

Resources for Maternal Mental Health

If you have had ANY thoughts of harming yourself or your baby, or you are having hallucinations, please tell your doctor or your midwife immediately OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM.

The list below are national/international resources. If you're able, please check online for local/regional support resources for maternal mental health and/or postpartum depression.

Support Groups

Postpartum Support International

<http://www.postpartum.net/>

HelpLine: 1-800-944-4773 #1 En Español or #2 English

Text in English: 800-944-4773

Text en Español: 971-203-773

Postpartum Support International works to increase awareness about the emotional changes that women experience during pregnancy and postpartum. They help moms, dads, partners & families, queer & trans parents, military families, adoptive and birth mothers, and more.

Resources

- [988 Suicide & Crisis Lifeline Maternal Mental Health](#)
- [National Maternal Mental Health Hotline](#): 1-833-TLC-MAMA (1-833-852-6262)
- [WIC Works Resource System](#)
- [Project TEACH Resources for Parents and Family Members](#)
- [Lifeline for Moms](#)
 - [Help for Postpartum Depression & Other Perinatal Mental Health Challenges](#)