

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

Hernando Community Coalition: hernandocommunitycoalition.org