



Perinatal Mood and Anxiety Disorder Resources

Immediate help in a crisis situation

- Dial 911
- National Suicide Prevention Hotline 1-800-273-TALK (8255)
- NorthShore Moms Line 1-866-364-MOMS (6667) 24/7, free and confidential
- Dial 211 to get in touch with a PATH crisis volunteer
- Crisis Text Line: text HOME to 741741

Support in a non-crisis situation

- PSI online support meetings** www.postpartum.net/psi-online-support-meetings
- PSI Warmline** 1-800-944-4PPD (4773)
- PSI Open forum phone sessions** “Chat with an expert” Wednesday chat for moms
First Monday Chat for dads (check www.postpartum.net for schedule)
1-800-944-8766 Participant code 73162
- NorthShore Moms Line** 1-866-364-MOMS (6667) 24/7, free and confidential
- Surviving To Thriving:** a peer support group for pregnant and new moms up to one year postpartum experiencing perinatal mood and anxiety disorders.
Call or text 815-310-0637 Email: s2tmoms@gmail.com

Helpful websites

- www.postpartum.net
- www.postpartumprogress.com
- www.PostpartumDads.org
- www.thebluedotproject.org
- www.2020mom.org
- www.postpartumstress.com
- www.ppdil.org
- www.thebloomfoundation.org