

If you are in crisis or suicidal, please call or text 988 (MA & NH)

Postpartum Mood Disorder Telephone Resources & Helplines

National Maternal Mental Health Hotline - Call or text 1-833-943-5746 (1-833-9-HELP4MOMS). TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746. The hotline offers 24/7, free, private support before, during, and after pregnancy.

Massachusetts Behavioral Health 24/7 Helpline- 1-833-773-2445

The Massachusetts Behavioral Health Help Line (BHHL) can connect you to help when you need it even if you're not sure what kind of help you may need.

National Postpartum Support International (PSI) Helpline –

Call or Text “help” to 800-944-4773 (English) or 971-203-7773 (Spanish)

Leave a toll-free and private message any time, and one of the helpline volunteers will return your call as soon as possible giving basic information, resources, and support.

Postpartum Support International (PSI) of Massachusetts

Warm-line (866) 472-1897, toll free

A free and private warm line that gives support, listings of local counselors, support groups, and information in Massachusetts. Leave a message and a trained volunteer or staff person will return your call within 24 hours.

William James College Interface Referral Service Helpline

888-244-6843 (toll free); 617-332-3666 (local)

Mon/Wed/Fri 9am – 5pm and Tues/Thurs, 8am – 6pm

INTERFACE is a helpline that helps connect you with outpatient mental health and wellness resources.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Phone Number: (800) 662-HELP (4357)

Telecommunications Device for the Deaf (TDD): (800) 487-4889

Free and private information in English and Spanish for individuals and family members facing substance abuse and mental health issues. Available 24 hours a day, 7 days a week.

Parents Helping Parents - Parental Stress Line Massachusetts

Phone Number: (800) 632-8188 (Translator services available.)

Toll-free 24/7 private helpline that includes counseling, support and information for parents.

National Parents Helpline- Phone Number: (855) 427-2736

Emotional support from a trained advocate, available 7 a.m. – 4 p.m. Monday – Friday

Postpartum Mood Disorder Online Resources

National Postpartum Support International (PSI)

<http://www.postpartum.net> PSI has a large amount of information on postpartum mood disorders and available resources. Go to <https://psidirectory.com/> to find a provider near you.

Postpartum Support International (PSI) of Massachusetts

<https://psichapters.com/ma/> Email: psiofmass@gmail.com

William James College Interface Referral Service

<https://interface.williamjames.edu/about/what-to-expect>

This website gives information on what to expect when utilizing the referral service.

Network of Care-Massachusetts

<https://massachusetts.networkofcare.org/mh/index.aspx>

Includes a directory of over 5,000 programs, organizations, and therapists/psychiatrists.

Substance Abuse and Mental Health Services Administration (SAMSHA)

<https://findtreatment.gov/> Resource for finding treatment options in your area.

Massachusetts Child Psychiatry Access Project (MCPAP) for Moms

<https://www.mcpapformoms.org/>

A mother can ask her health care provider to call MCPAP for a referral. MCPAP's list of online resources can be found at <https://www.mcpapformoms.org/Resources/PregnantWomen.aspx>

Parents Helping Parents – Massachusetts

<http://www.parentshelpingparents.org/>

Email: info@parentshelpingparents.org

National Parents Helpline

<https://www.nationalparenthelpline.org/find-support/state-resources>

Maternal Mental Health Leadership Alliance

<https://www.mmhla.org/>

DONA International <https://www.dona.org/what-is-a-doula/find-a-doula/>

Visit the DONA website to find certified doulas near you who can provide much needed support.

Healthy Families America (HFA)- New Hampshire

<https://www.dhhs.nh.gov/programs-services/population-health/maternal-child-health/home-visiting> - HFA offers trained support staff who visit/help families in their home or community.

Family Support New Hampshire (FSNH)

<https://www.fsnh.org/>

FSNH has many centers throughout NH that offer resources such as parenting classes, parent-child playgroups, support groups, home visiting, education, family events and activities and more resources.

New Mom/Parent Support Groups and Resources

Dates, times and locations are subject to change (updated as of 3/10/23). Please check websites or use provided contact information to confirm date, time and location of meetings/groups.

Nursing Mothers' Support Group-Winchester Hospital (Virtual)

<https://www.winchesterhospital.org/our-services/patient--family-support/support-group>

The group is run by a lactation nurse and meets every Wednesday from 2:00-3:00 pm via Zoom.

Mount Auburn Postpartum Support Group

<https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/new-parent-support/>

The drop-in group meets Tuesdays from 1:15 to 2:45 p.m. at Mount Auburn Healthcare at Waltham, 355 Waverley Oaks Road, Waltham in the first-floor classroom.

Postpartum Depression Support Group - “This Isn’t What I Expected”

<http://www.jfcsboston.org/ParentsGroups>

When: Tuesdays, 1:00 – 2:30 p.m.

Where: Online, via Zoom video conferencing- Registration required.

Contact: Debbie Whitehill at dwhitehill@jfcsboston.org or 781-693-5625.

New Moms Support Group (Virtual) -Lowell General

<https://www.lowellgeneral.org/health-and-wellness/health-and-wellness-programs/online-courses-and-virtual-support-groups/new-moms-support-group-virtual>

When: Weekly on Tuesdays from 10:00am - noon (12:00pm) on Zoom.

New Mom’s Support Group at Elliot Hospital- Manchester NH

When: Wednesdays from 11am-1pm

Where: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester, NH 03101

Email MomsGroup@Elliot-hs.org or call Elliot Hospital’s lactation office at 603-663-4464

William James College Interface Referral Service-Support Group Search

<https://interface.williamjames.edu/ppd-support-groups>

A list of local support groups (virtual and in person) in Massachusetts by area and topic/focus.

First Connections --New Parent Support Groups

sponsored by the Justice Resource Institute (JRI)

JRI offers a variety of virtual and in person support groups and workshops.

<https://jri.org/services/foster-adoption-ecs/first-connections>

Contact: Linda Matthews / lmattews@jri.org / 978-287-0221

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Postpartum Support International (PSI)

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

PSI offers many different support groups. Some examples are listed below.

- Bipolar moms and birthing people
- Black moms
- Dads
- South-Asian moms
- NICU parents
- Latinx moms and birthing people
- Perinatal (pregnant and postpartum) mood, OCD or postpartum psychosis support
- Queer and trans parents
- Plus many more options

Parents Helping Parents Support Groups

<https://www.parentshelpingparents.org/schedule>

Parents Helping Parents offers many virtual and in person support groups.

Jewish Family & Children's Service (JFCS)

<http://www.jfcsboston.org>

Jewish Family & Children's Service offers programs that focus on meeting the needs of new parents and their children. Listed below are a few of those programs that may be helpful to you.

- **Center for Early Relationship Support**
- **Early Connections (EC)**
- **Lauren and Mark Rubin Visiting Moms**

I AM ONE Podcast by Dani Giddens *(available wherever you listen to podcasts)*

I AM ONE is the official podcast of "Climb Out of the Darkness", a program of Postpartum Support International (PSI). Guests talk about their experiences during the perinatal period (pregnancy + postpartum).