



IABLE

Institute for the Advancement of
Breastfeeding & Lactation Education

Mental Health Resources in the United States

Hotlines and Crisis Support- United States

- **National Maternal Mental Health Hotline:**
 - 1-833-TLC-MAMA (1-833-852-6262) – text or call
 - *Free, confidential, 24/7 support in English, Spanish, and 60+ languages.*
 - *Powered by Postpartum Support International. (Former number 1-833-943-5746 also still active.)*
- **Postpartum Support International (PSI) HelpLine:**
 - 1-800-944-4773 (1-800-944-4PPD) – text or call
 - *Press 1 for Español*
 - *Press 2 for English*
- **PSI: Text Support:**
 - Text 971-203-7773
 - *Text-based support in English and Spanish.*
- **988 Suicide & Crisis Lifeline:**
 - Call or text 988
 - *Available 24/7 for anyone in emotional distress or suicidal crisis*
- **Crisis Text Line:**
 - Text HOME to 741741
 - Free, 24/7 text-based crisis support

Find a Mental Health Provider

Postpartum Support International: Visit the [PSI Provider Directory](#) to search for certified perinatal mental health professionals (PMH in your area or who offer telehealth).

For All Parents

- [Postpartum Support International \(PSI\)](#) – The leading global organization for perinatal mental health. Find support groups, a provider directory, hotlines, and specialized resources.
- [Postpartum Progress](#) – Organization and blog raising awareness and providing support for Perinatal Mental Health Disorders. Links to local resources around the world here.
- [Maternal Mental Health NOW](#) – Stories and video library from parents who have experienced PMADs.
- [Moms' Mental Health Matters \(NICHD\)](#) – NIH initiative with easy-to-understand info on depression and anxiety in pregnancy and postpartum.
- [MotherToBaby](#) – Evidence-based fact sheets on medications, vaccines, and exposures during pregnancy and breastfeeding. Available in English and Spanish.
- [The Birth of a Mother](#) – A storytelling podcast and resource documenting the transition into motherhood (matrescence).
- [The Perinatal Collective](#) – Online counseling and support for postpartum perinatal mood disorders for all people in Canada.

For Dads and Partners

- [PSI: Help for Dads](#) – Resources, support groups, and a monthly Dads Chat with an Expert. Includes a closed Facebook group for fathers.
- [PSI: Help for Partners & Families](#) – Information and resources specifically for partners and family members supporting a loved one with a PMAD.
- [MMHLA: Resources for Fathers \(2025\)](#) – Curated list of books, podcasts, and organizations supporting new fathers and partners.
- [Bootcamp for New Dads](#) – A father-to-father peer support workshop focusing on finding local support in the USA, Canada, and the UK.
- [Daddy Boot Camp](#) – An online webinar offshoot of Bootcamp for New Dads, offering an e-book guide to fatherhood and an online workshop.
- [Postpartum Men](#) – Information on Paternal Postnatal Depression (PPND), including online information, support groups, and telehealth consults.
- [The Center for Men's Excellence](#) – California-based psychology practice specializing in men's mental health, fatherhood, and the transition to parenthood. Offers classes online and in-person in San Diego.
- [NICHD: Partners, Family & Friends](#) – Information for partners and families on how to recognize and support a loved one experiencing a perinatal mental health disorder.

For LGBTQ+ Families

- [PSI: Specialized Support Resources](#) – Culturally responsive support groups and resources for LGBTQ+ parents, BIPOC families, and other specific communities. Follow this link to find a PSI-sponsored Queer and Trans Support Group.
- [Your Queer Parenting Journey](#) – Peer-support group, online and in-person in Los Angeles, through Maternal Mental Health NOW.

For Breastfeeding People of Color and their Families

- [Help for BIPOC Families](#) – Clearinghouse of PSI support for BIPOC families, including links for a variety of peer support groups.
- [Mental Health Support from Black Mothers Matter](#) – A link to direct 1-to-1 professional mental health support for BIPOC birthers through the Black Mothers Matter organization.
- [Healing Waters Program](#) – Professional counseling support for BIPOC families who have experienced infant loss during pregnancy or up to 12 months of life, through the African American Breastfeeding Network

Intimacy and Relationship Support

- [PSI: Nurturing Intimacy After Childbirth](#) – A guide to postpartum intimacy and sexual health for couples.
- [The Perinatal Collective](#) – Blog post about navigating postpartum sex.

For Healthcare Professionals

- [Maternal Mental Health Leadership Alliance \(MMHLA\)](#) – Advocacy, policy, and curated resources on maternal mental health.
- [National LGBTQIA+ Health Education Center](#) – Resources and training on equitable, affirming health care for LGBTQIA+ people, including pathways to parenthood.
- [Center for 4th Trimester Care](#) – Non-profit organization centered around improving access to 4th Trimester medical care to reduce maternal morbidity and mortality, including mental health disorders. Provides education for medical professionals, support for medical practices, birthing community support.
- [Maternal Mental Health NOW](#) – Online courses on a variety of topics related to perinatal mental health.

Podcasts and Videos

Podcasts

- [Mom and Mind](#) – Weekly podcast by perinatal psychologist Dr. Kat Kaeni, Ph.D., PMH-C. Interviews with moms, dads, and experts on coping with PMADs. Almost 500 episodes available.
- [Motherhood Sessions](#) – Reproductive psychiatrist Dr. Alexandra Sacks explores the emotional terrain of early motherhood, including the concept of matrescence.
- [I Am One Podcast \(PSI\)](#) – Hosted by PSI advocates, covering personal stories of perinatal mental health recovery and professional insights.

Videos

- [Yoga Nidra for Postpartum Fatigue](#) – A guided Yoga Nidra relaxation practice for postpartum rest and nervous system support. (YouTube)
- [Maternal Mental Health NOW Video Library](#) – Real stories from parents who have experienced perinatal mood disorders.

Recommended Books

For Birthing People

- Dropping the Baby and Other Scary Thoughts by Karen Kleiman and Amy Wenzel
- Good Moms Have Scary Thoughts by Karen Kleiman
- Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety by Shoshana S. Bennett and Pec Indman
- Rattled: How to Calm New Mom Anxiety with the Power of the Postpartum Brain by Nicole Pensak
- The First Forty Days: The Essential Art of Nourishing the New Mother by Heng Ou
- The Fourth Trimester by Kimberly Ann Johnson
- Nobody Told Me About That: The First 6 Weeks by Ginger Breedlove, Michelle Clements, Libby Rosen, Ashley Seematter, and others

For Partners

- Daddy Blues: Postnatal Depression and Fatherhood by Daniel Singley and Keith Barclay
- Fathers and Perinatal Mental Health: A Guide for Recognition, Treatment, and Management by Jane Handley and Mark Williams
- The Birth Partner by Penny Simkin
- We're Pregnant! The First-Time Dad's Pregnancy Handbook by Adrian Kulp

Smartphone Apps

- Connect by PSI (Free) – One-click access to the PSI Helpline, crisis resources, and a directory of 50+ weekly online support groups. <https://postpartum.net/get-help/>
- Headspace – Meditation and mindfulness app with courses specifically on pregnancy and early parenthood. (Subscription required.)
- Calm – Guided meditations and articles on new parenthood and mental health. (Subscription required.)
- Wysa – AI-supported emotional wellness chatbot using CBT techniques. Clinically validated for reducing depression symptoms. (Free & paid options.)