

Pregnancy + Postpartum Support & Resources

Building Healthy, Happy
and Connected Families



**Having a baby can be a stressful time.
You don't have to do it alone.
There is support available.**

The Birth to Five Helpline early childhood specialists are able to take time with you to truly understand your specific and unique needs. The Helpline specialists will match the best resources with the needs of mothers, fathers, babies and families. Professionals can also call when looking for resources.

The Birth to Five Helpline has a comprehensive list of resources from around the state, providing one number to call for easy access.

Issues at hand may be:

- Depression
- Anxiety
- NICU stay
- Traumatic birth experiences
- Loss of sleep/fatigue
- Fussy babies
- Lack of hope, confidence
- Breastfeeding
- Infant-parent relationships

Resources include:

- Postpartum support groups
- Couples support groups
- Dad support groups
- Therapy
- Breastfeeding supports
- Educational classes
- Basic needs resources
- Substance use referrals

Birth^{to} Five HELPLINE 
"Nothing Out of the Question" **877.705.KIDS**

In Collaboration With

