

Resources for information and Help

Find Help Now

Call 911 for emergency help now.

If you are thinking about harming yourself or the baby, or if you are concerned about someone, call now.
Or get someone you trust to help you make the call.

National Suicide Prevention Lifeline

1-800-273-TALK (8255) | TTY: 1-800-799-4889 | Visit the National Suicide Prevention Lifeline website

Talk to a trained, confidential crisis counselor 24 hours a day, 7 days a week –
for ANY mental health or substance use concern.

Substance Abuse and Mental Health Services Administration's National Helpline

1-800-662-HELP (4357) | TTY: 1-800-487-4889

Call the National Helpline for free, confidential, 24/7 information and referrals to local mental health and
substance use disorder treatment facilities, support groups, and community-based organizations.

Find Local Resources

Postpartum Support International (PSI)

1-800-944-4PPD (4773) for answers to questions and information on resources in your area.

Text: 503-894-9453 | Visit the PSI website

Raises awareness of the public, families and professionals about the emotional changes that women
experience during pregnancy and postpartum. Has resources for both mothers and fathers.

NAMI, the National Alliance on Mental Illness

NAMI Helpline 1-800-950-NAMI (6264) | Visit the NAMI website

The nation's largest grassroots mental health organization dedicated to building better lives for the
millions of Americans affected by mental illness.

SAMHSA's Behavioral Health Treatment Services Locator

Visit the Behavioral Health Treatment Services Locator website

A confidential and anonymous source of information for persons seeking treatment facilities in the U.S.
or U.S. Territories for substance use and/or mental health problems.

Additional Resources

MotherToBaby: Medications & More During Pregnancy & Breastfeeding, Ask the Experts

Call 866-626-6847 or Text 855-999-3525 | Visit the MotherToBaby website

Moms' Mental Health Matters

Visit the Moms' Mental Health Matters website

American College of Obstetricians and Gynecologists (ACOG)

Visit ACOG's website

Resources for you and your health care provider

