Help Me Grow
Indiana
1-844-624-6667 Option 3

Supporting the Healthy Development of Children

> **Help Me Grow Indiana is helping all families build and promote healthy brains and development in children.**
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> **Help Me Grow Indiana can help link families to community-based services and supports at no cost to parents and providers.**

What Happens when you call Help Me Grow Indiana?

1. A Help Me Grow Care Coordinator will listen, provide information, and resource support for families to encourage healthy child development and well-being.

2. Help Me Grow will offer a free Ages and Stages screening to open the door to your child's development and well-being. Results of the screen will be shared with your family, if needed the appropriate referrals to local services and supports and will be provide

3. Scheduled follow-ups will let us talk about previous referrals given and will continue to support your families well-being.

CDC's FREE Milestone Tracker App

App Store

Google Play

Learn more at cdc.gov/MilestoneTracker

Indiana State Department of Health