

# More than **HALF** of Pregnancies are **Unplanned**



**Birth control** may prevent pregnancy - make sure you and your partner have a plan.

## **DID YOU KNOW**



**Opiates and Opioids used before, during, and after pregnancy can harm your baby.**

Including both prescription and non-prescription drugs, such as methadone or heroin.

## **WHAT YOU CAN DO TO HAVE A HEALTHY BABY**

***A baby's health depends on your health.***

If you become pregnant, or are thinking about becoming pregnant, see a doctor and schedule regular pre-natal checkups.

Be sure to tell your doctor of any prescribed medications you take.

Be honest with your doctor if you misuse any prescribed medications or other substances.

Read labels and talk with your pharmacist before taking medications, vitamins, or supplements.

**If you are struggling with any substance, there are places that can help.**

*See back of card for Hernando County resources.*



# Resources for those Expecting, New Moms, or those Sexually Active



**Tampa General Hospital Spring Hill: 352-688-3005**

Maternity, Labor and Delivery Services, and  
Level I Neonatal Intensive Care Unit.

**HCA Florida Oak Hill Hospital: 352-606-7300**

Maternity, Labor and Delivery Services, and  
Level III Neonatal Intensive Care Unit.

**Connect: 877-678-9355**

Connecting Families to Home Visiting Services  
Text: "Connect" at 352-415-0091

**A New Generation: 352-544-0911**

Provides care to anyone facing pregnancy. Free pregnancy testing  
and ultrasound for pregnancy verification.

**Catholic Charities Foundations of Life Pregnancy Center:  
352-686-9897 ext. 5506**

Pregnancy/Parenting Support

**FL DOH - Hernando County: 352-540-6800**

Women's Health Services- yearly exams, PAP tests, breast exams,  
pregnancy tests, infection identification and treatment, family  
planning services, lactation services, and tobacco free moms &  
babies.

**WIC: 352-540-6800 x82050**

A federally funded nutrition program for Women, Infants, and  
Children under age 5.

**Jazmin Roberts, MS, LMHC: 352-593-0610**

A Butterfly's Journey to Therapeutic Services, LLC  
Treats perinatal mood disorder/postpartum depression

**The Life Center**

Transitional Housing for Young Mothers  
Call: 352-597-0119

**BayCare Behavioral Health: 866-762-1743**

Community Behavioral Health Center providing mental health and  
substance abuse services.

**Operation PAR: 352-666-5709**

Medication Assisted Patient Services (MAPS)

**Narcotics Anonymous (NA): 352-707-7200**

The River Coast Area - support groups for addicted persons.



[hernandosen.org](http://hernandosen.org)

**Hernando Community Coalition:** [hernandocommunitycoalition.org](http://hernandocommunitycoalition.org)