

# SELF-SERVICE PORTAL

Your information right at your fingertips.

## APPLY ONLINE OR COMPLETE A REVIEW FOR:

- Medicaid
- Food Assistance (SNAP)
- Child Care Assistance (CCAP)
- Home Energy Assistance (LIHEAP)
- Temporary Assistance (TANF)

## MANAGE YOUR CASE:

- Report a change
- Upload documents
- View notices

## GETTING STARTED IS EASY.

1. Scan this QR code with your smart phone or visit [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov).
2. Click the button that says "Apply online or manage your case."
3. Sign in with your North Dakota login or create an account if you do not already have one.



## NEED HELP?

Find videos and step-by-step instructions on how to use the SSP at [www.hhs.nd.gov/ssp-help](http://www.hhs.nd.gov/ssp-help).