

# Maternal Wellness Resources



Maternal & Child Health

**The National Maternal Mental Health  
Hotline**

**1-833-852-6262**

**Postpartum Support International (PSI)**

**1-800-944-4PPD (4773)**



POSTPARTUM SUPPORT  
INTERNATIONAL

**Postpartum Progress**

**<https://postpartumprogress.com/>**



**National Suicide Prevention Lifeline  
988**



Substance Abuse and Mental Health  
Services Administration

**Substance Abuse and Mental Health  
Services Administration's National Helpline  
(SAMHSA)**

**1-800-662-HELP (4357)**

## **What is postpartum depression/anxiety?**

Feeling sad, empty, “down”, nervous or scared after birth. These feelings go beyond what people may experience on a bad day. These feelings interrupt daily activities.

## **What are some warning signs?**

- extremely sad/angry without warning
- distracted easily
- “robotic” behavior/motion
- very anxious with baby and other people
- guilty or feeling like a failure
- isolation/withdrawal
- scary/upsetting thoughts are constant
- little interest in regular, daily activities

## **What are treatment options?**

- Medication (talk to your primary care provider)
- Counseling
- Support groups with other moms ([postpartum.net](http://postpartum.net))
- Self-care