned Income Tax Credit (EITC)

The EITC is a tax benefit for working people with low to moderate income. To qualify you must meet certain requirements and file a tax return, even if you do not owe any tax. The EITC reduces the amount of tax you owe and may give you a refund.

www.irs.gov - Earned Income Tax Credit

Housing Assistance

HUD - U.S. Department of Housing and Urban Development

HUD offers a wide range of programs to help families with housing needs, including rental assistance (Section 8 / Housing Choice Voucher Program), public housing, homebuyer assistance, and homelessness prevention resources. Find your local HUD office for state and local programs.

www.hud.gov

Housing Choice Voucher Program (Section 8)

Section 8 assists very low-income families, the elderly, and people with disabilities to afford decent, safe, and sanitary housing in the private market. Participants find their own housing, including single-family homes, townhouses, and apartments.

www.hud.gov - [Housing Choice Voucher / Section 8](#)

Emergency Rental Assistance Program

The Emergency Rental Assistance (ERA) program makes funding available to households unable to pay rent or utilities. Funds are provided to states, territories, local governments, and tribal entities. Visit the HUD portal to locate your local program.

home.treasury.gov - [Emergency Rental Assistance](#)

Counseling & Mental Health Resources

SAMHSA National Helpline

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental health and/or substance use disorders. Call: 1-800-662-4357.

www.samhsa.gov/find-help/national-helpline

988 Suicide & Crisis Lifeline

Call or text 988 to reach the Suicide & Crisis Lifeline — a free, confidential service available 24/7 for people in distress and for prevention and crisis resources. The Lifeline connects callers to trained crisis counselors and local emergency services when needed.

988lifeline.org | Call or Text: 988

MentalHealth.gov

MentalHealth.gov provides one-stop access to U.S. government mental health information. Find resources on recognizing signs of mental illness, getting help, supporting others, and understanding mental health coverage under health insurance plans.

www.mentalhealth.gov

CDC Mental Health Resources

The CDC provides resources and data on mental health, including tools for coping with stress, managing anxiety, and accessing community mental health services. Includes specific resources for parents and children.

www.cdc.gov/mentalhealth

NAMI - National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. NAMI provides advocacy, education, support, and public awareness. Helpline: 1-800-950-NAMI (6264).

www.nami.org/Support-Education/NAMI-HelpLine

Caregiver Support

Eldercare Locator

A public service of the U.S. Administration on Aging connecting older adults and their caregivers to local services including transportation, meals, housing, home care, legal services, and caregiver support. Call: 1-800-677-1116.

eldercare.acl.gov

Child Care & Development Fund (CCDF)

CCDF provides assistance to low-income families who need child care due to work, job training, or education, and works to improve the quality of child care for all children. Contact your state's child care agency to apply for assistance.

www.acf.hhs.gov/occ/ccdf-program

Childcare.gov

Childcare.gov helps families find and pay for quality child care. Locate nearby child care providers, access financial assistance information, and learn about quality indicators to look for when choosing care for your family.

childcare.gov

National Respite Locator - ARCH

Respite care gives unpaid caregivers a temporary rest from caregiving while the person they care for continues to receive care in a safe environment. The ARCH National Respite Network Locator helps caregivers find respite services in their area.

archrespite.org/respitelocator

Child Savings Account

Trump Child Savings Account (Baby Bonus / DOGE Dividend)

The Trump administration has proposed a Child Savings Account initiative, sometimes referred to as a "Baby Bonus" or DOGE Dividend, which would provide a one-time financial contribution into savings accounts for newborn American citizens. Under the proposal, eligible newborns would receive a deposit — reported at approximately \$1,000 — into a government-established account that grows over time and can be accessed when the child reaches adulthood. The program is designed to give every American child a financial head start and promote long-term savings and economic independence. Details including eligibility requirements and implementation timelines are subject to legislative and executive action. For the most current information, visit the White House website.

www.whitehouse.gov

Need Additional Help?

Visit [Benefits.gov](https://www.benefits.gov) to search for additional programs, or contact the Bloomfield Family Center for personalized assistance navigating these resources. Our staff can help connect you to the right programs for your family's unique needs.

All programs listed are federal or nationally recognized resources. Program availability and eligibility may vary by state.