

HSC Health Pediatrics Resource Guide

Part of the HSC Whole Health Initiative

Newborn Basics and Infant CPR Classes

 www.cookchildrens.org/health-resources/parent-classes/

Free classes offered by Cooks Children's Medical Center for new and expectant parents. These classes will teach you how to take care of your newborn. Topics include infant CPR, what to do if your baby is choking, vaccines, breastfeeding, and promoting safe sleep


Postpartum Support International

 1-800-944-4773

If you feel like you have the symptoms of postpartum depression that might include anger, sadness, insomnia, loss of appetite, intense irritability, guilt, sense of hopelessness, and difficulty bonding with the baby, please call this helpline

Texas WIC

 817-321-5400 (Tarrant County Location)  855-550-6667 (For immediate breastfeeding help)

 <https://texaswic.org/>

Provides support, food, formula, and nutrition education to pregnant women and families with children under 5 years old

Child Care Associates

 817-838-0055

 <https://childcareassociates.org>

Provides a head start program for children, early childhood education, and daycare assistance

Navigate Life Texas

 <https://www.navigatelifetexas.org/en>

Provides resources and support for families raising children with disabilities

My Texas Benefits

 <https://www.yourtexasbenefits.com/>

Central application for food benefits and medical coverage based on family income

Find Help

 <https://www.findhelp.org>

Search by zip code to find assistance with finances, food, clothing, transportation, housing, mental and physical health, and others

My Health My Resources of Tarrant County

Early Childhood Intervention (ECI)

 817-446-8000

 <https://www.mhmrtarrant.org/eci/>

Provides assessments and early interventions for children aged 0-3 identified to have a developmental delay


iCare Call Center

 1-800-866-2465

Call or text 1-800-866-2465 to talk to someone about any mental, emotional, or social concerns, and support will be provided by connecting you to the appropriate services and/or resources

Tarrant County Food Bank

 817-857-7100

 <https://tafb.org/>

List of mobile pantries and food banks in Tarrant County and surrounding areas

National Suicide Prevention Hotline

 1-800-273-8255

Provides 24/7 mental health support hotline

Psychology Today

 <https://www.psychologytoday.com/us>

Search tool that assists in showing counseling services in your local area