

RESOURCES FOR FAMILIES OF AHT/SBS VICTIMS (Minnesota-focused)

[Shaken Baby Syndrome](#): The Mayo Clinic discusses Shaken Baby Syndrome (AKA Abusive Head Trauma), including symptoms, causes, diagnosis, and treatment.

Caregiving

[The Lucas Project](#): Provides recognition, respite, and resources to family caregivers of individuals with special needs.

Child Development

[Help Me Grow](#): Connects Minnesota families to resources that help young children develop, learn, and grow.

[National Association for the Education of Young Children](#): Promotes high-quality early learning for all young children, from birth through age 8, by connecting early childhood practice, policy, and research.

[National Institute of Child Health & Human Development](#): Leads research and training to understand human development, improve reproductive health, enhance the lives of children and adolescents, and optimize abilities for all.

[ToolsToGrow](#): Offers valuable tools for parents to help their children grow.

Crime Victims

[Crime Victim Rights](#): Minnesota provides victims with important rights as their cases progress through the criminal justice system.

[Minnesota Day One](#): Connects victims/survivors of general crime, domestic violence, sexual assault, trafficking, or those concerned about their relationships to resources, including emergency shelter and safe housing.

[Minnesota DPS Crime Victim Rights](#): Provides crime victims with the rights they need as their cases move through the criminal justice system.

[Minnesota Crime Victims Reimbursement Program](#): This program provides financial assistance to victims and their families for losses incurred as a result of the crime.

[Minnesota Crime Victim Support Line](#): Advocates provide support and connect crime victims to community resources.

[The National Center for Victims of Crime](#): A nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and is a trusted source of information on victims' issues.

Crisis Intervention

[988 Lifeline](#): Suicide and crisis lifeline where counselors provide support to help those facing mental health struggles, emotional distress, alcohol or drug use concerns, or who just need someone to talk to by phone, text, or chat, 24 hours a day, 7 days a week.

[Minnesota Day One Crisis Line](#): Helps survivors connect to advocates trained in domestic violence, sexual assault, and human trafficking to find shelter and services in their area.

[National Child Abuse Hotline](#): Free crisis intervention available from professional counselors 24 hours a day. Also, provide referrals to local agencies and support groups.

[National Suicide Prevention Lifeline](#): Provides a lifeline 24 hours a day at 1-800-273-8255 to speak with someone about what you are experiencing.

[Parent Stress Line](#): A 24-hour hotline staffed by trained volunteer telephone counselors who care and are concerned about preserving families.

Disabilities

[The Arc-Minnesota Chapters](#): The most prominent national community-based organization advocating for and with people with intellectual and developmental disabilities (IDD) and serving them and their families.

[The Brain Injury Association of America](#): Works to improve the quality of life of people affected by brain injury across their lifespan through prevention, awareness, research, treatment, education, and advocacy.

[CP Family Network \(CPFN\)](#): The world's largest online community for connecting and supporting families whose children have developed cerebral palsy.

[Children's Disability Information](#): Essential articles and resources for parents of children with disabilities and special needs.

[Disability Minnesota](#): Provides a single entry point to over 100 Minnesota state agency programs, products, and services focused on various disability issues, as well as access to laws, statutes, and regulations in pertinent disability-related areas.

[Disability Resources](#): Provides access to support, services, and organizations that enhance the quality of life for people with disabilities and ensure they have the support they need to live fully within their communities.

[Minnesota Brain Injury Alliance](#): Raises awareness and enhances the quality of life for all people affected by brain injury.

[MinnesotaHelp.info](#): Enables families of children with disabilities to search for programs and services in Minnesota.

[TSA Cares: Disabilities and Medical Conditions](#): Provides information on airport security procedures to help passengers with disabilities, medical conditions, and individuals needing additional assistance better prepare for the security screening process.

Domestic Violence

[Anna Marie's Alliance](#): Gives individuals who are experiencing relationship abuse and their children a safe place to stay and the resources they need. (Benton, Mille Lacs, Sherburne, Stearns, & Wright Counties)

[DomesticShelters.org](#): First and largest online and mobile searchable directory of domestic violence programs and shelters in the U.S. and Canada, and a leading source of helpful tools and information for people experiencing domestic violence.

[Southern Valley Alliance](#): Provides direct assistance to victim-survivors and makes referrals to other support services. (Carver & Scott Counties)

[Women's Advocates](#): Helps keep families in domestic abuse situations safe, including offering emergency housing and legal assistance. (St. Paul)

Financial Assistance

[AstraZeneca](#): Helps families afford the medications their children might need more easily, including copay savings and patient assistance programs.

[Audrey & McKenna Foundation](#): Creates handmaid, no-cost cremation boxes for families who have lost a child.

[Bridge to Benefits](#): Improves the well-being of families and individuals by linking them to public support programs and tax credits.

[Combined Application Form](#): Allows people to apply for multiple Minnesota assistance programs on one form.

[Final Farewell](#): Gives financial assistance, advice, and guidance to grieving families from all religions and backgrounds to provide an affordable funeral for their child.

[HealthWell Foundation](#): Fills insurance gaps by assisting with copays, premiums, deductibles, and out-of-pocket expenses for essential treatments and medications.

[The Jiselle Lauren Foundation](#): Provides children and their families with financial support that allows them access to therapies, medical care, devices, equipment, transportation, and many other resources.

[Kids' Waivers](#): Compiles information about Medicaid waivers, Katie Beckett or TEFRA programs, and other programs for children with disabilities or medical needs.

[Lori's Voice](#): Offers financial assistance for families unable to afford adaptive equipment, travel, therapy, and other items not fully covered by insurance or other organizations.

[The Loveland Foundation](#): Covers the cost of therapy and provides mental health resources to Black women and girls.

[Medical Assistance \(MA\) Under the TEFRA Option](#): The Tax Equity and Fiscal Responsibility Act (TEFRA) option provides eligibility for Medical Assistance for children with disabilities in families with incomes too high to qualify for MA.

[Minnesota Department of Human Services](#): Offers economic assistance information and application instructions for qualifying individuals who are going to work, looking for work, attending school, or are unable to work.

[MNsure](#): Helps you find, choose, and enroll in comprehensive health coverage and provides financial assistance to lower the cost of insurance.

[The My Gym Foundation](#): Helps children with disabilities and those struggling financially by awarding critically needed gifts such as equipment and services.

[Oracle Health Foundation](#): Provides funding for children whose families can't afford medical care, equipment, vehicle modifications, or care-related displacement.

[Social Security Disability Evaluation](#): This free disability case evaluation is available for anyone interested in determining eligibility for Social Security Disability or Supplemental Security Income benefits.

[The Tears Foundation](#): Helps families in need with financial assistance for their child's funeral expenses.

Food, Housing, Utilities & Other Necessities (Assistance)

[Bridging](#): Empowers people to thrive in their homes by providing quality furniture and household goods for those pursuing housing stability. (Bloomington, Roseville)

[Child Care Assistance](#): Provided by your county, this program helps financially qualified families pay for child care.

[County Websites](#): Visit your county's website to find temporary shelter options.

[Family Promise](#): Assists families with minor children experiencing housing insecurity with financial support, temporary shelter, and housing stabilization. (Anoka County)

[The Food Group](#): Connects hungry Minnesota residents with resources to put food on the table today, while also helping to find long-term solutions to hunger.

[Foodpantries.org](#): A comprehensive list of food pantries in Minnesota.

[HeatShare](#): As part of The Salvation Army, this program provides year-round energy assistance for natural gas, fuel oil, propane, and electricity, as well as furnace checkups and repairs.

[Housing Link](#): Connects people to affordable rental homes, increasing choice and access for all.

[Internet Essentials](#): Provides affordable home Internet for qualifying households, as well as low-cost computers, free WiFi hotspots, and free Internet training.

[Lasagna Love](#): Strives to provide relief, hope, and connection through the simple yet profound gesture of a warm meal, whether a family is facing financial challenges, is emotionally overwhelmed, is experiencing medical issues, or is facing any other hardship.

[Lifeline](#): Provides subscribers with a discount on monthly telephone or broadband service purchased from participating providers.

[Minnesota Homeless Shelter Directory](#): View the directory to find shelter options in your community.

[National Hunger Hotline](#): Refers people in need of emergency food assistance to food pantries and government programs, and models grassroots organizations that work to improve access to healthful, nutritious food and build self-reliance. Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273), for Spanish, from Monday through Friday, 7 a.m. to 10 p.m. ET.

[Neighborhood House](#): A full-service hub for those seeking assistance with basic needs, from food to housing, as well as helping create future opportunities through family coaching and education programming.

[One Day at a Time \(1DAAT\)](#): Assists youth, single adults, and families experiencing housing insecurity, as they move through the various realms of homelessness and into renting and/or owning a home. (Ramsey, Hennepin, Dakota, Washington & Anoka counties)

[Project for Pride in Living](#): Lists contact information and qualifications for several emergency housing assistance programs. (Hennepin & Ramsey counties)

[Ronald McDonald House](#): Provides support, overnight accommodations, and essential resources to families who travel far from home for their child's medical care.

[Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#): Provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding women and infants and children up to age five who are at nutritional risk.

[United Way 211](#): Provides free, confidential health and human services information to people in Minnesota, 24 hours a day, 7 days a week, to connect you with the resources you need.

Legal

[LawHelpMn.org](#): Assists Minnesota residents in learning their rights, solving legal problems, and finding a lawyer.

[Legal Rights Center](#): Partners with communities to achieve justice and advance racial equity for those who have historically been denied it.

[Mid-Minnesota Legal Aid](#): Advocates for the legal rights of disadvantaged people to have safe, healthy, and independent lives in strong communities.

[Minnesota Statute 144.574](#): Shaken Baby Syndrome Law in Minnesota - Dangers of shaking infants and young children.

[Volunteer Lawyers Network \(VLN\)](#): Helps Minnesotans experiencing poverty with civil legal issues by connecting clients with volunteer attorneys.

[Womenslaw.org](#): Provides an email hotline service for legal information related to domestic violence, sexual assault, or stalking.

Mental Health

[Brighter Days Family Grief Center](#): Provides free resources and services to children, young adults, and adults grieving the death of a family member. (Eden Prairie)

[Central Minnesota Mental Health Center \(CMMHC\)](#): A community resource for mental health treatment in Benton, Sherburne, Stearns, and Wright counties.

[Charlie Health](#): Offers virtual programs for adults, teens, and children who need more than weekly therapy, with family support built in.

[Family Means-Center for Grief & Loss](#): Offers specialized therapy for complicated grief, trauma, and life transitions. (St. Paul)

[FastTrackerMN.org](#): Provides a search tool to find statewide services and support for mental health and substance use disorders.

[Minnesota Warmline](#): If you're struggling with your mental health but aren't experiencing a mental health crisis or emergency, reach out by phone, text, or online chat, 7 days a week, 9 am - 9 pm.

[MissFoundation](#): Provides counseling, advocacy, research, education, and support services to families experiencing the death of a child.

[National Alliance on Mental Illness \(NAMI\) of Minnesota](#): Dedicated to improving the lives of adults and children with mental illness and their families.

[The National Child Traumatic Stress Network \(NCTSN\)](#): Seeks to increase access to services for children and families who experience or witness traumatic events.

[Northeast Youth & Family Services](#): A nonprofit, community-based, and trauma-informed mental health and community services organization serving the northeastern Saint Paul suburbs. (Shoreview)

[Walk-in Counseling Center](#): Provides free, anonymous, easily accessible services by professional volunteers offering mental health counseling. (Virtual Appts)

Support Communities

[The Compassionate Friends](#): Helps families find support in their grief journey after the death of a child.

[Grandparents of Shaken Baby Syndrome Victims Support Group \(Facebook\)](#): Aims to provide a safe and comfortable place for grandparents to meet and share their journeys.

[National Organization of Parents of Murdered Children-Central MN Chapter](#): Meetings for the families and friends of children who have died by violence.

[National Organization of Parents of Murdered Children-Southeast MN Chapter](#): Meetings for the families and friends of children who have died by violence.

[Parent to Parent USA](#): Ensures access to quality emotional support for families of individuals with disabilities and/or special health care needs.

[The Shaken Baby Alliance](#): Offers support for victim families and professionals, educates about child and elder abuse prevention, and advocates for justice for innocent victims.

[Shaken Baby Syndrome Support \(Facebook\)](#): This is a private group ONLY for families and individuals affected by Shaken Baby Syndrome / Abusive Head Trauma to seek support and easily communicate with others who have been through the same type of trauma, medical, legal, and emotional turmoil.