

More than
HALF of
Pregnancies
are
Unplanned



Birth control can prevent pregnancy - make sure you (or your partner) have a plan.



DID YOU KNOW?



Both Opiates and Opioids Can Harm Your Pregnancy And Unborn Baby.

This includes 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 honest with your doctor if you use substances.

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

If you have a problem 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



**Bayfront Health Spring Hill -
Labor and Delivery: 352-688-3005
NICU: 352-666-6378**

Hernando's only Level II Neonatal Intensive Care Unit.

**The Maternity Suites at Oak Hill Hospital:
352-606-7300**

Labor and delivery services

Healthy Start: 352-848-3746

Free program that helps all pregnant women and families with babies up to age 3.

A New Generation: 352-544-0911

Committed to providing care to anyone facing pregnancy, free pregnancy testing and ultrasound for pregnancy verification.

BayCare Behavioral Health: 352-540-9335

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

WIC: 352-540-6800 x82050

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

FL DOH - Hernando County: 352-540-6800

Women's Health Services- yearly exams, PAP tests, pregnancy tests, breast exams, infection identification and treatment, and family planning services.

NARCOTICS ANONYMOUS (NA): 352-754-7200
For Hernando County

Operation PAR: 352-666-5709

Medication Assisted Patient Services (MAPS)

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

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

Catholic Charities: 352-686-9897

Jericho Road Ministries, Inc: 352-799-2912



Contact the Hernando Community Coalition at 352-596-8000 if you are pregnant or a new parent and would like a FREE "New Mom Toolkit" to help yourself and your substance exposed newborn.