

# RESOURCE GUIDE

Evansville • Bloomington • Terre Haute



## GENERAL PREGNANCY & WELLNESS INFORMATION

The links below will direct you to the webpage for the American College of Obstetricians and Gynecologists (ACOG). You will find information related to each topic listed below by clicking on the links.

- [Alcohol and Pregnancy](#)
- [Anxiety and Pregnancy: Learning the Symptoms & Finding Help](#)
- [Changes During Pregnancy \(month to month\)](#)
- [Depression During Pregnancy](#)
- [Exercises During Pregnancy: 8 At-Home Exercises & Stretches](#)
- [Exercises After Pregnancy: 5 At-Home Exercises](#)
- [How Much Weight Should I Gain During Pregnancy?](#)
- [How Your Fetus Grows During Pregnancy](#)
- [Nutrition During Pregnancy](#)
- [Preeclampsia & Pregnancy](#)
- [Routine Tests During Pregnancy](#)
- [Tobacco and Pregnancy](#)

*This resource guide is intended to assist expectant mothers in locating appropriate resources for their needs.*

*The links within this resource guide will take you to websites outside of Villages.org. We are not affiliated with the websites or organizations, and we are not responsible for any actions or services received.*

## WHAT TO EXPECT AT THE DOCTOR'S OFFICE

Visit this online resource from Geisinger Health to learn about what to expect at your prenatal appointments.

- [Learn What to Expect](#)

## RESOURCES FOR EACH STAGE

The web page linked below provides information on each stage of pregnancy, including tips for a healthy pregnancy, the experience of giving birth, recovery after birth, and symptoms that should not be ignored.

- [Pregnancy Guide](#)



"Pregnancy can be such a scary process, filled with so many unknowns. The resource guide from The Villages brought me so much comfort. It reassured me that I wasn't alone and provided the support I needed every step of the way."

## MEDICAL PROVIDERS PROVIDING MEDICAID

The link below will take you to the online Medicaid provider directory for the state of Indiana. You can search for any type of provider, such as: OB-GYN's, Primary Care, Pediatricians, and more.

- [Indiana Medicaid Provider Directory](#)

## HEALTHY FAMILIES

The Healthy Families program helps new parents champion their families and gives Indiana's babies a brighter beginning. By building confidence, reducing stress, and maximizing the joys of becoming a new mother or father, Healthy Families helps parents and children grow together.

### *How can Healthy Families help?*

Participants in Healthy Families receive regular visits beginning prenatally, or within 90 days after the birth of a baby. A family support worker (FSW) visits the family in their home to help establish support systems, teach problem-solving skills, and enhance positive parent-child interaction. Participants can receive services until their child is 5 years old. Participation is voluntary and provided at no charge.

### *Each Healthy Families participant receives education and information on;*

- Recognizing and caring for the baby's needs
- Discovering what to expect as the child grows
- Ways to play with the baby to encourage normal development
- "Baby-proofing" the home
- Community services, including referrals to community resources
- Problem-solving strategies
- Ways to continue or further education
- [Learn More Here](#)

## MY HEALTHY BABY

My Healthy Baby is a program provided by the state of Indiana that connects pregnant women who are enrolled in Medicaid with free home visiting services and support in their communities during their pregnancy and throughout their baby's first year of life.

- [Learn More Here](#)

## EARLY LEARNING INDIANA

"As a parent, you want what's best for your child's development. Quality early care and learning programs allow you the ability to confidently go to work or school knowing your child is in a safe, nurturing and engaging environment."

- [Learn More Here](#)



**Healthy Families  
Indiana**  
The Village of Indiana

*If interested in participating in the Healthy Families program, visit this link to select your county of residence and find an agency to support you:*

[Healthy Families Indiana](#)



# HELP HOTLINES

## FIND HELP & 211 SERVICES

**Find Help** is an online database where you can search and connect to support in your area by simply typing in your zip code. You will find a description of services each organization offers, contact information, and more.

- [Learn More Here](#)

**211** is a number you can dial that will connect you with a live expert knowledgeable about community resources in your area. All conversations are confidential, can be anonymous, and available in 180 languages.

- If you prefer to text, use web chat, or search for resources online: **Text your zip code to 898-211**
- [Learn More Online](#)

## INDIANA MOM'S HOTLINE

MOMS Helpline Indiana is a mother's helpline – which is an important resource for ensuring that every Indiana mom and baby is healthy and happy.

- [Learn More Here](#)
- If you have any questions or need information about a particular resource that is not listed on our website, please feel free to **call 1-844- MCH-MOMS (1-844-624-6667) 6667 (M-F, 7:30 a.m. – 5 p.m. EST).**
- Access MOMS Helpline by text message at:
  - **844-666-7898 (844-MOMSTXT) for English**
  - **844-737- 6262 (844-SER-MAMA) for Spanish.**

## NATIONAL HOTLINES

**Suicide & Crisis Lifeline:** "People can call or text **988** or chat **988lifeline.org** for themselves or if they are worried about a loved one who may need crisis support. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help."

- **988** offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be: Thoughts of suicide, mental health or substance use crises, emotional distress, etc.

**National Maternal Mental Health Hotline:** 1-833-943-5746  
(1-833-9-HELP4MOMS)

## ONLINE SUPPORT GROUPS

### Postpartum Support International:

This online resource provides a direct link to their 30+ support groups:

- [Learn More Here](#)

Phone call and texting available to speak with someone right away.

- Call **1-800-944-4773** and press #1 para Español or #2 for English
- Text **800-944-4773** for English or text **971-203-7773** para Español



"I am so grateful for the hotline resources from The Villages; they were a lifeline when I needed guidance and support the most."