

National Maternal Mental Health Hotline

CALL OR TEXT THE NATIONAL
MATERNAL MENTAL HEALTH
HOTLINE

1-833-943-5746

free, confidential, 24/7 mental health support for moms
and their families before, during and after pregnancy.

ENGLISH & SPANISH
SPEAKING
COUNSELORS
AVAILABLE

WHO ARE YOU SPEAKING WITH?

- LICENSED HEALTH CARE PROVIDERS (NURSES, DOCTORS)
- LICENSED MENTAL HEALTH CLINICIANS
- CERTIFIED DOULAS OR CHILDBIRTH EDUCATORS
- CERTIFIED PEER SUPPORT SPECIALISTS

FREE service

HOW LONG SHOULD A PATIENT EXPECT TO SPEAK TO SOMEONE?

RESPONSES TO ALL CALLERS OR TEXTS
ARE ANSWERED IN A FEW MINUTES

WHAT LANGUAGES DO COUNSELORS SPEAK?

COUNSELORS PROVIDE SUPPORT IN ENGLISH OR SPANISH
counselors also have access to interpreter services who
can support 60 languages including

- Arabic
- Creole
- French
- German
- Italian
- Hebrew
- Hmong
- Mandarin
- Polish
- Portuguese
- Tagalog
- Vietnamese

THIS IS **NOT** A CRISIS HOTLINE

if patient is in a suicidal crisis call or text

988

suicide and crisis lifeline

MATERNAL MENTAL HEALTH SIGNS TO LOOK FOR:

- overwhelmed
- sad
- worried
- exhausted
- concerned they aren't good enough as a mom

IF THESE FEELINGS
LAST FOR MORE
THAN TWO WEEKS
BE SURE TO REACH
OUT AND FIND HELP