

Are You Pregnant and 19 or Under?



We have free health services that benefit you and your baby.



If you're a teenager who's about to become a mother, or if you have a new baby now, you don't have to face parenthood without help. The Mississippi State Department of Health's PHRM/ISS program offers free services during and after pregnancy to promote the best growth and development for you and your baby.

A personal approach

When you enroll with the PHRM/ISS program, you get a dedicated nurse, social worker and nutritionist team to answer your questions, address any problems, and guide you through your pregnancy. They prepare you for upcoming doctors' appointment, help you understand doctors' recommendations, and locate resources to help you before and after your delivery.

How you benefit:

- **Healthy Food from WIC:** Free monthly food package help provide a balanced and complete diet with fruits, vegetables and protein.
- **Nutrition counseling** to make sure you're getting important nutrients for your health and for the healthy development of your baby.
- **Preparing for birth:** Understanding changes in your body and how your baby is developing inside of you. What to expect during delivery, and your recovery after having a baby.
- **Your educational goals:** Staying in school or getting back in school, obtaining your GED or your diploma.
- **Family planning:** Birth control choices you have after delivery, and how to time your next pregnancy so it's best for you and the baby. We can help with wellness visits for you after delivery, too.



How your baby benefit:

- **Breastfeeding support** from a Lactation Specialist to give your baby the best start in life.
- **Safe Sleep:** How to create a safe sleep environment for your baby.
- **Parenting preparation:** How to care for your baby and meet his or her nutritional and developmental goals; how to care for a baby with medical needs and recognize proper growth and development; how to deal with the changes a baby brings to a family.

How to enroll

If you are 19 or under, you may qualify for this program by contacting:

- Your county health department
- Your hospital nurse
- Your family doctor or nurse
- Visit our website HealthyMS.com/phrm



If you choose to enroll, all services are FREE.

To learn more about healthy moms and healthy babies, contact the Mississippi State Department of Health at 601-576-7463, or visit HealthyMS.com/babyhealth.

Mississippi Perinatal High Risk Management/infant Service System



MISSISSIPPI STATE DEPARTMENT OF HEALTH

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