MATERNAL MENTAL HEALTH
NATIONAL RESOURCES

POSTPARTUM SUPPORT INTERNATIONAL

HTTPS://POSTPARTUM.NET/

PSI HELPLINE: 1-800-944-4773

THE BLUE DOT PROJECT

WWW.THEBLUEDOTPROJECT.ORG

CRISIS TEXT LINE: TEXT HOME TO 741741

POLICY CENTER FOR MATERNAL MENTAL HEALTH

WWW.POLICYCENTERMMH.ORG

NATIONAL ALLIANCE ON MENTAL ILLNESS

WWW.NAMI.ORG | TEXT HELPLINE TO 62640

CRISIS HELPLINE: CALL OR TEXT 988

CDC'S HEAR HER CAMPAIGN

WWW.CDC.GOV/HEARHER

Scan the QR code for more information

MATERNAL MENTAL HEALTH LEADERSHIP ALLIANCE

WWW.MMHLA.ORG

CRISIS TEXT LINE: TEXT HOME TO 741741

NATIONAL MATERNAL MENTAL HEALTH HOTLINE

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

HTTPS://MCHB.HRSA.GOV/

MATERNAL MENTAL HEALTH ALLIANCE

WWW.MATERNALMENTALHEALTHALLIANCE.ORG

HEALTHY MOTHERS, HEALTHY BABIES

WWW.HMHB-MT.ORG

MENTAL HEALTH AMERICA

WWW.MHANATIONAL.ORG

CRISIS HELPLINE: CALL OR TEXT 988

MATERNAL MORTALITY PREVENTION IN INDIAN COUNTRY

SPIHB SOUTHERN PLAINS TRIBAL HEALTH BOARD | OKLAHOMA AREA Tribal Epidemiology Center