

# Resources for Pregnant Women

A COMPILED GUIDE BY LATTER-DAY SAINTS FOR LIFE

Pregnancy can be a difficult experience, but you don't have to do this alone. There are many people ready to help you find hope for you and your child.

## THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS RESOURCES:

**Contact your local bishop/branch president** to find out about your local availability and how to get connected.

*Don't know your bishop/branch president? Find one with a congregation near you: [maps.churchofjesuschrist.org](https://maps.churchofjesuschrist.org)*

- **Bishop's Storehouses:** food
- **Family Services:** professional counseling
- **Deseret Industries:** clothing, furniture, employment services, etc.
- **Self-reliance Programs:** finance management, career advancement, etc.
- **Wards/branches:** baby needs, religious counseling, financial support, housing/employment, etc. (as determined by local leaders)
  - Social, emotional, and other temporal support may be available through members of your local ward/branch (Relief Society sisters, elders quorum brothers, bishopric).

*If you are a ward or stake council member looking to support a pregnant woman, Church resources can walk you through it: [churchofjesuschrist.org/study/manual/counseling-resources](https://churchofjesuschrist.org/study/manual/counseling-resources).*

## COMMUNITY RESOURCES:

- **Pregnancy Resource Centers:** adoption referrals, baby supplies, diapers, ultrasounds/medical care, parenting classes, etc.
  - There are about 3000 PRCs (also called crisis pregnancy centers) across the USA. Services vary by location but may include above list.
  - *Find a local PRC: [pregnancydecisionline.org](https://pregnancydecisionline.org), [optionline.org](https://optionline.org), [mcn.care](https://mcn.care).*



## COMMUNITY RESOURCES (CONTINUED):

- **National Diaper Bank:** diapers
  - [nationaldiaperbanknetwork.org](http://nationaldiaperbanknetwork.org)
- **The Salvation Army:** food pantries, housing, life skills
  - [salvationarmyusa.org](http://salvationarmyusa.org)
- **United Way 211:** diapers, food, housing, medical, utilities, etc.
  - Connect with trained community specialists at 200+ local agencies across the USA who can help you access various resources.
  - Call 211 or visit [211.org](http://211.org)

## GOVERNMENT RESOURCES:

- **County Health Departments: classes, formula, food, medical, etc.**
  - Each county typically has its own health department, and most health departments offer help with setting up emergency pregnancy medical care (Baby Your Baby), Medicaid, and WIC. Many offer birthing/parenting classes, and some even have staff that will come to your home for additional help.
- **Federal Government:** financial aid, food, medical
  - Sign up for Food Stamps, Welfare, and/or Medicaid, if you apply.
  - [usa.gov/benefits](http://usa.gov/benefits)
- **State Government:** immediate/emergency financial help
  - [usa.gov/state-governments](http://usa.gov/state-governments)
- **USDA Food and Nutrition Services**
  - **National Hunger Hotline**
    - This will connect you with food resources such as meal sites, food banks, and other social services near you.
    - Call: 1-866-3-HUNGRY (866-348-6479) OR 1-877-8-HAMBRE
    - Text: 914-342-7744 with a question about "food", "meals", etc.
  - **WIC**
    - The Supplemental Nutrition Program for Women, Infants, and Children provides food packages, formula, breastfeeding assistance, etc. for women, infants, and children up to age 5.
    - [usda.gov](http://usda.gov)

