FREE FAMILY GUIDE · VHG + DEBS YOGA

Worried about your child?

Free | No diagnosis needed

START WITH YOUR CHILD'S AGE

Under 3

Free early intervention, often at home. In Ohio, call Help Me Grow:

800-755-4769

3 or older

Ask your public school in writing for a free evaluation. Ohio help with school (OCECD):

844-382-5452

Scan for your first call

Pick your state and your child's age. Works in every state, with autism, ADHD and other disabilities.

In partnership with Debs Yoga in Marengo, Ohio, run by a mom who has been through this herself. Find Debs Yoga on Facebook.

In crisis? Call or text 988, any time.

In Ohio, ask for MRSS (age 20 or younger). In danger, call 911.