

Supplemental Security Income Program (SSI)

If you are blind or disabled, you may be eligible for monthly payments from this program. Children who receive SSI payments are eligible for Medicaid and SNAP.

For more information, visit or call:

www.socialsecurity.gov
(800) 772-1213

Family Independence Temporary Assistance Program (FITAP)

FITAP (formerly known as AFDC or welfare), is a public assistance program that provides financial aid for children when they do not have sufficient financial support from their parents. Children who receive FITAP may also be eligible for SNAP and Medicaid.

For more information or to apply for FITAP, visit or

call: www.dcf.la.gov
(888) 524-3578

Louisiana Low Income Home Energy Assistance (LIHEAP)

LIHEAP provides eligible households with assistance in meeting their monthly utility bills. Priority is given to those who may be elderly, disabled, have families with children, and/or have the highest energy consumption.

For more information, visit or call:

www.lhc.la.gov/energy-assistance | (888) 454-2001

Domestic Violence Help

Domestic violence exposes you and your baby to physical injury and other dangers. You and your baby have a right to be safe. Call the National Domestic Violence Hotline at any time for confidential help.

thehotline.org
(800) 799-7233 | (800) 787-3224 TTY

Tobacco and Substance Abuse Help

Using tobacco, alcohol or drugs while pregnant or breastfeeding is harmful to both you and your baby, and mothers who use these substances may not be able to effectively care for their children. Secondhand smoke and even objects that have been near smoke, like clothes, blankets, rugs or furniture, are also harmful to babies. If you need help quitting, you can call the hotlines below.

For help with quitting tobacco, visit or call:

www.QuitWithUsLa.org | (800) QUIT-NOW (784-8663)

For substance use help, visit or call: www.ldh.la.gov/OBH
(877) 664-2248

For All Other Questions

Ask about other services at your local WIC office, or call **Partners for Healthy Babies**. They connect Louisiana moms and their families to health and pregnancy resources, services and information. Call them today for answers to your questions and referrals to additional services.

1800251baby.org
(800) 251-2229

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Health Care and Social Service Programs You May Qualify For



Louisiana WIC Program

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Visit us at louisianawic.org



Supplemental Nutrition Assistance Program (SNAP)

This program, formerly known as food stamps, provides monthly benefits to help low-income households buy food. If eligible, you may receive both SNAP and WIC.

To apply for SNAP, visit or call:

www.dcf.la.gov/page/snap | (888) 524-3578

Temporary Emergency Food Assistance Program (TEFAP)

TEFAP provides food packages to eligible participants each January, April, July and October. You may be eligible for TEFAP if everyone in your household receives SNAP benefits.

For more information, visit or call:

www.fns.usda.gov/TEFAP
(225) 922-1319

USDA National Hunger Hotline: 1-866-3-HUNGRY
1-877-8-HAMBRE

Child Nutrition Assistance

The United States Department of Agriculture's Food and Nutrition Service administers several programs that provide healthy food to children including:

- National School Lunch Program
- School Breakfast Program
- Child and Adult Care Food Program
- Summer Food Service Program
- Fresh Fruit and Vegetable Program
- Special Milk Program

For more information, visit or call:

www.louisianabelieves.com/schools/public-schools/nutrition
(877) 453-2721

Head Start

Head Start is a comprehensive child care program that works to prepare children for school through lessons, activities and nutritious meals. To be eligible, your child must be 4 or 5 years old, and your family must meet the income guidelines. Some programs also admit 3-year-olds, and children with disabilities are given extra consideration.

For more information, visit or call:

<http://eclkc.ohs.acf.hhs.gov/hslc> | (866) 763-6481

Child Care Assistance Program (CCAP)

To support all families in accessing high quality child care, the child care assistance program (CCAP) provides financial assistance to low-income families.

For more information, visit or call:

www.louisianabelieves.com/early-childhood
(877) 453-2721

Shots for Tots

Parish health units offer all childhood immunizations at no cost to eligible children and teens, ages 0-18. The day of the week that immunizations are available varies by each clinic.

For more information, visit or call:

www.ldh.la.gov/healthybabies
www.shotsfortots.com | (800) 251-BABY (2229)

Child Support Enforcement Program

By law, a child's absent parent is required to provide financial support. This program can help locate a missing parent, establish parenthood and legally enforce payment. You must be a Louisiana resident to qualify.

For more information, visit or call: www.dcf.la.gov
(888) LAHELP-U (524-3578)

Medicaid

The Louisiana Medicaid Program may help to pay for medical care and related services for eligible children, parents, pregnant women, persons age 65 or older, and blind and/or disabled individuals receiving SSI or FITAP. If you qualify for Medicaid, you also qualify for WIC.

To apply for Medicaid, visit or call:

www.ldh.la.gov/medicaid | (888) 342-6207

LaMOMS

LaMOMS is a free health insurance program for pregnant women. You may be eligible for LaMOMS if you meet the requirements listed for LaCHIP and have proof of the expected date of your delivery.

To apply for LaMOMS, visit: www.ldh.la.gov/medicaid
(888) 342-6207

Louisiana Children's Health Insurance Program (LaCHIP)

LaCHIP provides health benefits for eligible children from birth to age 19.

For more information or to apply for LaCHIP, visit or call:

www.ldh.la.gov/medicaid
(877) 2LaCHIP (252-2447)

Mental Health Assistance

The Office of Behavioral Health provides statewide behavioral healthcare, including mental health treatment services.

For more information, visit or call:

www.ldh.la.gov/OBH | Crisis Line: (866) 310-7977

Try these user-friendly apps



LifeInCheck EBT – Your New App For SNAP!
Check Benefit Balance | Request Card Replacement
Set or Change Card PIN



SSI Mobile Wage Reporting
Easily Report Wages For Eligibility