

## Referral Resources for Clients

These are resources geared to the needs of your participants.

### Indiana Family HelpLine

Call **800.433.0746** for help with these issues, and other issues:

- Adoption
- Dental providers
- Family planning/Birth control
- Finding a doctor
- Food, clothing and shelter
- Home visitation programs
- Safe crib
- WIC
- Hoosier Healthwise (Medicaid)

### Indiana 2-1-1

To locate assistance with food, clothing, shelter, utility payments and many other issues, call your local 2-1-1 or visit <http://www.in211.org/>

### About Special Kids (ASK)

This organization supports parents with special-needs babies and children, including premature babies. ASK provides information, education and help finding resources. Visit the ASK website <http://www.aboutspecialkids.org/> or call toll-free at 800.964.4746.

### Adoption

For information and advice on adoption, contact the Indiana Family HelpLine at 800.433.0746 or 2-1-1.

### Alcohol and/or Drugs

For help finding treatment programs:

- Call 2-1-1
- Call the National Drug and Alcohol Treatment Hotline at 800.662.HELP (800.662.4357).
- Visit the Substance Abuse Treatment Facility Locator website at <http://dasis3.samhsa.gov>
- For a list of Alcoholics Anonymous and Narcotics Anonymous groups in your area go to: [www.aa.org](http://www.aa.org) or [www.na.org](http://www.na.org)

### Baby First Workbook

Your client can get a free *Baby First Workbook: How to Have a Healthy Baby* by calling the Indiana Family Helpline at 800.433.0746. They'll receive the 54 page workbook for pregnant women, a preterm labor card and a DVD. You can order a quantity of these workbooks for your clients at <http://www.indianaperinatal.org/sections/resources.php> [Click here](#) to see a sample of the workbook.

How to Have a Healthy Baby: Six Lessons Learned in Indiana

[http://www.indianaperinatal.org/downloads/Lessons Learned 2008 ENG SPAN.pdf](http://www.indianaperinatal.org/downloads/Lessons%20Learned%202008%20ENG%20SPAN.pdf)

### Birth Control and Family Planning

To locate family planning services in your community, call the Indiana Family Helpline at 800.433.0746, 2-1-1, or go to the following websites:

- [Indiana Family Health Council](#)

- [Planned Parenthood](#)
- Your clients get up to date information about birth control options, a birth control chooser tool, answers to many of their questions and locations of clinics, at [www.bedsider.org](http://www.bedsider.org)

### **Breastfeeding Support**

For information and help with breastfeeding, contact:

- The hospital where your client delivered
- WIC can provide your client with healthy foods, nutrition and lactation education and, if needed, a breast pump. Go to the Indiana WIC Clinic Location page at <http://www.in.gov/isdh/20424.htm>).
- Your local La Leche League chapter at <http://www.llli.org/Web/Indiana.html> or by calling 800.525.3243
- A certified lactation consultant; <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337>
- [KellyMom.com](http://www.kellymom.com) for answers to breastfeeding and parenting questions.

### **Child Abuse**

Childhelp USA National Child Abuse Hotline, phone: 800.422.4453 or visit [www.childhelpusa.com](http://www.childhelpusa.com).

The hotline is staffed by professional counselors available 24 hours a day, every day of the year. All calls are anonymous and toll-free. Indiana Child Protection Services operates a toll-free hotline (1-800-800-5556) for people to call and report suspected cases of child abuse or neglect.

### **Childcare**

For help finding child care in your area, phone 800.299.1627 or visit [www.childcarefinder.in.gov](http://www.childcarefinder.in.gov)

### **Children's Special Health Care Services (CSHCS)**

Helps families of children birth to 21 years of age with serious, chronic medical problems pay for their child's treatment and assist with coordinating their care. For more information, call 800.475.1355, visit <https://gateway.isdh.in.gov/CSHCS/index.html>

### **Domestic Violence**

- Instruct your clients to call 9-1-1 or the local police department right away if they ever fear that their partner is about to hurt them
- Clients can call a statewide 24-hour toll free hotline number at **1-800-332-7385**.
- A list of shelters in the state can be found at <http://www.icadvinc.org/get-help/shelter-list/>
- Information specific to Indiana can be found at [www.violenceresource.org](http://www.violenceresource.org)

### **Emergency Contraception**

Emergency contraception, also known as EC, can be used within 72 hours of unprotected sex to avoid an unwanted pregnancy. It is most effective if taken within 24 hours. Clients that are at least 17 can get EC over-the-counter at the drugstore or family planning clinic. Clients 16 and younger will need a prescription from their health care provider.

### **First Steps Program**

If you or your client has concerns about her baby's ability to talk, walk, or play, contact the Indiana First Steps Program toll-free 800.441.7837 or visit the First Steps webpage at <http://www.in.gov/fssa/ddrs/2633.htm>. For little to no cost, First Steps can provide a more extensive developmental assessment with children birth to three years of age and assistance with needed services.

### **Free Pregnancy Testing Sites**

A list of agencies that provide free pregnancy tests can be found at:

<http://www.in.gov/isdh/24059.htm>

### **Grief Support**

Many delivering hospitals provide some type of grief support, or clients can visit

[www.neofight.org](http://www.neofight.org)

### **Hoosier Healthwise (Medicaid) and Healthy Indiana Plan (HIP)**

Health insurance programs for low-income families, pregnant women and their children.

Call 800.889.9949 or visit <http://www.in.gov/fssa/ompp/2544.htm>. Information is also

available at <http://member.indianamedicaid.com/>

### **Indiana Safe Haven Law**

The Indiana Safe Haven Law allows parents to leave their babies at a fire station, police station, or hospital within 45 days of birth – with no questions asked or legal action against the parent. For more information, visit

<http://www.nationalsafehavenalliance.org/states/indiana/>

### **Newborn Care**

Clients can visit the March of Dimes website

<http://www.marchofdimes.com/baby/baby.html> to learn more about their newborn, understand how babies signal their feelings and needs, and get answers to their questions.

### **Nutrition**

USDA myPyramid for Moms <http://www.mypyramid.gov/mypyramidmoms/index.html>

American College of Obstetricians & Gynecologists (ACOG)

[www.acog.org/publications/patient\\_education/bp001.cfm](http://www.acog.org/publications/patient_education/bp001.cfm)

### **Poisoning**

Call the Indiana Poison Center at 800.222.1222 for information about suspected poisoning.

If your client has been exposed to environmental toxins during her pregnancy they can call the Indiana Teratogen Information Service, IU Medical Center at (317) 274-1071, Mon. - Fri 8:30 – 4:00. After hours call 317-274-5000 and ask the operator to page on-call clinical geneticist

### **Postpartum Depression**

Clients should be encouraged to contact their healthcare provider for help.

To find postpartum depression treatment providers in your area visit,

<http://www.indianaperinatal.org/sections/map.php>

For information about postpartum depression, chat rooms or help finding local support groups visit [www.postpartum.net](http://www.postpartum.net).

Clients can get free resources about postpartum depression, take a screening test and learn about pharmacies that provide generic drugs at reduced costs by visiting [http://www.indianaperinatal.org/sections/M&F\\_postpartum.php](http://www.indianaperinatal.org/sections/M&F_postpartum.php)

### **Prenatal Vitamins**

Even if your client eats a good diet, taking a daily vitamin will provide important nutrients for their baby. With a prescription, your clients can get some kinds of prenatal vitamins for **free** at both Marsh and Meijer pharmacies. Find out more at

[Marsh Pharmacy](#) website

[Meijer Pharmacy](#) website

### **Safe Sleep**

If your client needs a crib they can contact the Indiana Family Helpline at 800.433.0746.

Clients can get free safe sleep educational resources at

[http://www.indianaperinatal.org/sections/M&F\\_safesleep.php](http://www.indianaperinatal.org/sections/M&F_safesleep.php) or at

<http://www.firstcandle.org/new-expectant-parents/bedtime-basics-for-babies/>

### **Rape and Sexual Assault**

Indiana Coalition Against Sexual Assault, (INCASA) maintains a list of service providers to help with rape and sexual assault issues. Find that list at

<http://www.incasa.org/resources/indiana-service-providers/#Top> or call (800) 691-2272

### **Stop Smoking**

Clients can contact their health care provider or the toll-free Indiana Tobacco Quitline at 800.QUIT-NOW (800.784.8669). Additional information can also be found at

<http://www.in.gov/quitline/> Clients can also download a free handout [5 Tips to Stop Smoking During Pregnancy](#)

### **Text4baby**

Text4baby is a free text message service to that provides helpful educational messages for pregnant women and new moms. Clients can enroll by texting **BABY to 511411** (Envia **BEBE al 511411** para Espanol). You can learn more at [www.text4baby.org](http://www.text4baby.org).

### **WIC**

Local WIC programs can provides food, nutrition counseling and breastfeeding support for pregnant women, infants and children up to 5 years of age. If your client is eligible for Medicaid, they will likely be eligible for WIC Services. For more information and to locate the nearest WIC Program, visit <http://www.in.gov/isdh/19691.htm> or call 1-800-522-0874