

Pregnancy support and home visiting

Version 3 | Reviewed September 16, 2026

A practical referral guide for advocates serving adults age 18 and older in Cuyahoga County, Ohio. Family and maternity programs are included for adult clients with dependents. Programs with a narrower age range are identified. An out-of-county treatment link is labeled when it matters.

Provider, government, and community webpages were reviewed for service descriptions, contact details, and published intake criteria. No provider was called, and bed availability, funding, and appointment capacity were not confirmed in real time.

Urgent contacts

Immediate danger: 911. Life-threatening emergency. Do not wait for routine intake.

Behavioral health crisis: 988. Call or text 988. FrontLine local crisis line: 216-623-6888.

Homeless shelter intake: 216-674-6700. Coordinated Intake, Monday-Friday, 8 a.m.-6 p.m. Phone only.

After hours: 211. Evenings, weekends, and when the first referral cannot help.

Pregnancy support and home visiting

MomsFirst

Cleveland pregnancy and parenting home visiting. Suburban residents should ask for Help Me Grow.

Phone: 216-664-4194

Service

Pregnancy and parenting support through community-based home visiting and service connections.

Eligibility

Cleveland residents who are pregnant. The city describes the program as serving new and experienced moms and dads. This is a city-specific route, not automatic countywide eligibility.

Intake

County instructions direct applicants to momsfirst.org or 216-664-4194. Ask for the provider assigned to the client's neighborhood.

Confirm before you send someone

Confirm enrollment timing, geographic coverage, and adult-parent services. For suburban residents, request a Help Me Grow alternative.

Sources: <https://hhs.cuyahogacounty.gov/> <https://www.clevelandohio.gov/> <https://www.momsfirst.org/>

MetroHealth pregnancy home visiting and Help Me Grow

Home visiting for pregnant Cuyahoga residents who are low-income or enrolled in WIC or Medicaid.

Phone: 440-592-3837, 216-930-3322

Service

Home-visiting support, education, and connections to health and community services.

Eligibility

The MetroHealth page lists pregnant Cuyahoga County residents at any gestational age who are low-income or enrolled in WIC, Medicaid, or a similar program.

Intake

Call MetroHealth at 440-592-3837 or Cuyahoga Help Me Grow at 216-930-3322.

Confirm before you send someone

Confirm the specific home-visiting program, eligibility, and available visits. This is not shelter or a substitute for obstetric care.

Sources: <https://www.metrohealth.org/en/medical-services/obstetrics-gynecology/pregnancy-care/preparing-for-birth/>

Birthing Beautiful Communities

Perinatal education, advocacy, and community support. Confirm doula availability and cost.

Service

Pregnancy support addressing birth outcomes through education, advocacy, and community support.

Eligibility

Pregnant adults seeking perinatal support. The agency screens for its current service area and program criteria.

Intake

Use the provider's contact or enrollment route and request perinatal-support intake. An advocate can help complete the inquiry and arrange a safe callback.

Confirm before you send someone

Confirm doula availability, gestational enrollment limits, cost, transportation support, and postpartum duration. Do not assume a birth-center appointment is included.

Sources: <https://www.birthingbeautiful.org/>

Planned Parenthood care navigation

Reproductive-health appointments and pregnancy-related service navigation.

Phone: 800-230-7526

Service

Reproductive-health appointments, pregnancy-related information, and service navigation.

Eligibility

Adults seeking reproductive healthcare. Services, cost, and coverage vary by health center.

Intake

Call 1-800-230-7526 or use Find a Health Center and select a Cuyahoga-area site.

Confirm before you send someone

Confirm the requested service at that location, appointment requirements, payment assistance, and language access. A pregnancy-support agency may offer a different scope of care.

Sources: <https://www.plannedparenthood.org/>

