



Your Right to Health:

A Maternal Child Health Toolkit

**A Guide to Women's Health, Prenatal Health, Maternal Health,
and Local Resources to Proclaim Your Rights**



Your Right to Health

The information within this toolkit should be a resource to you. It should help you question your current behaviors and the decisions you make that affect you and your family's health. This toolkit was created to empower women and mothers to make the best health decisions for themselves and their families. Think of this toolkit as a real toolbox. Think of each section as a real tool to help you solve problems. You have the power to make the right health decisions, when you know your health rights and understand the options around you. Your Right to Health is a toolkit dedicated to advocating for human rights.

Acknowledgements

I would like to acknowledge the women and families of Dallas that inspired this toolkit. You have a right to access healthcare and related services to ensure you obtain your best health. The Embrey Human Rights Program Community Outreach Fellowship and SMU Engaged Learning Program provided the funding for this project.

I would like to acknowledge Edward Li for providing graphic design expertise. I would also like to thank Emely Villeda-Principe for translating the toolkit for Spanish-speaking audiences. One person alone cannot solve the systemic women's healthcare problems in Texas, but if we all use our voice to speak up we will make a difference.

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Notes

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Calendar

January						
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February						
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November						
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December						
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Women's Health

Preconception

The importance of establishing a medical home and women's health before becoming pregnant

A Medical Home is a primary care physician or mid-level provider you have chosen to act as your usual source for health care. An emergency room, urgent care center, specialty clinic, or even a specialist seen regularly (an allergist, for example) cannot be considered a Medical Home since they cannot provide primary care for a child or an adult. There are several benefits:

1. Comprehensive routine care
2. A chance to develop trust with providers
3. Access to after hours care

Establishing a Medical Home

Establishing a medical home is an important step for everyone, especially for women that want to become pregnant. A medical home is a central healthcare provider(s) that you regularly attend for coordinated care.

Benefits:

1. Build strong, trusting relationships with providers
2. Improve preventative care to monitor pre-existing conditions
3. Maximize health outcomes to ensure a healthy pregnancy
4. [Find resources for establishing a medical home in the resource section](#)

Insurance should be considered before deciding to establish a medical home. If you already have insurance, make sure the providers at your potential medical home accept your insurance. If you do not have insurance, consider the options on the following page.

Types of Insurance¹

Private Insurance

1. Employer offered group coverage
2. Individual coverage

Public Insurance²

Women's Healthcare³

Women's healthcare in Texas is changing. Planned Parenthood, the past central primary care provider, has lost its funding. If you used their services before, it is important to find a new provider. There are many options for low to no cost primary care for women. The eligibility requirements and benefits are listed in the table below. You can learn about the application requirements and how to apply by using the following methods:

[Online: YourTexasBenefits.com](https://www.yourtexasbenefits.com)

[In person: at your local Women's, Infant, and Children Office. Call 1-800-942-3678 \(toll-free\) to find a WIC office.](#)

[By Phone: 2-1-1](#)



Public Insurance Options	Eligibility	Benefits
Healthy Texas Women	<ul style="list-style-type: none"> • Female • 18-44 years of age • US citizen or legal immigrant • resident of Texas • lack health insurance • are not pregnant • low income* 	<ul style="list-style-type: none"> • Family planning services and supplies • Pelvic and breast examination • HIV/STI screening • Breast and cervical cancer screenings • screening and treatment for cholesterol, diabetes, and high blood pressure
Family Planning Program⁴	<ul style="list-style-type: none"> • Resident of Texas • 64 years old or younger • low income* 	<ul style="list-style-type: none"> • Family planning services, supplies, and counseling • HIV/STI screening • Breast and cervical cancer screening • screening for Cholesterol, diabetes, and high blood pressure
Texas Medicaid⁵	<ul style="list-style-type: none"> • Texas resident • US citizenship requirement • U.S. national • US citizen • permanent resident • legal alien • low income* • Must be either: <ul style="list-style-type: none"> • pregnant • a parent or relative caretaker of a dependent child(ren) under age 19, • blind • have a disability or a family member in your household with a disability • be 65 years of age or older 	<ul style="list-style-type: none"> • Assistance with securing a medical home • Dental and mental health care • Hospital and laboratory services • Prescription coverage • Family planning services and supplies

***Check individual plan details for low-income requirements.

Are you concerned about the state health insurance coverage options and eligibility requirements? Contact Texas representatives to discuss your concerns. By advocating for yourself and others you can make a difference.

Find your local representatives on the State Legislature Website:
www.capitol.state.tx.us



Women's/Maternal Health

Addressing pre-existing conditions, preventative medicine, and family planning

Women's health programs offer essential services to provide early detection of potential medical issues. Well-women visits provide preventive care and screenings to address pre-existing conditions, illness that develops with age, and cancer. Providers also offer family planning counseling to ensure you receive a contraceptive method that works best for you.

How to prepare for a visit to the doctor

Before going to the doctor take the time to prepare for the visit. After getting insurance, you do not need to wait until you receive your physical insurance card before visiting your provider. Government medical facilities, including Parkland Hospital and clinics, are safe spaces for everyone no matter the status of your citizenship. Know your medications and medical history. Call your provider to ask about paperwork that needs to be completed ahead of time.

How to advocate for yourself at the doctor

Your time with the doctor is limited, but your health care should not be. You are your best advocate in the doctor's office. Although it involves challenging other's decisions, behaviors or beliefs, speak up for yourself. While the doctor is counseling you, consider the following questions:

- Is my weight, blood pressure, cholesterol, or blood sugar within healthy range?
- When should I be tested for a disease within my family history?
- Can I afford the prescribed treatment?
- What measures should I take to prevent Zika virus? [Find Zika prevention resources in the resource section.](#)
- Have you been experiencing unusual symptoms? [If you feel your doctor did not address your concerns, then consider the patient advocacy resources in the resource section and ask your provider how to submit a compliant or concern.](#)

Prenatal Health

Pregnancy Planning

Before getting pregnant

According to the Centers for Disease Control, preconception health (a woman's health before she gets pregnant) is important for every woman. It means adopting healthy attitudes and behaviors. Preconception health is planning your pathway to health before making the decision to have children. It is important to reflect on your health and lifestyle before deciding to have children. Consider the following questions to plan your pregnancy:

1. How do you feel financially?

- a. Somewhat secure
- b. Completely secure
- c. Worried
- d. I can't pay bills
- e. I need help managing my money

2. Why do you feel this way?

3. Do you have a medical home?

- a. Yes
- b. No

4. Do you need to make health appointments with the following professionals?

- a. Dental provider
- b. Women's health provider
- c. Dermatologist
- d. Psychologist

5. What is your maternal health status?⁷

Is your Body Mass Index within the normal to healthy weight range, 18.5-24.9? Contact your provider to find out whether your weight may be affecting your health. [Look at weight management resources in the resource section.](#)

6. Do you struggle with:

- a. Obesity
- b. Diabetes
- c. Mental illness
- d. High blood pressure
- e. Heart condition
- f. I am healthy
- g. Other:

Pre-existing conditions can complicate your pregnancy and lead to increased risk. For example if you have hypertension, you are at increased risk for preeclampsia. Contact your provider to understand how your pre-existing condition could impact your pregnancy.

7. Have you considered your mental health status?

During pregnancy, your body experiences many changes that could impact your mental health condition. To determine your mental health status before becoming pregnant, request a mental illness screening from your provider.

- If you are diagnosed with mental illness and lack care, consider the mental and behavioral health resources in the resource section.
- Emotional, physical, and psychological abuse places you and your baby at risk. If you suffer from intimate partner violence or domestic abuse, please consider the domestic violence resources in the resource section.

8. Do you need help financially? Does your social network support you enough?

9. Who can support you to get the help you need?

Consider your social network. Go to the resource section for more information.

10. If you have more than one child, you would like them to be: (at least 18 months but no more than 5 years between pregnancies is recommended)

- a. I haven't thought about this
- b. 12 months apart (this is associated with an increased risk of complications)
- c. 1-2 years apart
- d. 2-4 years apart
- e. 5+ years apart (this is associated with an increased risk of complications)

Prenatal Care

Importance of Prenatal care⁷

Prenatal care is the healthcare you use while pregnant. It is critical for a healthy pregnancy. Mothers are encouraged to explore prenatal care as soon as they become pregnant. Texas has the highest rate of maternal mortality (deaths due to issues from pregnancy or childbirth) in the country and has poor birth outcomes. African American and Hispanic mothers are at higher risk for having complications. Prenatal care decreases risk for maternal mortality and infant mortality. Finding prenatal care as early as possible could prevent possible health problems for you and your baby. It is important to attend appointments as scheduled and if you miss an appointment try to reschedule it. Regular prenatal care has many benefits:

1. Identify health problems early
2. Receive healthy lifestyle advice
3. Ask health professionals questions
4. Fetal testing and screening

Healthy Prenatal Behavior Guidelines

Avoid drinking alcohol, smoking and using any drugs.

- [Alcohol, tobacco, and drug recovery resources can be found in the resource section.](#)

Contact your health insurance company about coverage.

Make an appointment with your doctor.

- Ask your doctor if your current medications are safe to take.
- Ask to get tested for sexually transmitted diseases or infections.
- Ask your doctor if you have all the required immunizations.

Take 400 micrograms of folic acid everyday.

Reach and maintain a healthy weight.

- [Women, Infant, Child \(WIC\) assistance program and Supplemental Nutrition Assistance Program \(SNAP\) information is in the resource section.](#)

Types of Insurance for Pregnant Women⁸

After deciding which type of prenatal care works best for your pregnancy, think about your insurance options. If you already have insurance, contact your provider to find out if they cover your desired provider. If you do not have insurance, consider the following options for pregnant women:

Private Insurance

1. Employer offered group coverage
2. Individual coverage

Public Insurance⁹

	Eligibility	Benefits
Medicaid for Pregnant Women¹⁰	<ul style="list-style-type: none"> • Low income* • US citizenship requirement: <ul style="list-style-type: none"> • U.S. national • US citizen • Permanent resident • Legal alien • Texas resident 	<ul style="list-style-type: none"> • Coverage during pregnancy and 2 months after • Doctor visits • Labor and delivery • Medicaid transportation* (restrictions apply)
Children's Health Insurance Program (CHIP) Perinatal Coverage¹¹	<ul style="list-style-type: none"> • Texas resident • No citizenship requirements • Not on Medicaid • Low monthly income* • No insurance 	<ul style="list-style-type: none"> • No fees or copayments for covered services • Up to 20 prenatal visits • Labor with delivery of the baby depending on income • Regular checkups, vaccines and medicines the doctor orders for the baby after the baby leaves the hospital. • Two doctor visits for you after your baby is born
Emergency Medicaid (Supplemental coverage for CHIP recipients)	<ul style="list-style-type: none"> • Low income* • US citizenship requirement: <ul style="list-style-type: none"> • U.S. national • US citizen • Permanent resident • Legal alien • Texas resident 	<ul style="list-style-type: none"> • Labor and delivery coverage that is not covered by CHIP • Emergency coverage that is not covered by CHIP

***Check individual plan details for low-income requirements.

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www.capitol.state.tx.us

Types of Prenatal Care¹²

As a mother, you have the right to decide the type of prenatal care that is best for your pregnancy. Pick a type of prenatal care that accepts your insurance. How available is the provider? Consider the benefits of doctors and midwives:

Doctors

Obstetricians

- Likely giving birth in hospital setting
- Can perform C-section if necessary
- Higher risk of episiotomy (a surgical cut to widen the vaginal opening)
- Suited for high risk pregnancies and complications

Family Practice Doctors

- General family care during pregnancy, labor, birth, and after birth care
- Do not perform C-sections

Midwives

- Certified nurse midwife (CNM) or certified professional midwife
- Lower risk of episiotomy
- Likely giving birth in birthing center
- Suited for low risk pregnancies

Consider the prenatal provider resources in the resource section.

How to Prepare for Your Doctor's Visits

Each day your baby is developing and growing. You and your baby have a right to proper prenatal care, go to all your scheduled prenatal visits! Before attending prenatal visits ask yourself the following questions to prepare:

1. Do you have transportation to the visit?

- a. Yes b. No

Transportation is a large barrier to attending appointments; consider the transportation resources in the resource section.

2. Do you have questions or concerns about your pregnancy? Write some potential questions for your doctor:



Maternal Health

Trimester Checklist

Make sure you have established a medical home, schedule regular appointments, and reschedule missed appointments.

Pregnancy is commonly divided into 3-month periods of time called trimesters. Your baby grows everyday, but trimester monitoring is an easy way to track your baby's development. Prenatal care is the most effective way to remain informed about the progress of you and your baby. The most important aspect of prenatal care is regular attendance. If you are unable to attend an appointment, immediately call to reschedule. Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

Trimester 1

Symptoms that must be told to your doctor

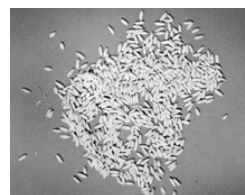
You are your best health advocate. Contact your provider if you experience the following symptoms.

- Heavy bleeding
- Fever 101.5 F
- Severe abdominal pain

Baby growth ^{13 14}

Month 1

- Smaller than a grain of rice
- The developing fetus (baby) is settling in the uterus



Month 2

- Fetus should begin moving (although you may not feel it yet)
- Arms, legs, fingers, toes, and organs are forming



Month 3

- All of baby's organs are developed
- Baby can open and close his or her fists and mouth



Body discomfort and changes

While you're pregnant, it is important to be attentive to the changes your body experiences. As time passes take moments out of your day to think how you feel and notice you and your baby's growth and development. Consider the following questions to monitor your progress:

How is your mood? How does your body feel? As your hormones change you may experience breast tenderness, nausea, vomiting, and headaches. These are common symptoms in response to the new changes.

What is your energy level? Your baby is growing which requires a lot of your energy. It is common to feel sleepy, but proper sleep and nutritious food can help.

Trimester 2

The second trimester is usually the most comfortable trimester, but continue to monitor your body and emotions. If you experience the following signs or symptoms contact your provider by phone or go to the office:

- Heavy vaginal bleeding
- Severe abdominal pain
- Fever over 101.5 F
- Sudden weight gain, severe swelling, and vision changes. These are common signs of preeclampsia, which is high blood pressure caused by pregnancy.
- Extreme thirst, frequent urination, and intense fatigue. These are common signs of gestational diabetes, a form of high blood sugar affecting pregnant women.

Baby growth

Month 4

- You can hear your baby's heartbeat

Month 5

- Baby is developing muscles
- You should feel first movement called 'quickening' (light fluttering)

Month 6

- Eyes start to open and close
- Baby responds to sounds



While you're pregnant, it is important to pay attention to your body as it changes. Take moments out of your day to think about how you feel and to notice you and your baby's growth. Consider the following questions to monitor your progress:

- ***How does your body feel?*** It is common to experience heartburn, leg cramping, and mild swelling as your hormones continue to change.
- ***Do you experience discomfort while using the bathroom?*** Constipation and hemorrhoids can develop during the second trimester, which may make using the bathroom more difficult. Try to eat enough fruits and vegetables to help ease your discomfort.

Trimester 3¹⁵

Congratulations! It is very important to be aware of your feelings and symptoms as fetal activity increases. You are your best health advocate therefore contact your provider about any possible concerns. There are three main topics you should know.

Do you want to keep track of your baby's movements? Kick counts are a way to know how much your baby is moving: Ask your provider to teach you how to do kick counts. The American Congress of Obstetricians and Gynecologists (ACOG) recommends you begin counting the kicks at your 28th week, or at 26 weeks if you are high risk or pregnant with multiples.

How to Start

1. Count the kicks every day, preferably at the same time.
2. Pick your time based on when your baby is usually active.
3. To get started, sit with your feet up or lie on your side. Count each of your baby's movements as one kick until you reach ten movements. After a few days you will begin to see a pattern for your baby (how long it takes you to get to ten).
4. Most of the time it will take less than a half hour, but it could take as long as two hours.
5. Save your kick counting sessions by recording them in the notes section of the toolkit.
6. Knowing what is a normal movement pattern for your baby is key. When "normal" changes, this could be a sign of potential problems and an indication to call your provider.
7. Your kick counting history can be useful for visits with your provider.

Contractions

Have you been feeling infrequent and irregular contractions? Are you concerned you should contact your doctor?

- Braxton-hicks contractions commonly occur during the third trimester. Pregnancy hormones cause you to feel contractions. They can make your belly feel hard and they normally are not painful.
- It is important to know the difference between Braxton-hicks contractions and labor contractions. Talk with your provider about the difference between these two types of contractions.

Early Labor

Are you experiencing labor contractions? Do you know the signs of labor? Contact your provider if you experience the following signs and symptoms:

- Pinkish or blood-streaked discharge
- Painful, regular contractions that grow stronger.
- Your water breaks - contact your doctor immediately.
- You experience vision changes, a headache, or sudden or severe swelling – in face or hands. These can be symptoms of preeclampsia, or pregnancy-induced hypertension. Contact your doctor immediately.

Baby growth

Month 7 (eggplant)

- 2-4 lbs.
- Hearing is fully developed

Month 8 (pineapple)

- 5 lbs.
- Brain is developing fast, baby can see and hear

Month 9 - (watermelon)

- 7 lbs.
- Lungs are almost fully developed
- Baby responds to light, sounds, and touch



Loss of a baby

Unfortunately, even if you take all the right steps to ensure a healthy birth outcome, complications can still occur. If you experienced a loss, you are not alone. Know that there are resources for you and your family. Consider the following resources to manage grief and seek support.

FIMR

The goal of the Fetal Infant Mortality Review (FIMR) is to identify the social, economic and systematic issues that can lead to fetal and infant losses in Dallas County. FIMR also works to improve services and resources for women, infants and families. FIMR offers:

- Support for your grief
- Referrals for needed services

Contact:

- Call: 214.590.2584
- Email: Alexea.Collins@phhs.org

MEND resources

Mommies Enduring Neonatal Death (M.E.N.D.) is an organization that reaches out to those who have lost a child due to miscarriage, stillbirth or infant death. M.E.N.D offers families a chance to share their experiences and information through their support services that include:

Mother and Father Support group - Held 2nd Thursday of every month at 7:30 pm

Subsequent Pregnancy Group - Held 4th Tuesday of every month at 7:30 pm

Other Services

- Parenting After Loss Playgroup
- Infertility After Loss Support Group
- Online Support Group

Contact:

- Call: 972-506-9000
- Email: rebekah@mend.org
- Mail: PO Box 631566 Irving, TX 75063
- Facebook: Mommies Enduring Neonatal Death
- Support Group Meeting Location: Wells Fargo Bank – 800 West Airport Freeway Irving, TX 75062

Precious Pearls – a memorial service for babies who were born and passed away at Parkland

Post-Partum

It is important to maintain your health after giving birth. Attend regular post-partum visits to monitor your body as you heal. Contact your provider if you are concerned about the following topics:

Postpartum depression

Are you experiencing mood swings, crying spells, anxiety and difficulty sleeping since giving birth? Have these symptoms lasted for more than 2 weeks?

Postpartum depression can be a common complication after giving birth. The symptoms can range from mild to severe. Anxiety, loss of appetite, or thoughts of suicide are other potential symptoms. The symptoms can last for months, so contact your provider immediately to seek treatment. There are many resources to consider:

- Contact a minister, spiritual leader or someone else in your faith community.
- The Suicide and Crisis Center 24/7 Crisis Line
- Call: 214- 828- 1000
- Text: 972- 533- 3323
- [Mental health services information is in the resource section.](#)

Breast-feeding

Breastfeeding is an essential way to provide nourishment to your baby as well as bond. Breast milk contains nutrients and vitamins that are not in formula. These contents help to develop your baby's immune system. Breastfeeding also helps to develop your baby's mouth development and motor skills. It is recommended to exclusively breastfeed your baby for 6 months. It is more effective to only feed your baby breast milk for this time period. [Consider the breastfeeding resources in the resource section.](#)

Interconception

Interconception is the period of time between giving birth and your next pregnancy. It is recommended to wait at least 18 months between your pregnancies. It is important to maintain your health during this time. This can be accomplished by scheduling and attending regular yearly appointments with your provider. The appointments will allow you to learn about your family planning options to ensure you decide an option that fits your lifestyle.

- Interconception offers time to engage in family planning. Financial stability is important to meet the needs of your family. Family planning, like birth spacing, can also help you accomplish financial goals. [If you need advice and guidance to become economically stable, consider the financial planning resources in the resource section.](#)
- A healthy lifestyle should be maintained during interconception. It is recommended to exercise at least 30 minutes a day, 5 times a week. If you are busy, exercise can be incorporated into your daily life. Take the stairs, perform difficult chores, and walk short distances instead of driving. Eating healthy is the most important component of a healthy lifestyle. [Consider the weight management resources in the resource section to ensure you are consuming enough fresh fruits and vegetables.](#)



Footnotes

1. <https://www.healthinsurance.org/texas-medicaid/>
2. <https://chipmedicaid.org/en/CHIP-Perinatal>
3. <https://www.healthytexaswomen.org/htw-program>
4. <https://www.healthytexaswomen.org/family-planning-program>
5. <https://hhs.texas.gov/sites/hhs/files/documents/services/health/medicaid-chip/book/chapter6.pdf>
6. https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/
7. <https://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html#b>
8. <https://www.healthinsurance.org/texas-medicaid/>
9. <https://chipmedicaid.org/en/CHIP-Perinatal>
10. <https://yourtexasbenefits.hhsc.texas.gov/programs/health/women/pregnant>
11. <https://chipmedicaid.org/en/chip-perinatal-benefits>
12. <https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/prenatal-care-and-tests>
13. <http://my.clevelandclinic.org/health/articles/fetal-development-stages-of-growth>
14. <http://www.newkidscenter.com/Baby-Fruit-Size.html>
15. <http://www.whattoexpect.com/third-trimester-of-pregnancy.aspx>
16. <http://www.dallashealthybabies.org/other-resources/>
17. <https://www.cdc.gov/zika/comm-resources/infographics.html>

Resources¹⁶

First time mothers and immigrant families that are unfamiliar with pregnancy related resources in Texas are encouraged to directly contact resource representatives.

Addiction and Substance Abuse Resources

Nexus Recovery Center

Main Campus
8733 La Prada Drive
Dallas, TX 75228
Call: 214-321-0156

Homeward Bound

Homeward Bound, Inc.
P.O. Box 222194
Dallas, Texas 75222-2194
Call: 214-941-3500

Alcoholics Anonymous

Dallas Intergroup Association Central Service Office
6162 Mockingbird Lane, Suite 213
Dallas, TX 75214
Call: 214-887-6699

Parkland's Smoking Cessation Clinic

Call: 214- 590- 5691

American Cancer Society "Quit For Life" program, provided by Free and Clear, multi-lingual, free, and confidential telephone cessation counseling

Call: 1-877-937-7848
TTY: 1-866-228-4327
Online: www.Yesquit.org

Breast Feeding

Lactation Care Center

2600 N Stemmons Freeway Suite 190 Dallas, TX 75207
Call: 214-670-7222

La Leche League

Call: 214- 945- 3555
Online: www.texaslll.org

Childcare

ChildCareGroup Child Care Assistance Program

1420 West Mockingbird Lane Suite 300 Dallas, Texas 75247
Call: 214-630-5949
Online: cca.childcaregroup.org

Good Shepard Community Center

4931 Bernal Drive Dallas, TX 75212
Call: 214- 638- 1688
Online: www.gscweb.org

Dallas Healthy Start

Learn about case management and other services offered to the following zip codes: 75203, 75208, 75210, 75215, 75216, 75232, and 75241. Call: 214- 590-1672.

Helping you find a doctor or clinic

- Referral for TANF, SSI or other financial assistance
- Prenatal and parenting education
- Food and clothing referrals
- School, employment and child care referrals

Text4Baby

Receive physical activity and nutrition information sent directly to your phone that is synced to your due date.

Text: BABY (or BEBE for Spanish) to 511411.

Domestic Violence and Intimate Partner Violence

24-hour crisis hotline: 1-800-799-7233 (1-800-799-SAFE)

Genesis Women's Shelter and Support - Domestic Violence Shelter

Hotline: 214- 946- 4357
4411 Lemmon Avenue, Suite 201 Dallas, Texas 75219
Call: 214.389.7700

The Family Place - Domestic Violence Shelter

24 Hour crisis hotline: 214-941-1991
P.O. Box 7999 Dallas, TX 75209
Call: 214-559-2170

Financial Planning Resources

Consumer Credit Counseling Service of Greater Dallas, INC.

8737 King George Dr., Suite 200 Dallas, TX 75235

Call: 214- 638- 2227
Call toll free: 866- 906- 2227
Email: info@cccs.net

Housing Resources

Interfaith Housing Coalition

5600 Ross Avenue
Dallas, TX - 75206
Call: (214)827-7220

Dallas Housing Authority

3939 N. Hampton Rd. Dallas, Texas 75212
Call: 214-951-8300. Executive
TTY: 800-735-2989/214-951.8348

Medical Home Resources

Community Oriented Primary Care (COPC)

Call: 214- 590- 0100

Mental and Behavioral Health Resources

Metrocare

1345 River Bend Drive, Ste. 200 Dallas, TX 75247
Call: 214- 743-1200, Call Toll Free: 877- 283-2121

Homeward Bound

233 W. Tenth St. Dallas, TX 75208
Call: 214- 941- 3500
Online: www.homewardboundinc.org

North Texas Behavioral Health Authority

North Texas Behavioral Health Authority
9441 LBJ Suite #350
Dallas, TX, 75243
Call: 214-366-9407
Call Toll Free: 877-653-6363
Email: info@ntbha.org

Salesmanship Club

106 East 10th Street Dallas, TX 75203
Call: 214-915- 4700
Online: www.Momentousinstitute.org
Email: info@momentousinstitute.org

Southern Area Behavioral Healthcare

4333 Gannon Lane, Suite 101, Dallas, TX 75237

Call: 972-283-9090

24/7 Crisis Line

Call: 214- 828- 1000

Text: 972- 533- 3323

Life Maps: Counseling Program

Call: 214-645-0919

Patient Advocacy Resources

Texas Department of State Health Services

Health Facility Compliance Group (MC1979)

P.O. Box 149347 Austin, TX 78714-9347

Call: 888-973-0022

KEPRO (for Medicare patients)

5700 Lombardo Center Drive, Suite 100 Seven Hills, OH 44131

Call: 1-844-430-9504

TTY 1-855-843-4776

Prenatal and Parenting Education

Childbirth and Family Classes

Call: 1- 800- 4BAYLOR

Newborn Supplies

Safe Riders (*Eligibility requirements apply*)

Call: 1-800- 252- 8255

Online: www.dshs.state.tx.us/saferiders

Parenting Resources

Anthem Strong Families

12800 Hillcrest Road, Suite #A101

Dallas, TX 75230

Call: 214.426.0900

Email: info@anthemstrongfamilies.com

Family Care Connection - West Dallas

2828 Fish Trap Road

Dallas, TX 75212

Call: 972- 298-3366

Family Care Connection - Martin Luther King Jr. Community Center

2922 Martin Luther King Jr Blvd (Building A, Suite 146) Dallas, TX 75215

Call: 972-298-3366

Refugee Resources

Catholic Charities of Dallas – Refugee and Empowerment Services

9451 LBJ Freeway, Suite 100 Dallas, TX 75243

Call: 214- 553- 9909

The National Child Traumatic Stress Network: Refugee Trauma

Find education, resources, and service providers for mental health and trauma

Online: www.nctsn.org/trauma-types/refugee-trauma

Resources for Undocumented Families

Children’s Health Insurance Program (CHIP)

Call: 1-877-543-7669

Mexican Consulate

Call: 214- 932-0636

Supplemental Nutrition Assistance Program (SNAP)

Provides healthy food benefits (*Eligibility requirements apply*)

Call toll-free 2-1-1 or 1-877-541-7905. After you pick a language, press 2.

www.YourTexasBenefits.com

Social Support Resources

Wings For Wellness: Free Mom-to-mom support group Dallas/Plano

The Nappy Shoppe in Plano

3253 Independence Pkwy, Plano, TX 75075

Call: 214- 697- 2677

Online: www.wingsforwellness.org

New Connections: Pregnant-Postpartum Intervention Program

6363 Forest Park Road Suite 226 Dallas, TX 75235

Call: 214- 645-0919

Teen Pregnancy

Alley’s House - Teen Mother Support

4105 Junius Street Dallas, TX 75246

Call: 214-824-8700

Dallas ISD Teen Pregnancy and Parenting Program

Theresa Davis, LCSW-S

Program Supervisor

Call: (214) 932-5184

Email: Tbeckwit@dallasisd.org

Online: www.dallasisd.org/Page/26548

Low Birth Weight Development Center

345 Calumet Ave., Dallas, TX 75211

Call: 214-331-3517

Email: ElizabethHeyne@lowbirthweight.org

Online: www.lowbirthweight.org

Promise House

Toll-free Crisis Line: 1-800-941-8578

Call: 214-941-8578

Texas Women's Health Insurance

In person at your local Women, Infant, and Children Office

Call 1-800-942-3678 (toll-free) to find a WIC office

Online: YourTexasBenefits.com

Call: 2-1-1

Transportation

LogistiCare

Call: 855-687-3255

Online: www.logisticare.com/transportation

TTY: 1-866-288-3133

Dallas Area Rapid Transit (DART)

1401 Pacific Ave. Dallas, TX 75202

Call: 214-979-1111

Weight Management

Prenatal Exercise Program

Call: 1-800-4BAYLOR

Women, Infant, Children (WIC) assistance program

Personalize nutrition counseling from nutritionists and registered dietitians;
available in the clinic and online

Call: 1-800-942-3678

Women, Infant, Children (WIC) assistance program

Lactation center, breastfeeding classes, food packages (*Eligibility requirements apply*)

Call: 1 - 800- 942-3678

Please understand WIC and other providers for undocumented families have privacy policies, which would prevent your personal information from being shared with the government. It is myth that using those services could put your family at risk for deportation, please use those services without fear.

Zika Prevention¹⁷

Steps to Prevent Zika

1. Wear long-sleeved shirts and long pants
2. Control mosquitoes inside and outside
3. Use mosquito netting to protect children
4. Use condoms to reduce risk of sexual transmission

For more info on using insect repellent to prevent Zika, see the following sites:

CDC: www.cdc.gov/zika/prevention/prevent-mosquito-bites

Dallas County Health and Human Services: www.dallascounty.org/department/hhs/zika

PROTECT YOUR FAMILY AND COMMUNITY:

HOW ZIKA SPREADS

