# Perinatal Mental Health Resources

**National Maternal Mental Health Hotline: 833-943-5746 (833-9-HELP4Moms)**  
Available 24/7/365, call or text in English, Spanish, and other languages by request  
National Maternal Mental Health Hotline | MCHB  
HRSA – Maternal Mental Health Hotline – Pocket Cards

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<td><a href="http://www.2020mom.org">www.2020mom.org</a></td>
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<td><a href="http://www.newmomhealth.com">www.newmomhealth.com</a></td>
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<td>Partners to Parents</td>
<td><a href="http://www.partnerstoparents.org">www.partnerstoparents.org</a></td>
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<td>Online PPD Support</td>
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| Postpartum Progress Blog | www.postpartumprogress.com  
Books on Postpartum Depression and Related Illnesses - Postpartum Progress |
| Postpartum Stress Center | www.postpartumstress.com  
Blog: Postpartum Matters  
Books by Karen Kleiman - Postpartum Stress Center  
PP Stress Center: Patient Information Sheet  
Postpartum Pact  
Postpartum Psychosis – Emergency Information – PP Stress Center |
| Postpartum Support International: PSI Helpline | www.postpartum.net  
Online Perinatal Mental Health Provider Directory:  
This online directory lists healthcare and mental health providers with specialized training in perinatal mental health.  
You can find a provider by entering your zip code.  
• PSI Online Directory  
• PSI Online Weekly Support Groups – free via Zoom  
• Perinatal Mental Health Discussion Tool  
• Tips for Postpartum Dads and Partners |
| MGH Center for Women's Mental Health | www.womensmentalhealth.org |
| LactMed – Medication safety in breastfeeding | LactMed Drugs and Lactation Database |
| Infant Risk (Dr. Thomas Hale's website): 806-352-2519 | www.infantrisk.org |
| Mother to Baby: 866-626-6847 | www.mothertobaby.org |
| **Postpartum Psychosis:** |  
• Action on Postpartum Psychosis - Insider Guide Recovery  
• Action on Postpartum Psychosis – Insider Guide for Partners  
• Action on Postpartum Psychosis – Planning Pregnancy Guide for Women at High Risk of PP |
| Reprotox | www.reprotox.org |
| Seleni | www.seleni.org  
Seleni: Perinatal Mental Health |

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Postpartum Support International – Postpartum Psychosis Resources

- PSI Website on Postpartum Psychosis: [www.postpartum.net/learn-more/postpartum-psychosis](http://www.postpartum.net/learn-more/postpartum-psychosis)
- Cherished Mom: [www.cherishedmom.org](http://www.cherishedmom.org)
- PPP Awareness Day: [www.pppawarenessday.org](http://www.pppawarenessday.org)
- The Alexis Joy Foundation: [www.alexisjoyfoundation.org](http://www.alexisjoyfoundation.org)
- U.S. Perinatal Mental Health inpatient + intensive outpatient specialty programs: [Intensive Treatment in the US | Postpartum Support International (PSI)](http://www.postpartum.net/join-us/become-a-member/)
- Action on Postpartum Psychosis (UK) [Action on Postpartum Psychosis](http://www.actiononpostpartumpsychosis.org)
- PSI National Perinatal Psychiatry Consultation Line: The Consultation Line is for medical professionals and can be reached at 1-877-499-4773. Healthcare providers and psychiatrists can call the consult line at no charge, and request an appointment with one of the perinatal psychiatrist consultants to discuss assessment, diagnosis, treatment options, and information about medication during pregnancy and lactation.
  - [Perinatal Psychiatric Consult Line | Postpartum Support International (PSI)](http://www.postpartum.net/join-us/become-a-member/)
- Online Perinatal Mental Health Provider Directory: This online directory lists healthcare and mental health providers with specialized training in perinatal mental health. You can find providers or add your listing. [PSI Online Directory](http://www.postpartum.net/professionals/)
- PSI HelpLine: Call or text the PSI Helpline at 800-944-4773, in English or Spanish, for pregnancy, postpartum, and post-loss support and resources.
  - Available 24/7/365, by call or text in English, Spanish, and other languages by request
  - [National Maternal Mental Health Hotline | MCHB](http://www.postpartum.net/get-help/)
- PSI Membership (free virtual PMH-C consult group) [https://www.postpartum.net/join-us/become-a-member/](https://www.postpartum.net/join-us/become-a-member/)
- PSI Professional Resources [https://www.postpartum.net/professionals/](http://www.postpartum.net/professionals/)
- PSI Resources for Families [https://www.postpartum.net/get-help/](http://www.postpartum.net/get-help/)
- International OCD Foundation – Perinatal OCD: [https://iocdf.org/perinatal-ocd/](https://iocdf.org/perinatal-ocd/)

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**PERINATAL MENTAL HEALTH RESOURCE LISTS**

**SCREENING TOOLS**
- EPDS: Edinburgh Postnatal Depression Scale
- PHQ-9: Patient Health Questionnaire
- MDQ: Mood Disorder Questionnaire
- GAD 7: Generalized Anxiety Disorder
- C-SSRS: Columbia Suicide Severity Rating Scale

**PREVENTION PROGRAMS: Best Practices**
- Mothers and Babies
- PREPP: Practical Resources for Effective Postpartum Parenting
- ROSE Program
- Zero Suicide

**PEER SUPPORT**
- 2020 MOM Group Peer Support
- Group Peer Support (GPS) Training
- NAMI Peer-to-Peer Support

**BIPOC and LGBTQ+ RESOURCES**
- Asian American Psychological Association (AAPA)
- Black Emotional and Mental Health Collective (BEAM)
- Black Mamas Matter Toolkit
- Latinx Therapy
- National Queer and Trans Therapists of Color Network
- March of Dimes Implicit Bias Training: Awareness to Action: Dismantling Bias in Maternal and Infant Healthcare
- Perinatal Mental Health Alliance for People of Color
- Queer and Trans PMH Toolkit
- The Shades of Blue Project

**PERINATAL PSYCHIATRY ACCESS PROGRAMS in the U.S.**
- Perinatal Psychiatry Access Programs in U.S.
- Colorado - IMPACT BH
- MCPAP for Moms
- NC - Maternal MH MATTERS
- MC3 Perinatal - Michigan
- Periscope Project

**SCREENING**
- AAP - Screening Library Pediatrics
- ACOG: Perinatal Mental Health
- Black Mamas Matter Toolkit
- Healthier Pregnancy: Tools and Techniques to Best Provide ACA-Covered Preventive Services
- NIH Perinatal Depression
- USPSTF 2019 Perinatal Depression Screening Recommendation

**STRATEGIC PLANNING RESOURCES**
- Alliance for Innovation on Maternal Health
- AIM Perinatal Mental Health Conditions bundle
- PSI: Postpartum Support International
- 2020 MOM
- AIMS Center - Advancing Integrated Mental Health Solutions
- Maternal Mental Health Leadership Alliance
- CDC - State Strategies for Preventing Pregnancy Related Death
  - Sept 2022 - CDC Report - Maternal Mortality
  - How Does CDC Identify Severe Maternal Morbidity
- ERASE_Enhancing Reviews and Surveillance to Eliminate Maternal Mortality
- Maternal Health Learning

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