

# PA Resources for Your Family's Health



From preconception health to caring for your baby, call **1-800-986-BABY (2229)** for referrals & information on newborn screening, breastfeeding, immunizations, WIC nutrition, car seats & much more.

As your child grows, call **1-800-986-KIDS (5437)** for your family's health, insurance and human service needs.

[www.health.state.pa.us](http://www.health.state.pa.us)  
Health Services and Resources  
Maternal & Child Health Programs



Weekly messages to pregnant women & new moms to help them and their babies have the best possible start in life. To sign up, simply text:

**BABY to 511411**  
**BEBE for Spanish**



**Special Kids Network**  
System of Care

[www.gotoskn.state.pa.us](http://www.gotoskn.state.pa.us)  
**1-800-986-4550**

- Resources for children and youth with physical, developmental, behavioral or emotional conditions
- Information on health care products, respite, advocacy, assistive technologies & more
- Family support in overcoming challenges to ensure children & youth have access to services, education, employment
- Assistance to help your community to identify service gaps and to address the unique challenges of your local service system

The agency's **PA Consortium** coordinates regional Parent, Youth and Professional Forums. **Call and have your voice heard.**



**Lead Information 1-800-440-LEAD (5323)**

- Lead poisoning prevention— pregnant women & children
- Outreach events for children and adults
- Lead abatement training
- Publications for homeowners, landlords, residents and contractors

[www.health.state.pa.us/LEAD](http://www.health.state.pa.us/LEAD)



**Brain Injury Helpline 1-866-412-4755**



- Referrals to brain injury services
- Information for families, coaches, educators and service providers
- Publications on shaken baby syndrome, return to work or return to school, concussions, falls prevention & more

**PA Recreation & Leisure**  
**1-800-986-4550**  
Activities & facilities  
Accessible & inclusive



**Licensure**  
**1-800-254-5164**  
Complaints about nursing homes and medical facilities.

**TTY access to all resources: 1-877-232-7640**

The PA Department of Health partners with other commonwealth agencies to operate **PA's Health and Human Services Call Center**. By calling one of our toll-free numbers, you can also ask about insurance eligibility and long term living options. Visit [www.HelpinPa.state.pa.us](http://www.HelpinPa.state.pa.us) to use Live Chat during our helpline hours: **Monday through Friday, 7 a.m. - 7 p.m.**

