NC InCK
NC INTEGRATED CARE FOR KIDS

Monthly Resource Roundup:
MyFriendBen - Streamlining Benefit Access
August 2025

MyFriendBen North Carolina is a free public screener that streamlines benefit access and anonymously checks eligibility for 14+ benefits, tax credits, and nonprofit programs in North Carolina. Care Managers can share this with families or walk through the quick survey with them. Questions do not ask about or share immigration status, but results can be sorted by citizenship status to help families better understand which benefits they may be eligible for.

How It Works

1. Select "Click to Start" and the preferred language (12 languages available).
2. Answer eligibility questions for 14+ programs (questions only take about 6 minutes).
3. Receive a generated list of public benefits the individual and/or family should be eligible for, the estimated dollar amount, the amount of time it will take to apply, information on how to apply, and links that direct the user to where they can apply for the benefit.

Government Benefits, Programs, and Tax Credits in Screener:

Cash Assistance
- Social Security Disability Insurance
- Supplemental Security Income
- Work First (TANF)

Child Care, Youth, and Education
- Subsidized Child Care Assistance Program

Food and Nutrition
- National School Lunch Program
- SNAP (Supplemental Nutrition Assistance Program)
- Sun Bucks (Summer EBT)
- WIC (Special Supplemental Nutrition Program for Women, Infants, and Children)

Health Care
- ACA (Affordable Care Act) Subsidies
- Emergency Medicaid
- Medicaid
- NC Medicaid Family Planning Program

Housing and Utilities
- Crisis Intervention Program
- Lifeline
- Low-Income Energy Assistance Program
- Weatherization Program

Tax Credits
- Chile Tax Credit/ Credit for Other Dependents
- Earned Income Tax Credit

Near-Term Benefits
- Baby Supplies
- Behavioral Health
- Child Development
- Civil Legal Needs
- Family Planning
- Food and Groceries
- Low-Cost Dental Care
- Managing Housing Costs

MyFriendBen Flyers:
(English and Spanish)

Consumer Flyer



Overview for Professionals



If you have questions, contact myfriendben@codethedream.org

Website is updated biweekly to reflect any changes in program eligibility and rules.