

# TAKING CARE OF YOUR FAMILY

Massachusetts resources, services, and programs to help you and your family.

## Health Services

### Childhood Vaccine Information for Parents & Caregivers

<https://www.mass.gov/info-details/childhood-vaccine-information-for-parents-and-caregivers>

Vaccination is one of the best ways parents can protect infants, children and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be serious, may require hospitalization, or even be deadly—especially in infants and young children. Parents can provide the best protection by following the recommended immunization schedule.

### MassHealth Dental/DentalQuest

**1-800-207-5019**

<https://www.masshealth-dental.net/Home>

Oral health is important for children, starting with the time their baby teeth first appear between 6 and 12 months of age. Children should visit the dentist by their first birthday. Pregnant women are encouraged to visit a dentist during and after pregnancy to ensure good oral health. MassHealth members can get help finding a pediatric or general dentist.

## Safety Resources

### Car Seat Safety

#### Find a Car Seat Inspection Site Near You

<https://www.mass.gov/service-details/find-a-car-seat-inspection-site-near-you>

Selecting and installing the correct car seat is important in the prevention of severe injury or death. Free car seat safety checks are available at inspection sites statewide to make sure they are properly installed.

### The Regional Center for Poison Control and Prevention

**1-800-222-1222**

<http://www.maripoisoncenter.com/>

The Poison Control and Prevention center provides 24-hour treatment and support on all types of poisonings. Parents or caregivers can contact the center if a child may have swallowed poisonous material, taken medication incorrectly, ingested household products, was exposed to any chemical substance or suffered a bug bite or sting.

## Supportive Services

### Parents Helping Parents

**1-800-632-8188**

#### Parent Stress Line

<https://www.parentshelpingparents.org/parental-stress-line>

The Parent Stress Line is available to parents and guardians who are experiencing stress or who are overwhelmed. If you need someone to talk to, the Parent Stress Line is available 24 hours a day and has trained volunteer counselors who offer both sympathetic and non-judgmental support. Translation services are available.

### SafeLink

**1-877-785-2020**

#### Massachusetts Department of Public Health

**TTY: 1-877-521-2601**

<https://www.mass.gov/info-details/massachusetts-safelink-resources>

SafeLink is a statewide domestic violence hotline open 24 hours a day. SafeLink provides safety planning, support for survivors, and information on emergency shelters. Translation services are available.

**Massachusetts Postpartum Support International Warm Line  
Postpartum Depression Resources for Mothers**

**1-866-472-1897**

<https://www.mass.gov/service-details/postpartum-depression-resources-for-mothers>

Supportive services are available for new mothers who may experience anxiety or unexplainable sad feelings after childbirth. There are many resources available to identify any signs or symptoms of postpartum depression.

**Massachusetts Immigration & Refugee Advocacy Coalition (MIRA)**

**617-350-5480**

<https://www.miracoalition.org/>

MIRA is a statewide advocacy organization that provides information on programs available to immigrants and refugees, including immigrant rights and changes in immigration rules and regulations.

## Substance Use & Prevention Resources

Substance use can affect your health and the well-being of your family. If you are struggling with substance use or want additional information, contact your healthcare provider or one of the programs below.

**MA Tobacco Cessation and Prevention Program  
(MTCP)/MA Smokers' Helpline**

**1-800-784-8669**

<https://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-mtcp>

MTCP is dedicated to helping current tobacco and nicotine users quit, protecting children and adults from secondhand smoke, and much more.

**MA Substance Use Helpline**

**1-800-327-5050**

**Massachusetts Department of Public Health**

<https://www.helplinema.org>

The Substance Use Helpline provides free confidential information and referrals for treatment services related to alcohol and other substance use disorders.

**Journey Recovery Project**

**1-800-327-5050**

**Substance Recovery Resources for Pregnant and Postpartum People**

<https://journeyrecoveryproject.com/>

Whether you are on your recovery or parenting journey, this website provides advice, information, and resources to take care of yourself and your family. If you need help finding treatment, call the Massachusetts Substance Use Helpline described above at 1-800-327-5050 (TTY: 617-536-5872).

**Marijuana and Pregnancy and Breastfeeding**

<https://www.mass.gov/info-details/marijuana-and-pregnancy-and-breastfeeding>

Marijuana use before getting pregnant, during pregnancy, and after delivery can affect the health of you and your baby. Using marijuana is not recommended if you are breastfeeding and/or caring for an infant. Talk to your doctor if you are using marijuana and are pregnant or planning to become pregnant.

**1-800-WIC-1007**



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