



MARION COUNTY AH NULEPA THAR CAAH LUNGTIN NGANDAMNAK RESOURCE HNA

Atuah Bawmhnaak Lak!

Mah le mah i thahnak le Harnak Nunnak kong Pehtlaihnak

988 ah chawn asiloah ca kan kuat, 24/7 in pehtlai khawh a si

Ram pumpi Nu he aa pehtlai Lungthin Ngandamnak kong Pehtlaihnak

1-833-852-6262 ah chawn a siloah ca kuat, 24/7 in pehtlai khawh a si. Holhlettu hna holh phun 60 in an um.

Eskenazi Ngandamnak Harnak kong Pehtlaihnak
317-880-8485 ah chawn

Ascension St. Vincent Lungretheihnak kong Hmunpi
317-338-4800 ah chawn, 24/7 in pehtlai khawh a si

Zatlangbu hrambunhmi Nu he aa pehtlai Ngandamnak Ruahnak Cheuhnak Rianttuanpiaknak

Marion Pengkomh carek nambaw pawl ah a um; ngandamnak aamahkan huhphenhnak cu aa dang kho
Upa le Ngakchia: Indianapolis pumpi chung hmun dangdang ah, 317-882-5122 ah chawn.

Aspire: Konglam tam deuh theih nakhnga 317-574-1254 ah chawn.

Marion Pengkomh Zatlang Ngandamnak Zung Zatlang Rianttuanpiaknak Bu:

Lungthin ngandamnak, thilri, le hluihnak i herhbaunak kongah bawmhnaak caah zatlang rianttuantu hna cu an um. Man lo in a si. Konglam tam deuh caah, zaangfahnak te'n 317-221-2364 ah chawn.



Peng chung Nau Hrin hnu he aa pehtlai Lungthin Ngandamnak Resource na

Ascension St. Vincent Hramthawknak Zohkhenhnak Hmunpi
Hramthawknak Zohkhenhnak Hmunpi ii atu lio mizaw hna nih zatlang rianttuantu kha 317-338-7516 ah kha an pehtlai khawh.

Zatlangbu Ngandamnak Pehtlaihnak Lungthin/Ziaza lei Ngandamnak

Tonnak caan khiahnak caah 800-662-3445 asiloah 317-621-5700 ah chawn.

Website: <https://www.ecommunity.com/services/mental-behavioral-health>

Franciscan Ngandamnak

Atu lio ii mizaw hna nih 317-528-5224 ah nurse navigator kha an pehtlai khawh.

Atu lio lungthin lei ngandamnak herhmi mizaw hna nih cun 317-528-2949 ah an chawn khawh.

Eskenazi Ngandamnak

Siizung lenglei mizaw tonnakk caan khiahmi i pekmi lungthin lei ngandamnak bawmhnaak caah, zatlang rianttuannak kha 317-880-5792 asiloah 317-501-7823 ah pehtlai.

Sandra Eskenazi Lungthin lei Ngandamnak Hmunpi:

Caan khiahnak caah 317-880-8491 ah chawn.

IU Ngandamnak

Nau hrin hnu he aa pehtlai Lungthin Umtuning Ningang lonak Program: Rianttuanpiaknak hna le bawmhtu phu hna konglam tam deuh cawn nakhnga 317-948-7308 ah chawn.

HealthNet

Atu lio mizaw hna nih tonnakk caan khiah awk ah 317-957-2070 ah chawn khawh a si.

Peng chung Online Resource hna

MOMS Bawmhnaak ca Pehtlaihnak Indiana

844-624-6667 (Nikhat-Ninga, zingka 7:30 in zanlei 5 tiang) ah chawn. MOMS ah lut

Mirang holh caah 844-666-7898 le Spanish caah 844-737-6262 cakuat in Bawmhnaak ca pehtlaihnak.

Website: <https://www.momshelplineindiana.com/>

Nau Hrin hnu he aa pehtlai Lungthin Ngandamnak caah Indianapolis Eria Bawmhtu Phu hna

IU Ngandamnak: Online lei in, Nihnihi zinglei 10:00-11:30 tiang. Minkhumhnak konglam caah 317-582-7150 ah chawn.

Ascension St. Vincent: Online lei in, Nihnihi zinglei 10:00-11:30 tiang. Minkhumhnak konglam caah 317-582-7150 ah chawn.

Zatlangbu Ngandamnak Pehtlaihnak: Online lei in, Nihnihi zinglei 11:00 am. Minkhumhnak konglam caah 317-621-7998 ah chawn.

Riverview Siizung, Noblesville: Pumpak in, thla khat chung Nilini 1nak & 3nak zinglei 10:00 – 11:00 tiang. Konglam tam deuh caah obeduction@riverview.org ah email kuat.

Franciscan Ngandamnak: Pumpak in, Nihnihi zaanlei 3:00-4:30 tiang. Minkhumhnak konglam caah 317-528-5620 ah chawn. (Kawl holh in bawmhtu phu kan chap colh lai.)
*Zaangfahnak te'n mah bu kha a hlanan in pehtlai i zuam. Nithla le caan aa thleng kho.

Online Resource hna

Nau hrin hnu lei Bawmhnaak International – Ngaihchiatnak bawmhnaak telh in nu le pa caah online lei in bawmhtu phu phunphun. 1-800-944-4773 ah chawn asiloah 800-944-4773 ah BAWMHNAK ttial in ca kuat
Para Español, 971-203-7773 ah ca kuat
Website: <https://www.postpartum.net/>

ATUAH Nu he aa pehtlai Lungthin Ngandamnak: A ttahnemmi konglam le resource hna he nau hrin hnu he aa pehtlai man loin lungduhnak damnak app. Mah website nih hin online lei in lungthin damnak caah mah le mah bawmhnaak thilri zong a pek.
Mirang holh in le Spanish holh in a um.
Website: <https://mycare.mmhnow.org/>

Nau hrin hnu Hunchonak: Nau hrin hnu lungthin ngandamnak ah a i pekchanhmi vawlei cungah rel tam bik mi blog.
Website: <https://postpartumprogress.com/>

Thla thum caanchung voi 4nak Rianttuan awk: Nau hrin hnu le lungthin ngandamnak he aa pehtlai nu le an chungkhar caah thiamsang ttialpiakmi resource hna le konglam.
Mirang holh in website: <https://newmomhealth.com/>
Spanish holh in website: <https://www.saludmadre.com/>