



Perinatal Resources and Support

UPMC | MAGEE-WOMENS

Breastfeeding Resources

Lactation Services in Central PA

Leave a voicemail and a Lactation Consultant will call you back to answer your questions or schedule an outpatient lactation consultation, if needed. Find breastfeeding information and resources at UPMCCentralPA.com/Breastfeeding. To speak with a lactation consultant call:
Harrisburg: **717-782-5372**
Carlisle: **717-960-3409**
Hanover: **717-316-2262**
Lititz: **717-625-5337**
Memorial: **717-849-5594**

Harrisburg Area La Leche League

Offers community support groups for families who breastfeed, chestfeed, and human milk feed their babies. hbgll.wixsite.com/mysite.

Women, Infants and Children (WIC)

800-942-9467

A federal program providing nutrition education, healthy foods, breastfeeding promotion and support, and health and social service referrals for low-income pregnant women, breastfeeding women, non-breastfeeding postpartum women, and children under the age of 5. Call to find your local WIC office.

Your Baby's Birth and Beyond App, Powered by YoMingo®

Our free mobile app offers evidence-based information for every stage of your pregnancy, birth, and beyond. Access information specific to your hospital stay at UPMC in Central PA.
UPMC.com/MageeCentralPAYoMingo.

UPMC Magee-Womens Resources

Children's Advocacy Center

717-782-6800 or 877-543-5018

Helping children overcome the trauma of abuse and neglect by providing services to children, families, and the community.

Customer Relations

717-782-5503

Call to discuss any special needs or concerns.

Lead Poison Prevention and Education Program

717-782-6443 or 800-374-7114

Provides childhood lead education and prevention information in South Central PA. Referrals accepted for children with elevated blood lead levels (EBLL) up to age 7.

Newborn Channel

A secure website to watch any of the Newborn Channel programs online during pregnancy, while in the hospital, and once you are home with your newborn. Visit thenewbornchannelnow.com and enter password: **01185**.

Nurse-Family Partnership (NFP)

717-782-2335

Provides medical and social support for income eligible women during pregnancy through their child's first 2 years.
Cribs for Kids-Provides safe sleep education and a Pack 'n Play to parents who cannot provide a safe place for their infant to sleep.

PinnacleHealth Psychological Associates (PHPA)

Counseling for Postpartum Depression/Anxiety
Harrisburg: **717-231-8360** York: **717-755-0921**
Mechanicsburg: **717-988-9460**

Women's Behavioral Health Specialists

717-988-9430

Helping women manage the emotional and behavioral disorders directly related to pregnancy and postpartum.

Safe Haven

866-921-7233 secretsafe.org

To rescue newborn infants (up to 28 days old) from abandonment, injury, or death by providing confidential emergency care and shelter. Infants can be dropped off anonymously at any UPMC Emergency Department.

SAFE- Sexual Assault Forensic Examiner

UPMC.com/CentralPaForensicNursing

Survivors of sexual assault can receive care from a specially trained forensic nurse examiner in our Emergency Department.

Smoking Cessation

717-231-8014

Support for moms, moms-to-be, and support persons dealing with nicotine dependence.



Perinatal Resources and Support

Social Work and Care Management

717-782-5574

Connects new moms with resources and support for financial problems, drug, alcohol, or domestic violence issues, adoption questions, or other stressors.

Support Groups:

HOPE Group

717-960-3409

A free postpartum adjustment support group for moms dealing with postpartum depression/anxiety. Expecting moms experiencing stress or with a history of anxiety, depression, or OCD are also encouraged to attend.

Parent/Child Education and Support Groups

717-231-8916

Check out our classes, events, and support groups by searching at [UPMC.com/Central PA](http://UPMC.com/CentralPA) or email parentchilddeduction@upmc.edu.

Perinatal Bereavement Program

717-782-3392

Loss of a pregnancy or baby may cause feelings of grief, helplessness, shock and numbness. Our nurses and social workers will provide the individualized support and resources you need to work through your grief.

Perinatal Wellness Program

717-988-9438

Hosts free programming for new and expecting parents. Classes cover a wide range of topics providing education about the psychological and physical changes that occur in pregnancy and motherhood.

perinatalwellness@upmc.edu.

UPMC.com/CentralPA

Provides health information as well as directions, physician finder, events calendar, hospital and outpatient services, and e-newsletters on a variety of topics. Access our pregnancy and childbirth services directly at UPMC.com/MageeCentralPAMaternity.

STRENGTH- Maternal Substance Use Program

717-231-8472

Provides assessment and plan for medication-assisted therapy during pregnancy, including care coordination with hospital and community resources for mom and baby.

Community Resources

Contact Help Line

717-652-4400

Offers emotional support, information, and referral services 24 hours a day, 7 days a week.

Crisis Intervention Services

Adams County: **717-632-4900** (TrueNorth)

Eastern Cumberland and Perry Counties: **717-763-2222**

Western Cumberland and Perry Counties: **717-243-6005**

Dauphin County: **717-232-7511**

Lancaster County: **717-394-2631**

Lebanon County: **717-274-3363**

York County: **717-632-4900** (TrueNorth)

Dauphin County SAFE KIDS

717-531-SAFE (7233)

Car seat information, including installation support

Domestic Violence Services

National Domestic Violence Hotline: **800-799-7233**

PA Coalition Against Domestic Violence: **800-932-4632**

Domestic Violence Services of Cumberland and Perry Counties: **800-852-2102**

YWCA Domestic Violence Services, serving Dauphin County: **800-654-1211**

Domestic Violence Intervention of Lebanon County: **866-686-0451**

ACCESS York, serving York County- 24-hour hotline: **800-262-8444**

PA Vital Records

Consumer Support Hotline: **844-228-3516**

health.pa.gov

PA Department of Health

health.pa.gov

Provides programs for women, children, and families to prevent and eliminate disease and injury.

PA Department of Human Services

800-692-7462 dhs.pa.gov

PA Bureau of Child Support Enforcement

800-932-0211

Social Security Administration

800-772-1213 ssa.gov

South Central PA Highway Safety

717-766-1616 scpahs.org

Car seat information, including installation support.