FREE FAMILY GUIDE VETERAN HOME GUARDIANS · DEBS YOGA

Worried about your child?

Free programs and a clear first call for families raising a child with autism, ADHD or another disability.

Free **No diagnosis needed** **Nothing you enter is saved**

START WITH YOUR CHILD'S AGE

Under 3

Free early intervention, often at home. It ends at age 3, so call early.

In Ohio, call Help Me Grow

800-755-4769

3 or older

Ask your public school in writing for a free evaluation. The guide has a letter you can copy.

Ohio parent center for school help (OCECD)

844-382-5452

Also in the guide: planning for age 18, Medicaid and SSI, respite care, other parents to talk to, and free legal help when a school says no.

Scan to find your first call

1. Choose your state
2. Tap your child's age
3. Call the number, or copy the school letter

All 50 states and D.C. · Extra detail for Ohio
guide.vethomeguard.org/family-guide.html

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 danger, call 911.

In Ohio, ask 988 for MRSS: free crisis help for anyone 20 or younger.