

Free Resources For Clients

Childbirth & Prenatal Education

<https://hmhbga.org/events/>

<https://mothertobaby.org>

<https://thebirthhour.com/black-maternal-health-resources/>

<https://www.text4baby.org/>

Breastfeeding

<http://blackmothersbreastfeeding.org/>

<https://www.lli.org/get-help/breastfeeding-support-facebook-group/>

<https://aeroflowbreastpumps.com/>

<https://www.breastfeedinghousecalls.com/free-online-breastfeeding-class.html>

Important Notice Regarding Pregnancy Medicaid: Due to the passage of the Families First Coronavirus Response Act on March 18, 2020, Georgia is now extending Pregnancy Medicaid benefits indefinitely as long as the HHS Secretary keeps the Public Health Emergency Declaration active. Typically, participants are disenrolled after 60 days from the date of delivery.

Medicaid Information

Amerigroup: 1-800-600-4441

CareSource: 1-855-202-0729

PeachState: 1-800-704-1484

WellCare: 1-866-231-1821

Postpartum Care and Support

<https://www.mayoclinic.org/postpartum-care/art-20047233/in-dept-h/art-20047233>

<https://www.mayoclinic.org/c-section-recovery/art-20047310>

<https://barkinindexmaternalfunctioning.com/scoring-usage/>

Mental Health Resources

Phone Applications (iOS and Android)

- Headspace (cost after trial)
- Calm (free with in app purchases)
- Rootd (cost after trial)
- Insight Timer (free with in app purchases)
- Aura (free with in app purchases)
- Sattva (free with in app purchases)