

# Hey mama We're here for you.

Whether you are pregnant or just gave birth, it is important to get the support you need for *every* stage of your motherhood journey.



Healthy Moms  
Healthy Babies

# HOW WE CAN HELP

***Healthy Moms, Healthy Babies*** is on a mission to make sure you have the healthcare, support, and resources you need before, during, and after pregnancy. We do this by helping you:



Apply for healthcare, child care, SNAP, WIC, & more



Explore advice on every stage of pregnancy & beyond



Get breast pumps, cribs, diapers, gift cards, etc.



Learn with mobile apps, videos, & newsletters



Find treatment for substance use, depression, & more



Find safety resources for women & children



**SCAN HERE!**

Learn more at:  
[HealthyMomsBabies.mo.gov](https://HealthyMomsBabies.mo.gov)