

## Substance Abuse

If you or someone else thinks you have a problem with alcohol or other drugs, ask a WIC staff person for help in your area.

### For drug or alcohol abuse help:

Call toll free 1-800-879-2772 or 1-800-662-4357  
Visit [www.adp.ca.gov](http://www.adp.ca.gov)

If you want to quit smoking, the California Smokers' Helpline can give you self-help materials, a referral list, and one-on-one counseling over the phone.

### Call one of the Smoker's Helplines listed below:

- English: 1-800-662-8887 (1-800-No-Butts)
- Spanish: 1-800-456-6386
- Vietnamese: 1-800-778-8440
- Chinese: 1-800-838-8917
- Korean: 1-800-556-5564
- Hearing Impaired: 1-800-933-4833
- Chew Tobacco or Snuff: 1-800-844-2439



### For more information:

Visit [www.nobutts.org](http://www.nobutts.org)

## Family Violence

Domestic violence is a major problem in California and the United States. Domestic violence includes violence between spouses, individuals in dating relationships, and former partners or spouses, and can occur inside or outside the home.

### For more information and shelter assistance:

Call 1-800-799-7233 (SAFE),  
or 1-800-787-3224 (TTY)

**Your WIC staff can put you in touch  
with programs or services you may need.  
Don't be afraid to ask for support.**



California Department of Public Health, California WIC Program  
*This institution is an equal opportunity provider.*

1-800-852-5770 #910156 Rev 11/14

## Referrals

### How Can We Support You?



**WIC can put you in touch with programs or services that you may need such as:**

- CalFresh
- CalWORKs
- CHDP
- Child Support
- Immunizations
- Medi-Cal

**and also prevention and treatment programs for:**

- Drug, Alcohol, or Tobacco Use
- Family Violence



## CalFresh (formerly called Food Stamps)

CalFresh can add to your food budget to put healthy and nutritious food on the table.



If you qualify for CalFresh benefits, you will receive a plastic card to buy food from approved grocery stores or farmers markets.

U.S. citizens and documented immigrants are welcome to apply. Children who were born in the United States may be eligible, no matter where their parents were born.

### For information:

Call 1-877-847-FOOD (1-877-847-3663) (English)

Call 1-888-9-COMIDA (1-888-926-6432) (Spanish)

Visit [www.calfresh.ca.gov](http://www.calfresh.ca.gov)

## California Work Opportunity and Responsibility to Kids (CalWORKs)

CalWORKs is the monthly temporary cash assistance program for low income families, pregnant women, and children under age 18. This program has work requirements.

If you are undocumented, do not apply for CalWORKs for yourself. Apply only for those family members who are citizens or have legal permanent residence.

### For information:

Visit [www.cdss.ca.gov/calworks](http://www.cdss.ca.gov/calworks)



## Child Health and Disability Prevention Program (CHDP)

The Child Health and Disability Prevention Program (CHDP) provides free health and dental check-ups to children. Regular check-ups may prevent many problems. Children need to be checked often and get their shots on time.

Children of WIC families may be eligible for CHDP services.

### To find your local CHDP provider:

Visit [www.dhcs.ca.gov/services/chdp](http://www.dhcs.ca.gov/services/chdp)

## Child Support

If you are not receiving CalWORKs and think you should be getting child support from your child's father or mother, call your local child support agency or contact the California Department of Child Support Services.

### For more information:

Call 1-866-901-3212

Visit [www.childsup.ca.gov](http://www.childsup.ca.gov)

## Immunizations

### Love them, immunize them!

Vaccines (shots) help protect your children from serious and sometimes deadly diseases. Make sure your children get shots when they need them.

Anyone who comes in close contact with your baby (like a parent, grandparent, or babysitter) may also need some shots to help protect your baby.

WIC families may be eligible for free or low cost vaccines through:

- CHDP provider
- Vaccines for Children (VFC) provider, or
- Your local public health department

### For information:

Visit [www.cdph.ca.gov/programs/immunize](http://www.cdph.ca.gov/programs/immunize), or [www.whyichoose.org](http://www.whyichoose.org)

## Medi-Cal

Medi-Cal pays for a variety of medical services for children and adults with limited income and resources. Even if you are working, own a house, or are married, you may be eligible for Medi-Cal.

People in many different situations qualify for Medi-Cal.

Medi-Cal will pay for your prenatal care, delivery, and check-up after your baby is born. Pregnant women eligible for Medi-Cal may be eligible for WIC, regardless of immigration status.

### For more information:

Call toll free 1-800-880-5305

Visit [www.dhcs.ca.gov/services/medi-cal](http://www.dhcs.ca.gov/services/medi-cal)

Or apply on line at [www.benefitscal.org](http://www.benefitscal.org)