



Public Health
Prevent. Promote. Protect.
Zanesville-Muskingum County



**Muskingum County
Community Guide:**
A Preconception and
Interconception Health Resource
For All Women

205 N 7th Street

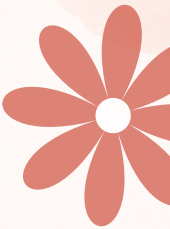
Zanesville, OH 43701

Monday- Friday, 8:00 a.m. - 4:30 p.m.

ZMCHD.org

(740)454-9741

help@zmchd.org



1st Edition 2023

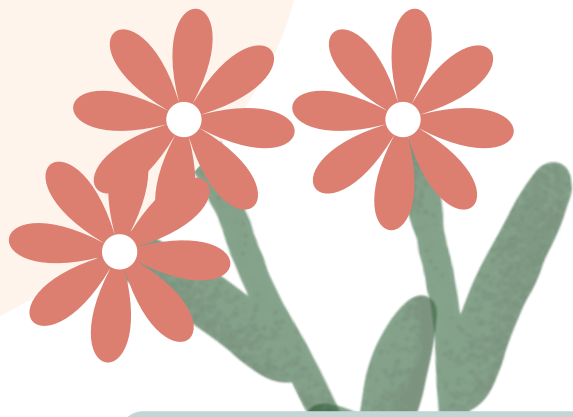


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Zanesville- Muskingum County Health Department Services:

Bridges to Wellness- Community health workers link individuals who have medical, social, and educational barriers to resources in Muskingum County.

Phone- (740)454-9741 ext. 305

Website- <https://www.accesstusc.org/bridges-to-wellness>

Car Seat Safety Checks- Inspects child car seats for safety and provides education.

Phone- (740)454-9741 ext. 302

Website- <http://www.zmchd.org/car-seat-program/>

Children with Medical Handicaps (CMH)- Links families of children with special health care needs to services.

Phone- (740)454-9741 ext. 243

Website- <http://www.zmchd.org/cmh/>

Cribs for Kids- Provides cribs to eligible families and Safe Sleep education.

Phone- (740)454-9741 ext.305

Website- <http://www.zmchd.org/cribs-for-kids/>

Early Intervention- Provides services to parents of infants and toddlers with developmental delays.

Phone- (740)454-9741 ext. 224

Website- <http://www.zmchd.org/early-intervention/>

Help Me Grow Home Visiting- Provides support and education to parents of children under age 3.

Phone- (740)454-9741 ext. 224

Website- <http://www.zmchd.org/help-me-grow/>

Lead Poisoning Prevention- Provides childhood lead investigations and case management.

Phone- (740)454-9741 ext. 227

Website- <http://www.zmchd.org/lead-poisoning/>

Smart Choices Strong Families- Registered nurse provides support and linkage to services to pregnant women with substance use disorder.

Phone- (740)454-9741 ext. 294

Website- <http://www.zmchd.org/smart-choices-strong-families/>

Social Work- Supports families in need of assistance.

Phone- (740)454-9741 ext. 240

Website- <http://www.zmchd.org/social-work/>

Women, Infants, & Children (WIC)- Provides nutrition educational and supplemental food for women, infants, and children up to age 5.

Phone- (740)454-9741

Website- <http://www.zmchd.org/wic/>

Community Services:

Support Hotline:

211- Receive help paying bills or finding food, housing, substance use support, mental health support, and other healthcare services.

Phone- 211

Website- www.211.org

Employment and Education:

Job and Family Services- JFS provides employment services and other human services including temporary cash assistance, food assistance, medical assistance, and subsidized child care.

Phone- (740)454-0161

Website- <https://www.muskingumcountyjfs.com/>

Mid-East Career and Technology Centers- An adult education program for people to earn a high school diploma or continue their education by pursuing health occupations, public safety, or skilled trades.

Phone- (740)454-0101

Website- www.mideastctc.org

Goodwill Zanesville- Job training, life skills, and other employment services for adults.

Phone- (740)297-4658

Website- <https://ohwvgoodwill.org/services/adult-jobs-training/>

Clothing and Household Item Bank:

Clothing and Household Item Bank- Open to all in Zanesville and Muskingum County. Open 9:00 am- 12:00 pm (Noon) from Monday to Thursday at Eastside Community Ministry.

Phone- (740)452-7519

Website- <https://www.eastsideministry.org/Services/Clothing-Bank/>

Trulight Ministries- Free clothing and furniture may be available, call to check.

Phone- (740)704-8531

Website- <https://trulightministries.org/programs/>

Breast Feeding:

Latching On- Breastfeeding support for moms.

Phone- (740)231-2227

Website- <https://latchingon.com/>

Muskingum County Breastfeeding Support- A FaceBook page that provides education, interesting articles, and support for breastfeeding moms in our area.

Phone- (740)454-5040

Website- <https://www.facebook.com/muskingumbreastfeedingsupport>

Ohio Statewide Breastfeeding Hotline- A free phone service answered by lactation professionals 24/7- 365. Now offering free texting services to on-call staff, text “BFHOTLINE” to 839863.

Phone- (888)588-3423

Website- <https://www.appalachianbreastfeedingnetwork.org/>

Health Services:

Allwell Behavioral Health Services- Allwell can help you with ongoing behavioral health problems.

Phone- (740)454-9766

Website- <https://allwell.org/>

Family Health Services of East Central Ohio Zanesville Clinic- A range of preventative reproductive healthcare services such as breast and cervical cancer screenings, STD/HIV testing, pregnancy testing and contraceptives for people aged 13 and older. Services provided on a sliding fee scale; no one denied services for financial reasons. Visit www.fhseco.com for more information.

Phone- (740)453-2872

Website- <https://www.fhseco.com/>

Genesis Nurse Line- Ask questions about health issues.

Phone- (740)455-4949

Website- <https://www.geneshcs.org/services-search/nurse-line>

Heartbeats- Schedule an appointment or walk-in to speak with a consultant about free pregnancy tests, ultrasounds, pregnancy options, adoption information, loss support, STI information, natural fertility awareness, and more. All services are free and confidential.

Phone- (740)450-5437

Website- <https://heartbeats.org>

Muskingum Behavioral Health- Client services include counseling for mental health and substance use, outpatient treatment services, and prevention for alcohol and substance abuse.

Phone- (740)454-1266

Website- <https://www.muskingumbehavioralhealth.com/>

Muskingum Valley Health Centers- Offers adult, women's, infant, child, and adolescent health care and dental care.

Phone- (740)891-9000

Website- <https://www.mvhccares.org/locations>

MVHC Putnam Urgent Care- No appointment is needed for urgent needs.

Visit 915 Putnam Avenue, Zanesville, Ohio 43701.

Website- <https://www.mvhccares.org/locations>

Nurse-Family Partnership- Women who are 28 weeks pregnant or less with their first baby can receive help from an in-home nurse. Must meet income requirements and live in an area where Nurse-Family Partnership is available. Call or text for more information.

Phone- (614)722-8222 Text- (844)637-6667

Website- <https://www.nursefamilypartnership.org/>

Option Line- Call the 24 hour Option Line for someone to help you with your specific needs.

Phone- 1(800)712-4357

Website- <https://optionline.org/>

Support Groups:

“emPower Hour”- Women’s support group open to all. Mondays at 1:00 PM at Eastside Community Ministry.

Phone- (740)452-7519

Website- <https://www.facebook.com/groups/440160373303292/>

Grief Resources:

Babyland Memorial Service- For families who have lost a baby through miscarriage or ectopic pregnancy. Services are held at the Hillis, Combs, and Nestor Funeral Home. Contact Jana Bell.

Phone- (740)450-6262

Genesis Healthcare Services- Rainbow Group-General Grief Support, meets the 3rd Thursday of every month from 6:00 pm- 7:30 pm. Call for more information.

Phone- (740)454-5364

Website- <https://www.genesishcs.org/classes-and-events-search/rainbow-group-general-grief-support-group>

Grief Share- Search for grief support resources that would work best for you.

Website- www.griefshare.org

Community Network

Healthier Muskingum County Network- Community meeting of collaborative partners. Anyone is welcome to join. Meets monthly for one hour, in-person and virtual options available. Contact Michelle Shroyer at MichelleS@zmchd.org for meeting dates and further information.

