





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




HOME VISITING AND PARENTING SUPPORTING

-  **Kansas Home Visiting** – 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




INFANT SAFE SLEEP EDUCATION AND RESOURCES

-  **KIDS Network Safe Sleep Instructor** – kidsks.org




BREASTFEEDING RESOURCES AND SUPPORT


-  **Kansas Breastfeeding Coalition** – ksbreastfeeding.org



MENTAL HEALTH RESOURCES

-  **Suspenders4Hope program** – Mental Health and Preventing Suicide, suspenders4hope.com




-  **Postpartum Support International Online Support Groups** – postpartum.net/get-help/psi-online-support-meetings



-  **Kansas Support Groups** – supportgroupsinks.org



TOBACCO DEPENDENCE SUPPORT

-  **KanQuit!** – nyeandassociates.com/cribs/



 **#WeSupportU**
Suspenders4Hope™

CRIBS
Center for Research for
Infant Birth and Survival 


Resources

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

MENTAL HEALTH PROFESSIONALS


 **Kansas Perinatal Mental Health Professional Directory –**
psidirectory.com



 **Psychology Today –**
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

