

Perinatal Depression

RESOURCES

National Maternal Mental Health Hotline

Call/Text: 1-833-TLC-MAMA

National Suicide Hotline

www.988lifeline.org

Call/ Text 9-8-8

Postpartum Support Virginia

www.PostpartumVA.org

Call/Text: 703-829-7152

English & Spanish available

Postpartum Support International

www.postpartum.net

Call: 1-800-944-4773 #1: Español #2:

English

Text "Help" to 800-944-4773 (EN)

Text en Español: 971-203-7773

For Physician/Clinician Support:

VMAP for Moms+

Virginia Mental Health Access Program

www.vmap.org/vmap-for-moms

Call: 1-888-371-VMAP (8627)

(Press "1" for VMAP for moms)