

A graphic featuring silhouettes of a family consisting of two adults and two children, one of whom is sitting on the ground. The silhouettes are in shades of purple and teal against a teal background.

Information and Support
Within Your Reach

1-800-367-2229
NC Family Health Resource Line

English and Spanish
Monday – Friday, 8 am – 5 pm (closed on holidays)
TTY for the hearing impaired: 1-800-976-1922

Information, Referral and Advocacy Services

- Health before pregnancy
- Family planning
- Pregnancy and prenatal care
- Substance use in pregnancy
- Breastfeeding, nutrition and WIC
- Infant, child and teen health
- Child development
- Choosing quality child care
- Parenting skills for mothers, fathers and grandparents
- Free or low-cost children's health insurance for those who qualify



www.NCHealthyStart.org
www.healthychildcarenc.org

