

National Maternal Mental Health Hotline

1-833-TLC-MAMA (1-833-852-6262)

- For mothers, fathers, birthing people, and family members
- Resources, referrals, and support
- Free and confidential
- 24/7 phone and text support from professional counselors
- Available in English and Spanish
- Interpreter services in 60 languages

[Learn More About the Hotline](#)

Perinatal Psychiatry Access Programs

- Provide psychiatric consultation to front-line providers, such as obstetricians and family physicians, to help them treat women and birthing people experiencing maternal mental health conditions
- Connect affected women and birthing people with additional resources for recovery, including therapists and support groups
- Provide one-on-one psychiatric consultation to women and birthing people with complex maternal mental health issues
- The following states have (or are developing) psychiatry access programs:
 - Colorado – [Children’s Hospital Colorado](#)
 - Florida – [Florida Maternal Mental Health Collaborative](#)
 - Georgia – [PEACE for Moms](#)
 - Illinois – [Collaborative Care Model for Perinatal Depression Support Services](#)
 - Kansas – [Kansas Connecting Communities](#)
 - Louisiana – [Louisiana Maternal Mental Health Perinatal Partnership](#)
 - Massachusetts – [MCPAP for Moms](#)
 - Michigan – [MC3 for Moms](#)
 - Montana – [The Meadowlark Initiative](#)
 - North Carolina – [NC Maternal Mental Health MATTERS](#)
 - Rhode Island – [Moms Psychiatry Resource Network](#)
 - Vermont – [Perinatal Mood and Anxiety Consultation Service at the University of Vermont Medical Center](#)
 - Washington – [Partnership Access Line \(PAL\) for Moms](#)
 - Wisconsin – [The Periscope Project](#)

[Learn More About Perinatal Psychiatry Access Programs](#)

Postpartum Support International Psychiatric Consult Line

- Free
- For medical professionals who are prescribers and have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning
- Staffed by experts in the field of psychiatry who are members of PSI and specialists in the treatment of perinatal mental health disorders.
- Fill out their free application form and they will match you with an appointment. They will respond to your request within one business day.
- Questions? Email Chrissy@postpartum.net or call 1-877-499-4773 and leave a voicemail.

[Request a Free Consultation](#)

Perinatal Mental Health Education and Screening Project

MMHLA and is leading a multi-year, multi-disciplinary collaborative effort to ensure all pregnant and postpartum people are educated about and screened for perinatal mental health disorders and connected with resources for recovery.

- Phase I (2021-2022) focused on creating a framework for WHEN to provide patient education and screening.
- Phase II (2023-2024) is addressing barriers to screening, including:
 - Education for frontline providers
 - Resources for those impacted by perinatal mental health disorders
 - Reimbursement for screening and treatment
 - Updating screening tools

[Learn More About The Screening Project](#)

Delving Into Maternal Mental Health: Webinar Series

MMHLA will be hosting a webinar series (August - November 2023) about specific topics that intersect with maternal mental health:

- Disability and Pregnancy
- Birth Trauma
- Pregnancy and Infant Loss
- Military Mothers

[Learn More About the Webinar Series](#)