

Organization/Source	Behavioral Health	Contact Info/Website
Behavioral Health Response	This hotline is helpful to connect if having mental health issues, difficulty with children and parenting and accessing resources towards counseling and support services.	314.469.6644 800.811.4760
Family Forward	Family Coaches and Therapists are providing telehealth to our clients. We still have capacity to take on new participants for Family Coaching. Our waitlist for therapy is on hold. Our mentoring program provides Family Coaches and mentors to young pregnant or parenting moms ages 15 to 26. We have two other coaching programs as well.	<a href="https://familyforwardmo.org">https://familyforwardmo.org</a>  Email: libby.eversgerd@familyforwardmo.org with questions or to make a referral
Queen of Peace	They are closed for new inpatient or outpatient appts. If a patient has a need for their services they can do a walk in intake appt M-F between the hours of 9-3. They must arrive ALONE as no one else will be let in to the building with them. Bring ID, if they have it. They will be placed on a waitlist for any relevant services.	<a href="https://www.qopcstl.org/">https://www.qopcstl.org/</a>
The MOMS Line	Peer and groups support calls free to all expectant and postpartum women in the STL Metro area	<a href="https://www.ssmhealth.com/maternity/moms-line-stl">https://www.ssmhealth.com/maternity/moms-line-stl</a>  314.378.MOMS
North Western Mothers & Babies	Mental health support, information, and online support groups.	<a href="https://www.mothersandbabiesprogram.org">https://www.mothersandbabiesprogram.org</a>
Alive and Well Communities	Trauma informed resources for responding to COVID-19 and stress reduction strategies offered through Daily Dose of Support on Facebook <a href="http://www.facebook.com/AWCommunitie/">www.facebook.com/AWCommunitie/</a>	<a href="https://www.awcommunities.org/trumasensitivecovid19">https://www.awcommunities.org/trumasensitivecovid19</a>

Organization/Source	Home Visitation	Contact Info/Website
Great Circle	Great Circle has two main ways to get to their resources. Coronavirus.greatcircle.org or Greatcircle.org and it will give a drop down for all services or the 1-844- GCHELPS number which will connect people to an actual person who can answer questions about specific needs a family or agency may have.	www.coronavirus.greatcircle.org 1-844-GCHELPS

Nurse-Family Partnership	Virtual home visits	<a href="https://www.nursefamilypartnership.org/">https://www.nursefamilypartnership.org/</a>
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Nurses for Newborns	Virtual home visits	<a href="https://www.nursesfornewborns.org/home/missouri-2/">https://www.nursesfornewborns.org/home/missouri-2/</a>
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Organization/Source	COVID-19 Education/Resources	Contact Info/Website
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American Lung Association	American Lung Association provides info on COVID-19, resources, & weekly webinars to discuss how to protect yourself, especially for those with chronic lung conditions and their caregivers. Counselors are available to assist with pregnant women/moms/their families who are interested in smoking cessation services via telephone. Also provide smoking cessation in a group call format if you have a group of clients who are interested. We also have our Lung HelpLine, which is staffed by nurses, respiratory therapists and tobacco cessation counselors to help with cessation or answer lung health/COVID-related questions.	<a href="https://www.lung.org/blog/update-covid-19">https://www.lung.org/blog/update-covid-19</a>  <a href="https://www.lung.org/">1.800.LUNGSUSA</a>  <a href="https://www.lung.org/">https://www.lung.org/</a>
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Article from ProPublica	What Coronavirus Means for Pregnancy, and Other Things New and Expecting Mothers Should Know	<a href="https://www.propublica.org/article/coronavirus-and-pregnancy-expecting-mothers-g-and-a">https://www.propublica.org/article/coronavirus-and-pregnancy-expecting-mothers-g-and-a</a>
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<https://www.cdc.gov/reproductivehealth/features/disaster-planning-parents/index.html>

CDC

Disaster Preparedness information for women & Information on COVID-19 and Pregnant Women and Children

[https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women-and-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnant-women.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women-and-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnant-women.html)

Dr. Alinne Barrera  
Clinical Psychologist

Mothers and Babies online course for free this is a CBT based, modularized PPD prevention program for pregnant women.

<https://www.emb.health/>

St. Louis COVID-19 Social  
Resource Group

Facebook group for providers and community members to discuss St. Louis Resources and for the St. Louis Community to share needs and seek help. Please consider this a space to share a resource or ask for assistance.

[https://docs.google.com/document/d/1l64rUJR1XSm55BggKVoqiw0vD\\_QRiTAWfB4IVNDDbWM/mobilebasic](https://docs.google.com/document/d/1l64rUJR1XSm55BggKVoqiw0vD_QRiTAWfB4IVNDDbWM/mobilebasic)

<https://www.facebook.com/groups/251471162439455/>

The Cardinal Glennon Safety  
Program

Suspended all Baby Safety 101, classes and car seat installations as well as partnering fire departments; however they encouraging moms to borrow a car seat to get the baby home from the hospital and then call our department. Once this has resolved and we will be more than happy to assist them with a car seat. Currently working with moms to ensure they have a safe sleep environment for their babies. If a mom is need of a safe sleep environment, please encourage them to call us!

<https://www.glennon.org/what-we-do/safety-program/>

United Way of Greater St. Louis	Community Resources during Covid-19	<a href="https://helpingpeople.org/covid-19/">https://helpingpeople.org/covid-19/</a>
Home School Resources	A small collection of anti-oppressive, anti-racist homeschool curriculum ideas and resources for families impacted by closures caused by COVID-19	<a href="https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/mobilebasic">https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/mobilebasic</a>
Scholastic	Learn at home resources for parents to keep kids thinking, reading and growing	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
YoMingo	Free virtual childbirth education through 5/31	<a href="https://myyomingo.com/Customize_dCommunicationsInc/SpecialChildbirthandBreastfeedingEducation_31757_309">https://myyomingo.com/Customize_dCommunicationsInc/SpecialChildbirthandBreastfeedingEducation_31757_309</a>

Organization/Source	Food/Nutrition	Contact Info/Website
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Jamaa Birth Village	Providing formula and support to mother & babies. A brief intake is needed	Jamaabirthvillage.org Email: info@jamaabirthvillage.org FB & IG: @jamaabirthvillage
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Missouri Food Stamp Benefits	The Department of Social Services Family Support Division has extended Food Stamp/SNAP certification periods by six months for those re-certifications coming due in March, April and May. This action prevents Food Stamp benefits from ending during the COVID-19 pandemic. DSS is also currently waiving all work requirements for able-bodied adults without dependents through the end of the federal emergency COVID-19 declaration. Any low-income individual or family who are now in need of Food Stamp or other benefits should reach out to the Family Support Division for help.	MyDSS.mo.gov
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Missouri WIC	WIC checks are available by mail or by curbside pick up. Clients should call their local WIC office for more information. No cards are loaded outside of the offices right now. Only a few Missouri WIC offices are using the eWIC cards. All others are using paper checks at this time.	<a href="https://health.mo.gov/living/families/wic/">https://health.mo.gov/living/families/wic/</a>
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Operation Food Search	Continuing to provide regular food distribution and provide meals to school aged children	<a href="https://www.operationfoodsearch.org/emergency-response-2020/">https://www.operationfoodsearch.org/emergency-response-2020/</a>
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St. Anthony's Food Pantry	Provides food and clothing for the neighborhood zip codes of 63118, 63111, & 63116	www.stanthonyofpaduastl.com > outreach-ministries
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Organizations	Basic Needs	Contact Info/Website
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**UTILITIES**

Ameren	Temporarily suspended all disconnections for non-payment and forgiving any late payment fees for residential and business customers. Normal billing for customers' usage will continue. Financial assistance is available per application.	<a href="https://www.ameren.com/account/customer-service/covid-19?wt.mc_id=Covid-homepage-link">https://www.ameren.com/account/customer-service/covid-19?wt.mc_id=Covid-homepage-link</a>
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Charter Spectrum	Offer free access to internet and WiFi for 60 days for new accounts for Pre-K to 12, college student. and teacher households who don't	<a href="https://www.spectrum.net/support/internet/coronavirus-covid-19-information">https://www.spectrum.net/support/internet/coronavirus-covid-19-information</a>
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LIHEAP & Community Action Agencies (CSBG agencies)	Utility Assistance	<a href="https://dss.mo.gov/">https://dss.mo.gov/</a>
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Missouri Water (STL County)	Temporarily suspended all disconnections for non-payment and forgiving any late payment fees for residential and business customers. Normal billing for customers' usage will continue. Financial assistance is available per application.	<a href="https://amwater.com/moaw/">https://amwater.com/moaw/</a>
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Spire

Temporarily suspended all disconnections for non-payment and forgiving any late payment fees for residential and business customers. Normal billing for customers' usage will continue. Financial assistance is available per application.

<https://www.spireenergy.com/coronavirus>

St. Louis City Water Division

Temporarily suspended all disconnections for non-payment and forgiving any late payment fees for residential and business customers. Normal billing for customers' usage will continue. Financial assistance is available per application.

<http://www.stlwater.com/>

### BABY NECESSITIES

Helping Hand Me Downs

Provides childrens clothes and toys

<http://helpinghandmedowns.org/>

SSM Health Birthing Hospitals

Increased the number of car seats being shipped to the hospitals for moms in need of a car seat upon delivery. Encouraging moms delivering at Birthing facilities other than SSM Health, to reach out the social worker at the hospital for assistance if they cannot borrow or purchase a car seat until we are able to meet with them.

<https://www.ssmhealth.com/maternity>

St. Louis Diaper Bank

Diapers for low-income families

[www.stldiaperbank.org](http://www.stldiaperbank.org)

### Organizations

### Health/Insurance

### Contact Info/Website

Birthright Counseling

Available for women to text and connect to a Master level counselor to help with their emotions and resource information during this time. We monitor it from 9-4pm daily and is a free service.

314.529.1421

<https://www.pacify.com/>

Home State

Pacify app for 24 hour lactation support virtually and Babylon app for virtual counseling, MDs, etc.

<https://www.babylonhealth.com/download-app>

<https://www.homestatehealth.com/>

Jamaa Birth Village

Providing midwifery and doula services, formula and support to mother & babies. A brief intake is needed

Jamaabirthvillage.org  
Email: info@jamaabirthvillage.org

FB & IG: @jamaabirthvillage

Missouri Medicaid

Pregnant women would change over to postpartum after delivery and would remain on Medicaid until the health crisis is over. Medicaid transportation was still available for prenatal appointments.

<https://mydss.mo.gov/healthcare/mohealthnet-for-pregnant-women-and-newborns>

Missouri Dept of Health and Senior Services - Medical Transportation

Help locate free or low cost transportation resources available across the state to assist with medical appointments. Each service may have requirements including specific payers, days, locations and routes

<https://health.mo.gov/atoz/pdf/transportationservices.pdf>

March of Dimes

Coronavirus disease (COVID-19): What you need to know about its impact on moms and babies

[https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx?utm\\_source=marchdimes-home&utm\\_medium=website&utm\\_campaign=home-2020&utm\\_content=homepage\\_carousel-covid19](https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx?utm_source=marchdimes-home&utm_medium=website&utm_campaign=home-2020&utm_content=homepage_carousel-covid19)

Black Women Health Imperative

Culturally relevant tools and tips about health and safety, emotional wellness, parenting, healthy lifestyles and financial literacy during the pandemic.

[coronavirus.bwhi.org](https://coronavirus.bwhi.org)

STL Doulas of Color Collective Virtual/telephone support to families. Some doulas are still providing in-person care by following safety and hygiene protocols when entering the home or hospitals (that allow doulas). Lactation support is available through virtual/telephone support as well through qualified IBCLC's in the region.

<https://www.stldoulasofcolor.org>

Organizations	Shelter	Contact Info/Website
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Almost Home and Haven of Grace	No Visitors or Volunteers until further notice. One of the biggest barriers to video/telephone visitation is funding as well as a significant barrier to client compliance as many families use their phones as the only technology option. We are practicing social distancing as well as taking temperatures twice a day and course sanitizing.	<a href="https://almosthomestl.org/">https://almosthomestl.org/</a>  <a href="https://havenofgracestl.org/">https://havenofgracestl.org/</a>
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Queen of Peace	They are closed for new inpatient or outpatient appts. If a patient has a need for their services they can do a walk in intake appt M-F between the hours of 9-3. They must arrive ALONE as no one else will be let in to the building with them. Bring ID, if they have it. They will be placed on a waitlist for any relevant services.	<a href="https://www.qopcstl.org/">https://www.qopcstl.org/</a>
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Our Lady's Inn	Keeping current residents but not taking on new ones.	<a href="https://ourladysinn.org/">https://ourladysinn.org/</a>
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Organizations	Miscellaneous	Contact Info/Website
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PPE for STL	FB group for those who want to donate PPE and for those who need PPE - they're setting up collection sites and ways to get PPE to those in need.	<a href="https://www.facebook.com/groups/PPEforSTL/">https://www.facebook.com/groups/PPEforSTL/</a>
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