



# Resources

The resources below offer **FREE** support and services that can be helpful during pregnancy or after baby arrives.

## NATIONAL CRISIS RESOURCES

- Suicide and Crisis Line** – call or text 988
- Domestic Violence Hotline** – 1-800-799-7233
- National Maternal Mental Health Hotline** – call or text 1-833-TLC-MAMA (1-833-852-6262)

## PRENATAL EDUCATION

- Baby Talk** – [babytalkict.com](http://babytalkict.com)



## HOME VISITING AND PARENTING SUPPORTING

- Kansas Home Visiting** – [kshomevisiting.org](http://kshomevisiting.org)  
*\*Note: most programs will meet with you at a location of your choice, it does not have to be your home.*



## PREGNANCY AND PARENTING SUPPORT

- Resources and support without judgement** – 1-800-Children, [1800childrenks.org](http://1800childrenks.org)



## TOBACCO DEPENDENCE SUPPORT

- KanQuit!** – [nyeandassociates.com/cribs/](http://nyeandassociates.com/cribs/)



## INFANT SAFE SLEEP EDUCATION AND RESOURCES

- KIDS Network Safe Sleep Instructor** – [kidsks.org](http://kidsks.org)



## BREASTFEEDING RESOURCES AND SUPPORT

- Kansas Breastfeeding Coalition** – [ksbreastfeeding.org](http://ksbreastfeeding.org)



## MENTAL HEALTH RESOURCES

- Suspenders4Hope program** – Mental Health and Preventing Suicide, [suspenders4hope.com](http://suspenders4hope.com)



- Postpartum Support International Online Support Groups** – [postpartum.net/get-help/psi-online-support-meetings](http://postpartum.net/get-help/psi-online-support-meetings)



- Kansas Support Groups** – [supportgroupsinks.org](http://supportgroupsinks.org)





# Resources

Find a mental health or substance dependence professional with perinatal expertise:

## MENTAL HEALTH PROFESSIONALS

 **Kansas Perinatal Mental Health Professional Directory** - [psidirectory.com](http://psidirectory.com)



 **Psychology Today** - [psychologytoday.com](http://psychologytoday.com)



## SUBSTANCE USE TREATMENT

 **Women's Substance Use Treatment Programs** - 1-866-645-8216, option 2; [kdhe.ks.gov/DocumentCenter/View/21327/KS-Womens-Substance-Use-Treatment-Programs\\_Info\\_Sheet-PDF](http://kdhe.ks.gov/DocumentCenter/View/21327/KS-Womens-Substance-Use-Treatment-Programs_Info_Sheet-PDF)

