



# Behavioral Health Resources

# Free Supports for New Parents

## Locating mental health providers

[www.emersonhealth.org/findamentalhealthprovider](http://www.emersonhealth.org/findamentalhealthprovider)

## Local support groups

### **First Connections:** *Emotional Well-Being After Baby*

Parents experiencing anxiety or depression, or who are feeling overwhelmed in the postpartum year, can come together for this supportive, nonjudgmental, confidential group to share stories, learn from each other, and receive coping skills strategies. This is an ongoing group for parents of babies 0-12 months. Contact Heather O'Brien, LICSW at [hobrien@jri.org](mailto:hobrien@jri.org) for more information.

## Virtual support groups

### Postpartum Support International

- **Apoyo Perinatal:** Spanish support group for new moms;
- **Desi Chaat:** Support Group for South-Asian moms;
- **Black Mamas Matter:** Support group for Black moms
- **New Dad:** monthly support group for new dads
- **Military Moms:** support group for military spouses, active duty personnel and veteran moms
- **Queer and Trans Parent Support Group:** support group for all members of the queer community

### See the full list of support groups here:

[www.postpartum.net/psi-online-support-meetings](http://www.postpartum.net/psi-online-support-meetings)

## Other options

**Parental Stress Line:** Supportive and confidential helpline: 1-800-632 8188

[www.parentshelpingparents.org/parental-stress-line](http://www.parentshelpingparents.org/parental-stress-line)

**Postpartum Support International:** [www.postpartum.net](http://www.postpartum.net)

Offers perinatal/postnatal mental health education and many other support options

Support Line: 1-800-944-4773

### Talk to your child's pediatrician or your OB-GYN Provider:

Your pediatrician/OB Provider may be able to make referrals to additional support and they want to know how you're doing. The mental well-being of a parent is a critical part of your family's overall health.