



## **PREGNANCY HEALTHCARE RESOURCES**

### **211 and Delaware Helpline**

Delaware 211 connects people in Delaware to essential resources throughout the state. Our service is free, confidential, and available in multiple languages. 2-1-1 Connects Delawareans to Service Providers who can assist with issues such as

- Affordable housing
- After school programs
- Child care
- Financial assistance
- Food banks
- Health resources
- Job Training programs
- Legal assistance
- Mental health resources
- Rent assistance and much more.

**You can also text your zip code to 898-211**

### **Medicaid online application**

Medicaid provides medical coverage to low-income individuals and families.

### **Children & Families First**

302-604-6301 or 800-220-3092

Expecting or new mothers get the support needed to stay healthy from pregnancy to birth and beyond, nurture your child's development, and achieve your personal and parenting goals

### **Healthy Women, Healthy Babies**

A program for women who are Delaware residents. It facilitates extra services for women who are pregnant, planning to be pregnant or who just want to live healthier lives. These include personal health and wellness, nutrition, family planning, mental health, and prenatal care if you get pregnant.

### **St. Francis/Trinity Health Maternity Services**

Saint Francis Hospital - providing patients with personal care that caters to mothers' and newborns' unique needs.

701 North Clayton Street, MOB, Suite 505  
Wilmington, Delaware 19805-3165

302-421-4775

### **Tiny Steps Program**

Tiny Steps offers complete prenatal and maternity care regardless of financial circumstances.

- Pre-pregnancy planning
- Pregnancy testing
- Complete prenatal care
- The same physician for nearly all your prenatal visits
- 24-hour emergency care
- Access to the Healthy Mother, Healthy Baby Program
- Childbirth classes
- Delivery at Saint Francis Hospital
- Care in the hospital and post-delivery for your baby
- Care of infant/child and immunization
- Laboratory services
- Financial aid
- Bilingual patient education on pregnancy, childhood development and care, safety, parenting and nutrition
- Help accessing necessary services and resources available throughout the community
- In-office testing for anemia, hyperbilirubinemia, and other common medical problems

### **Maternal Fetal Services**

Maternal-fetal medicine physicians step in to help monitor the health of both the child and mother and reduce any risk factors the pregnancy may be exposed to.

### **Childbirth and Breastfeeding classes**

Saint Francis Hospital's childbirth and breastfeeding classes coach expectant mothers on what to expect during pregnancy and labor as well as advice on how to care for their newborn

### **St. Francis OB/GYN Doctors Office Locations**

Multiple OB/GYN practice locations in Wilmington and Newark

### **Delaware Health Care Connection**

The Health Care Connection (HCC) ensures access by uninsured individuals to primary care doctors, medical specialists, health promotion and disease prevention services; and helps with access to other health resources—including prescription programs, and laboratory and radiology services. HCC program staff are available to assist individuals with establishing a health care home, scheduling appointments, and

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removing barriers to obtaining healthcare and health promotion services

To inquire about membership or eligibility, **please call 2-1-1** or **email the program**.

## [The Birth Center - Holistic Women's Healthcare](#)

Certified Nurse Midwives provide holistic care to women of all ages. Reproductive Health and counseling, prenatal care, labor and birth, newborn care, normal and problem gynecological care, menopause management and counseling in health maintenance. The CNMs at the Birth Center care for low-risk pregnancies.

620 Churchmans Road, Newark, DE 19702  
302-658-2229

## [Prenatal Chiropractic Care at the Birthing Center](#)

Dr. Moses specializes in prenatal, postpartum, and pediatric care.

302-993-9113 option 2

## [Doulas in Delaware](#)

A doula is a trained professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth.

### [Circle of Birth Doula](#)

Doula Yvette Wright - Empowering pregnant and postpartum women to have healthier birth outcomes through education, emotional support, and advocacy. Serving New Castle County, Delaware and Surrounding Areas.

302-354-5676

## [Child, Inc. Parenting Classes](#)

Child Inc. provides Parenting Education classes at convenient locations throughout Delaware. Classes are free and in both English and Spanish. Three curriculums are offered, each focusing on a different stage of development.

302-254-5522 or 1-800-874-2070 for Kent/Sussex County

## [Post-partum Depression Help](#)

You are not alone. PSI-DE is the Delaware state chapter of [Postpartum Support International \(PSI\)](#), the world's leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth

National hotline 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773

## [National Safe Haven Hotline](#)

1-888-510-BABY (2229) call or text

The Safe Haven Laws allow a parent to anonymously surrender their unharmed infant to a designated Safe Haven provider within a specific time after birth.

Newborns brought to a designated safe haven location will be cared for immediately. To find a safe place for you to take your newborn, call or text the hotline above to find a Safe Haven Location near you.

### [Safe Haven Locations in each state](#)

In Delaware – The unharmed newborn fourteen (14) days old or younger may be anonymously relinquished by the parent of the child who does not intend to return for the child to any on-duty staff member at a Hospital Emergency Room. The infant must be directly handed to a provider.

## [Brandywine Counseling Perinatal Program](#)

The Perinatal Program provides pregnant, parenting, and post-partum women, including birthing partners, specialized case management as an extension to behavioral health services. Counselors and case managers use a strength-based model to help prepare individuals for healthy deliveries and successful parenting. Clients are also linked to a range of services and healthcare facilities

## [Help is Here Delaware](#)

Mental health and addiction care in Delaware. All services are free, and any referrals are available to you, whether you have insurance or not.

- New Castle County 800-652-2929
- Kent/Sussex Counties 800-345-6785

You can also find help and information at the [Substance Abuse and Mental Health Services Administration](#) or the National Helpline, 1-800-662-HELP (4357) or TTY: 1-800-487-4889 a confidential, free, 24/7, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

## [Find Substance Abuse Treatment](#)

## Pregnancy-Healthcare-Resources

Find treatment from state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness

### [Suicide & Crisis Lifeline](#)

**Dial 988** 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones

### [Behavioral Health Treatment Services Locator](#)

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

## [Fetal Alcohol Spectrum Disorders](#)

Fetal alcohol spectrum disorders (FASD) are a group of physical or behavioral conditions that can occur in a person whose mother drank alcohol during pregnancy. Alcohol in a pregnant woman's body crosses into the baby's blood, which can damage the developing brain and other organ systems and lead to FASD. They are 100% preventable if a pregnant woman avoids alcohol.

- [Alcohol use during pregnancy](#)
- [National Organization on Fetal Alcohol Syndrome](#)
- In Delaware: [Dial 2-1-1](#) for a variety of preventive and treatment services for expectant mothers, children, and families

## [Delaware Smoking Quitline](#)

If you want to quit smoking, the Delaware Division of Public Health offers the Delaware Quitline—a powerful tool to help adult smokers who are ready to kick the habit.

Call toll-free 1-866-409-1858 for counseling by phone or to schedule an appointment to talk in-person.

Delaware Quitline also provides an online support service at [Quitsupport.com](#)

## [STDs during Pregnancy](#)

Women who are pregnant can become infected with the same STDs as women who are not pregnant which can have harmful health effects on pregnant women, their partners, and their babies.

## [STD Information and Resources in](#)

### [Delaware](#)

The Sexually Transmitted Disease (STD) Program provides statewide management and education for the

prevention and treatment of sexually transmitted diseases. [STD Screening Clinics](#) sponsored by the Department of Health.

### [March of Dimes Prenatal Care Information](#)

Tools and resources about pregnancy and caring for your baby.