**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/

La Leche League - https://www.llli.org

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

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

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

National Suicide Prevention Lifeline – https://suicidepreventionlifeline.org, dial 988

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

Postpartum Progress - https://postpartumprogress.com

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

Postpartum Support International (PSI) - https://www.postpartum.net

PSI Support Groups - https://www.postpartum.net/get-help/psi-online-support-meetings/

Resolve the National Infertility Association - https://resolve.org

**Medications:**

Infant Risk Center: https://www.infantrisk.com/, 806-352-2519

LactMed Database - https://www.ncbi.nlm.nih.gov/books/NBK501922/

MGH Center for Women’s Mental Health - https://womensmentalhealth.org/

Mother to Baby - https://mothertobaby.org/mentalhealth/, 866-626-6847

Reprotox - https://reprotox.org/

**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/

**Inpatient Treatment Programs:**

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

**Partial Hospitalization or Intensive Outpatient:**

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