PERINATAL MENTAL HEALTH RESOURCES	**National Maternal Mental Health Hotline: Call 1-833-TLC-MAMA [1-833-852-6262]** *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**
2020 MOM	**www.2020mom.org**
Fourth Trimester Project	**www.newmomhealth.com**
Partners to Parents	**www.partnerstoparents.org**
Online PPD Support	**www.ppdsupportpage.com**
Postpartum Dads	**www.postpartumdads.org**
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:** *For resources for pregnancy, postpartum, and post-loss support:* • **Call: 800-944-4773, in English or Spanish** • **Text: "Help" to 800-944-4773 (EN)** • **Text en Español: 971-203-7773** *** This is NOT a HOTLINE *** *If you are a loved one is in current crisis, please call or text 988 for urgent assistance or call the National Maternal Mental Health Hotline*	**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: Perintal Mental Health**

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Postpartum Support International – Postpartum Psychosis Resources

- **PSI Website on Postpartum Psychosis: www.postpartum.net/learn-more/postpartum-psychosis**
- **Cherished Mom: www.cherishedmom.org**
- **PPP Awareness Day: www.pppawarenessday.org**
- **The Alexis Joy Foundation: www.alexisjoyfoundation.org**
- **U.S. Perinatal Mental Health inpatient + intensive outpatient specialty programs: Intensive Treatment in the US | Postpartum Support International (PSI)**
- **Mass General PPP Consult Line https://www.mghp3.org/consult-line**
- **Action on Postpartum Psychosis (UK) Action on Postpartum Psychosis**
- **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)**
- **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
- **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.**
- **National Maternal Mental Health Hotline: 1-833-TLC-MAMA [1-833-852-6262]**
    - Available 24/7/365, by call or text in English, Spanish, and other languages by request
    - **National Maternal Mental Health Hotline | MCHB**
- **PSI Membership (free virtual PMH-C consult group) https://www.postpartum.net/join-us/become-a-member/**
- **PSI Professional Resources https://www.postpartum.net/professionals/**
- **PSI Resources for Families https://www.postpartum.net/get-help/**
- **International OCD Foundation – Perinatal OCD: https://iocdf.org/perinatal-ocd/**

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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

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

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LIFELINE for MOMS: OBSTETRIC CARE CLINICIAN MATERIALS
Perinatal Psychiatry Access Programs in U.S.
Colorado - IMPACT BH
MCPAP for Moms
NC - Maternal MH MATTERS
MC3 Perinatal - Michigan
Periscope Project

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