

Postpartum Depression Resources

Everyone's journey to healing from postpartum depression (PPD) is unique. The first step is reaching out for support. Below are national resources and tips to find local support.



If you are in mental health distress or a suicidal crisis:

Call or text the **Suicide and Crisis Lifeline** at 988 for free access to a trained crisis counselor who can provide you support and connect you with needed help and resources. If you're deaf or hard of hearing, use your preferred relay service or dial 711 then 988.

If you are experiencing symptoms of postpartum depression and need support now:

Call or text the **National Maternal Mental Health Hotline** at 1-833-TLC-MAMA (1-833-852-6262) for 24/7 free access to professional counselors. If you're deaf or hard of hearing, use your preferred relay service or dial 711 then 1-833-852-6262.

The hotline provides:

- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

If you're looking for resources in your area:

- **Talk to someone you trust** like family, friends, or other moms. They can listen and help you find local support options.

- **Talk to your health care professional** and let them know what you're experiencing. Ask for guidance and information about local resources. If you don't have a health care professional you can find one using the Find a Health Center Tool at findahealthcenter.hrsa.gov.
- **Reach out to local community organizations** like social service agencies, family resource centers, libraries, community centers, or places of worship. They may be able to provide information about support groups or resources for women dealing with PPD.
- **Look for support groups** that give women with PPD an opportunity to meet up and talk. These groups can offer understanding, advice, and a chance to connect with others who can relate to what you're going through. Some examples are new moms' groups, breastfeeding support groups, and local chapters of PPD support groups.
- **Search online for local support groups** using websites or social media groups where women discuss PPD to see if they offer local meetups or gatherings that you can join.
- **Call or text "Help" to the Postpartum Support International helpline** at 1-800-944-4773 or visit www.postpartum.net for PPD information, resources, and support groups for women, partners, and supporters.

To learn more, visit
www.womenshealth.gov/talkingPPD



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