

IMPROVING MATERNAL MENTAL HEALTH

Maternal Mental Health Resources

[March of Dimes: Postpartum Depression](#)

[National Maternal Mental Health Hotline](#), 1-833-9-HELP4MOMS (1-833-943-5746)

[Depression During and After Pregnancy: A Resource for Women, their Families and Friends](#)

[National Child and Maternal Health Education Program](#) & [Moms' Mental Health Matters](#)

[National Institute of Mental Health](#) & [Perinatal Depression](#)

[Substance Abuse and Mental Health Services Administration](#)

[National Suicide Prevention Lifeline](#), 800-273-TALK (8255)

[MCPAP for Moms](#)

[Maternal Mental Health Leadership Alliance](#)

[Mental Health America](#)

[Mind the Gap Initiative](#)

[2020 Mom](#)

[National Alliance on Mental Illness](#), 800-950-NAMI (6264)

[Postpartum Support International](#), 800-944-4PPD (4773)