



Helpful contact numbers for new parents

- Emergency (Fire, Police, Ambulance) — 911
- Ascension St. John Lactation Support — 918-744-2681
or e-mail susan.reeder@ascension.org
- Oklahoma Breastfeeding Hotline — 1-877-271-6455 or text OK2BF to 61222
- Oklahoma Newborn Screening Program (all screenings) — 800-766-2223
- Safe to Sleep Hotline — 800-505-2742
- National Poison Help Center — 800-222-1222
- National Postpartum Support Center — 800-944-4773
- National Maternal Mental Health Hotline — 833-852-6262
- National Domestic Violence Hotline — 800-766-7233
- National Suicide and Crisis Lifeline — call or text 988

Resources



Safe to Sleep Booklet



Oklahoma Poison and Drug Resources



Oklahoma Newborn Screening Resources



Ascension St. John Maternity Classes



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