



The following is a list of some of the resources available to women and children in Kansas. If you need assistance, reach out to one of the following organizations for information and support.

Resource	Contact Information
Child Care Aware of Kansas - Ensures that families have access to affordable, high-quality child care.	1-877-678-2548 Website: ks.childcareaware.org/contact-us
Kansas Birth Certificate Information	785-296-1400 Website: kdhe.ks.gov/1186/Birth-Certificate
Kansas Breastfeeding Coalition – Directory of local breastfeeding support and resources for returning to work and public breastfeeding.	785-477-4666 Website: ksbreastfeeding.org
Kansas Infant Death and SIDS Network (safe sleep information as well as bereavement) - - Serves those individuals who have been touched by the tragedy of infant death or SIDS and those individuals or organizations who strive to reduce the risk of infant deaths.	1-866-399-7437 Website: kidsks.org
Parent Helpline 1-800-CHILDREN & Mobile App – Free and anonymous support for families looking for information, local resources, and other support. 1800ChildrenKS.org is a searchable database for statewide resources. Find the 1800ChildrenKS app in your phone's app store for a mobile friendly version of the resource database.	1-800-CHILDREN Website: 1800childrenks.org
Kansas Tobacco Quit Line – KANQUIT – The KANQUIT program helps you create an easy-to-follow quitting plan that will show you how to get ready, take action and live the rest of your life tobacco free.	1-800-QUIT-NOW (784-8669) Website: kansas.quitlogix.org
Kansas Women, Infant and Children (WIC) Program – WIC is a nutrition program that provides nutrition and health education, healthy food and other services to Kansas families who qualify.	785-296-1320 Website: kdhe.ks.gov/1000/Nutrition-WIC-Services
Poison Control Center Hotline - A poison is anything that can cause sickness or death if it gets into or on the body. If you have a question about any type of poison, call the Poison Control Center.	1-800-222-1222 Website: kansashealthsystem.com/care/centers/poison-control-center
Safe Kids Kansas - Group of partners from across Kansas dedicated to preventing childhood injury. Their mission is: we work to keep all kids safe from preventable injuries.	785-296-1223 Website: safekidskansas.org
Text4Baby - The free Text4baby app makes it even easier for you to get critical health and safety information!	Website: text4baby.org
The Kansas Crisis Hotline - Domestic Violence and Sexual Assault – crisis hotline developed by the Kansas Coalition Against Sexual and Domestic Violence.	1-888-END-ABUSE (363-2287) If there is an emergency, call your local law enforcement agency or call 911 or chat online at hotline.rainn.org
Suicide Prevention Lifeline – Free, confidential 24/7 live help for any individual, or loved one, in distress or crisis.	1-800-273-8255 Text KANSAS to 741741 Or chat online at suicidepreventionlifeline.org
Postpartum Support International (PSI) – Offers support groups, and connections to Support Coordinators in Kansas, and other resources for prevention and treatment of mental health concerns.	PSI Helpline: 1-800-944-4773 Or Text: 503-894-9453 Website: postpartum.net
Substance Abuse and Mental Health Services Administration (SAMHSA)'s Treatment Locator – Search for behavioral health treatment near you. Information about types of treatment, how to pay for treatment, and understanding addiction and mental health is also available on the website.	1-800-662-HELP (4357) Website: findtreatment.gov
National Maternal Mental Health Hotline – Pregnancy and a new baby can bring a range of emotions. Many new parents feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born. The National Maternal Mental Health Hotline providers 24/7, free, confidential support before, during, and after pregnancy.	Call or text 1-833-943-5746 (1-833-9-HELP4MOMS) Website: mchb.hrsa.gov/national-maternal-mental-health-hotline
If you or someone you know is in crisis, help is available. Call 988 or go to the nearest emergency department.	

Important Information About PRAMS

Please Read Before Starting the Survey

- The Pregnancy Risk Assessment Monitoring System (PRAMS) is a research project sponsored by the Centers for Disease Control and Prevention and the Kansas Department of Health and Environment.
- The purpose of the study is to find out why some babies are born healthy and others are not.
- We are asking 1,700 women in Kansas to answer the same questions. All of your names were picked by a computer from recent birth certificates.
- It takes about 25-31 minutes to answer all questions. Some questions may be sensitive, such as questions about smoking or drinking during pregnancy.
- You are free to do the survey or not. If you don't want to participate at all, or if you don't want to answer a particular question, that's okay. There is no penalty or loss of benefits for not participating or answering all questions.
- Your survey may be combined with information the health department has from other sources.
- If you choose to do the survey, your answers will be kept private and will be used only to answer questions related to the purpose of this study. This is because this study has been given a Certificate of Confidentiality. This means that we may not share information that may identify you in legal suits or proceedings, even if a court orders us to do so, unless you say it's okay.
- If you are currently in jail, your participation in the study will have no effect on parole.
- Your name will not be on any reports from PRAMS. The booklet has a number so we will know when it is returned.
- Your answers will be grouped with those from other women. What we learn from PRAMS will be used to plan programs to help mothers and babies in Kansas.
- If you have any questions about your rights in the project, please email Dr. Farah Ahmed at Farah.Ahmed@ks.gov.

If you have questions about PRAMS, or if you want to answer the questions by telephone, please call
Deena Carmona, Kansas PRAMS Project Coordinator, at
1-844-353-9249.
The call is free.