



Behavioral Health Resources

Free Supports for New Parents

Locating mental health providers

www.emersonhealth.org/findamentalhealthprovider

Local support groups

First Connections: *Emotional Well-Being After Baby Group - Every Wednesday*
Experiencing postpartum blues? Emotional challenges are the most common complication of pregnancy and childbirth, yet parents often feel isolated and ashamed if they are struggling. 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 Emily Fiorini, MA at efiorini@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

Other options

National Maternal Mental Health Hotline: Provides mental health support for new and expecting parents: 1-833-852-6262 (TLC-MAMA)

Parental Stress Line: Supportive and confidential helpline: 1-800-632 8188
www.parentshelpingparents.org/parental-stress-line

Postpartum Support International: 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.