

My Mental Health Plan

Resources in My Community:

National Maternal Mental Health Hotline



1-833-TLC-MAMA (1-833-852-6262)

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes
- Referrals to support groups
- Culturally sensitive support
- Referrals to local and telehealth providers

Counselors speak English and Spanish - Interpreter services in 60 language

Postpartum Support International HelpLine



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

- or -

Text “Help” to 800-944-4773 (EN)

Text en Español: 971-203-7773



Online Support Groups



Over 30 specialty groups available 5 days a week

www.postpartum.net/get-help/psi-online-support-meetings

Come as you are – all are welcome.

Provider Directory

Connect with knowledgeable providers near you

psidirectory.com



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Rainbow Families

Rainbow Families supports, educates and connects lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families, parents and prospective parents by offering a wide variety of education programs, support groups, opportunities to connect, and more

rainbowfamilies.org



LGBTQ Birth

Birth education and connection by and for the LGBTQ community.

www.instagram.com/lgbtqbirth



The Neighborhood: A Virtual Hub for LGBTQ+ Families

Provides spaces for LGBTQ+ families to connect with others, find support, and build community.

www.familyequality.org/neighborhood



Perinatal Mental Health Alliance for People of Color

www.postpartum.net/perinatal-mental-health-alliance-for-people-of-color



Postpartum Support International

Maternal Mental Health Providers of Color Directory

psidirectory.com/k:provider+of+color

Shades of Blue Project

A nonprofit whose mission is to break cultural barriers in maternal mental health.

www.shadesofblueproject.org



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