



*your early childhood link to
community resources*

When talking with parents, have you ever heard them express behavioral concerns about their child? Who can you trust to assist those parents? Do any of your families you serve need connections to non-medical resources and supports?

As a healthcare professional, you work with so many families that need to be connected with a variety of resources. Families need support in ongoing developmental monitoring and connection to resources. Help Me Grow is here to support the families you serve. When a family calls Help Me Grow, they are connected with specially trained staff called Navigators and can ask about their child's development, behavior, health, and/or learning.

Help Me Grow North Texas is a parent/caregiver information line designed to connect families with children 0-6 and pregnant mothers to information about child development and community resources. Help Me Grow Navigators offer free developmental and Social Determinants of Health screenings for children 0-6 to help parents understand typical child development and see needs that need to be addressed; link families to community-based programs, behavioral supports, and services that best fit their unique needs; and answer questions related to pregnancy, parenting, and child development.

Help Me Grow supports you in fostering your patients' wellbeing by facilitating referrals and by following up with families to ensure that they received the appropriate support for their concerns and circumstances. It often takes 7-8 phone calls to get a referred service in place for families. Help Me Grow does that work for you and the family. Help Me Grow services families in multiple languages. Support from the Help Me Grow Navigators and subsequent linkages to programs and services enhance the families' protective factors and can mitigate risk factors.

To connect with Help Me Grow North Texas, please visit our website: HelpMeGrowNorthTexas.org. There you can find our referral forms, resources for families, and ways to get in contact with the Navigators. If you have questions regarding Help Me Grow North Texas please reach out to info@helpmegrownorthtexas.org and your email will be sent to a staff member who can assist you.

Connect with the Navigators at 844-NTX-KIDS(844-689-5437)

HelpMeGrowNorthTexas.org

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