**Help Me Grow Alaska is** a program dedicated to promoting healthy child development statewide by providing support and information to individuals and organizations who care for and about children and young adults. We do this by connecting families and caregivers to services and by organizing the path forward for support.

Help me Grow Alaska operates a call center staffed with [family support specialists](https://helpmegrowak.org/contact-a-family-support-specialist/) - individuals with experience in, and understanding of, child development, social services, and resources available in Alaska and beyond. Our family support specialists are available to listen to concerns, connect the caller with the most available and appropriate resources in their area of Alaska, and provide ongoing follow up and support to make sure resource connections were made.

Help Me Grow Alaska offers [resources](https://helpmegrowak.org/resources/) to all families in Alaska, ***at no cost and regardless of insurance coverage or type.*** Our services can be accessed with or without an understood issue or diagnosis and if the child is in an existing program or not yet connected to a provider.  Our services are geared towards families prenatally to children age 26, and telelanguage translation services are available.

For families with younger children, who may have questions about how your child is developing or expressing behaviors, we offer easy access to [developmental screenings](https://helpmegrowak.org/developmental-screening/) and follow up support to discuss questions or about what to expect next as your child continues to grow.

For more information about Help Me Grow Alaska, please visit our website at [https://helpmegrowak.org](https://helpmegrowak.org/). You can also call [1-833-HMG-ALASKA](tel:+1833464252752), [1-833-464-2527](tel:+18334642527) , to be connected to a Family Support Specialist who can connect you to any staff member.