**Peri/Post-Natal Mental Health Resource Guide**

**Helpful Websites**

**General:**

Intensive Treatment Locations - [https://www.postpartum.net/get-help/intensive-perinatal-psych-treatment-in-the-us/](about:blank)

La Leche League - [https://www.llli.org](about:blank)

Maternal & Child Health Library (MCH) - [https://www.mchlibrary.org/](about:blank)

National Domestic Violence Hotline - [https://www.thehotline.org](about:blank), 800-799-SAFE (7233)

National Maternal Mental Health Hotline – call 1-833-943-5746

National Suicide Prevention Lifeline – [https://suicidepreventionlifeline.org](about:blank), dial 988

NIH National Child and Maternal Health Education Program - [https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/find-help](about:blank)

Postpartum Progress - [https://postpartumprogress.com](about:blank)

Postpartum Help Line (through PSI) – call or text 800-944-4773

Postpartum Support International (PSI) - [https://www.postpartum.net](about:blank)

PSI Support Groups - [https://www.postpartum.net/get-help/psi-online-support-meetings/](about:blank)

Resolve the National Infertility Association - [https://resolve.org](about:blank)

**Medications:**

Infant Risk Center: [https://www.infantrisk.com/](about:blank), 806-352-2519

LactMed Database - [https://www.ncbi.nlm.nih.gov/books/NBK501922/](about:blank)

MGH Center for Women’s Mental Health - [https://womensmentalhealth.org/](about:blank)

Mother to Baby - [https://mothertobaby.org/mentalhealth/](about:blank), 866-626-6847

Reprotox - [https://reprotox.org/](about:blank)

**PSI Support Groups**

**Perinatal (Pregnancy and Postpartum) Mood and Anxiety Disorders:**

* Adoptive and Foster Parents Support for Early Years
* Bipolar Support for Perinatal Moms and Birthing People
* Birth Moms Support Group
* Black Moms Connect
* Birth Trauma Support
* Dad Support Group
* Military Moms – Perinatal Mood Support Group
* NICU Parents
* Mental Health Support for Special Needs and Medically Fragile Parenting
* Mindfulness for Pregnant and Postpartum Parents
* Perinatal (Pregnancy & Postpartum) Mood Support Moms
* Perinatal (Pregnancy & Postpartum) Mood Support for Parents
* Perinatal Mood Support for Returning Members only
* Perinatal (Pregnancy & Postpartum) OCD Support Moms
* Perinatal Support for Latinx Moms and Birthing People
* Perinatal Support for South Asian Moms
* Postpartum Psychosis (PPP) Support for Moms
* Pregnancy Mood Support Group
* Pregnant and Postpartum Parents of Multiples
* Queer & Trans Parent Support Group
* Support for Parents of One to Four Year Old Children

**Support for Pregnancy and Infant Loss & Fertility Challenges:**

* Black Moms in Loss Support Group
* Early Pregnancy Loss Support for Moms
* Fertility Challenges
* Pregnancy After Loss Support
* Pregnancy After Stillbirth and Early Infant Loss
* Pregnancy and Infant Loss Support for Moms
* Pregnancy and Infant Loss Support for Parents
* Stillbirth and Infant Loss Support for Parents
* Termination for Medical Reasons

**Post Abortion:**

* Post-Abortion Support

**Support for Family Members:**

* Support for Family Touched by Postpartum Psychosis (PPP)

**Treatment Programs**

[https://www.postpartum.net/get-help/intensive-perinatal-psych-treatment-in-the-us/](about:blank)

**Inpatient Treatment Programs:**

* North Carolina: [Chapel Hill  NC – UNC Perinatal Psych Inpatient Unit](about:blank)
* New York: [Northwell Health Perinatal Psychiatry Service](about:blank)
* California: [El Camino Inpatient Psychiatric Care Women’s Specialty Unit](about:blank)

**Partial Hospitalization or Intensive Outpatient:**

* California: [Mountain View  CA – El Camino Hospital Maternal Outreach Mood Services (MOMS)](about:blank)
* California: Newport Beach CA – Hoag Hospital Maternal Mental Health Clinic
* California: [Pasadena  CA – Huntington Memorial Hospital Maternal Wellness Program](about:blank)
* California: [San Diego  CA – UC San Diego Maternal Mental Health Program](about:blank)
* California: [Los Angeles, CA – UCLA CA Resnick/Maternal Mental Health Program](about:blank)
* Florida: [Gainesville, FL –  Better Beginnings Mommy & Baby Day Program](about:blank)
* Illinois: [Hoffman Estates  IL –  AMITA Health Perinatal IOP at Alexian Brothers Women & Children’s Hospital](about:blank)
* Michigan: [Grand Rapids  MI –   Pine Rest Mother and Baby Program](about:blank)
* Minnesota: [Minneapolis  MN  – Hennepin Mother-Baby Day Hospital](about:blank)
* Minnesota: [Brooklyn Park MN – PrairieCare](about:blank)
* Minnesota: [Eden Prairie, MN – Nystrom & Associates, Ltd. Mother Baby Intensive Outpatient Program](about:blank)
* Missouri:  [St. Louis, MO – Mercy Birthplace Mother-Baby Intensive Outpatient Program](about:blank)
* New Jersey: [Long Branch, NJ – Monmouth Medical Center Perinatal Mood & Anxiety Disorders Program](about:blank)
* Nevada:    [Reno, NV – Thrive Wellness Reno – It Takes a Village](about:blank)
* New York: [New York, NY – The Motherhood Center of New York](about:blank)
* New York: [Queens, Nassau and Suffolk Counties  NY – Perinatal Psychiatry Services at The Zucker Hillside Hospital and South Oaks Hospital](about:blank)
* North Carolina: [Raleigh, North Carolina – Anchor Perinatal Wellness IOP](about:blank)
* Pennsylvania: [Philadelphia PA – Drexel University Mother Baby Connections Intensive Outpatient Program](about:blank)
* Pennsylvania: [Pittsburgh, PA – Women’s Behavioral Health West Penn Hospital Allegheny Health Network](about:blank)
* Pennsylvania:  [Pittsburgh, PA – Alexis Joy D’Achille Center for Women’s Behavioral Health at West Penn Hospital](about:blank)
* Rhode Island: [Providence RI – Brown/Women & Infants Day Hospital Program](about:blank)
* Utah: [Riverton and Payson, UT – Serenity Recovery and Wellness](about:blank)
* Utah: [South Jordan, UT – Reach Counseling Utah.com](about:blank)
* Utah:  [Salt Lake City, UT – St. Marks Outpatient Perinatal Program](about:blank)
* Washington: [Seattle, WA – Swedish Perinatal Center for Perinatal Bonding and Support](about:blank)