

Resources For Choosing To Parent

Prenatal Care, Vitamins, & Services

The Office Of Maternal, Child, And Family Health (of the West Virginia DHHR) is a statewide resource for prenatal care in West Virginia, with agencies in your local health department that offer a variety of services and programs. They can be reached at 304-558-5388 and <http://www.wvdhhr.org/mcfh/>

You can visit a family planning office and take a pregnancy test on site. If it is positive, you can then request vitamins. If the family planning site has them in stock and if their site's policies allow them to, you can usually get a one-month supply of vitamins.

Midwives/Doulas

The Midwives Alliance of West Virginia is a non-profit organization dedicated to supporting midwives of all kinds across the state, providing info about midwives, and helping people to find midwives for their pregnancy/birth. You can find more info or contact them at <https://www.midwivesallianceofwv.com/>

You could also consider having support before, during, and after your child's birth from a doula. For a great source of information about these kinds of services and how they might be ideal for you, check out <https://evidencebasedbirth.com/the-evidence-for-doulas/>

Birth Parent Counseling Services

If you are facing difficulties while pregnant or are unexpectedly pregnant, and would like counseling services that can support you in these circumstances, you can call the Burlington United Methodist Family Services at 304-788-2342 (Keyser) or 304-720-1904 (Charleston)

Low-Income Families

Families who live with low or no incomes can receive medical treatment and support from a number of clinics that can offer them free services. One can look for free clinics near them by searching through https://www.freeclinics.com/sta/west_virginia

Drug Rehabilitation

The Seneca Crosswinds Center offers drug abuse treatment, detoxification, and mental health support, with clinics in Nicholas, Webster, Pocahontas, and Greenbrier Counties. For more information or to get involved with their programs, you can visit <https://shsinc.org/> or contact these numbers: 304-497-0500 (Greenbriar), 304-872-2659 (Nicholas), 304-799-6865 (Pocahontas), 304-847-5425 (Webster)

Diaper Banks

Diaper banks distribute diapers free of charge to families in need. Banks here in West Virginia are:

Lewis County WV Diaper Bank ----- 304-269-4000 ----- <https://www.facebook.com/WVdiapers/>
Ripley Nazarene Mission Family Resource ----- 304-372-5348 ----- mail@ripleynazarene.org

To find banks in bordering states, check <https://nationaldiaperbanknetwork.org/member-directory/>

*For additional resources, counseling, and support,
call the All-Options Talkline at 888-493-0092, or visit www.all-options.org*