

Perinatal Mental Health and Psychiatric Supports Resources & More



Where can I read more about perinatal mental health?

Prioritizing Maternal Mental Health in Addressing Morbidity and Mortality.

[doi:10.1001/jamapsychiatry.2023.5648](https://doi.org/10.1001/jamapsychiatry.2023.5648)

This is a scientific article reviewing recent literature and data that provides a comprehensive framing of the challenges posed by perinatal mental health conditions and how they may be addressed.

New York City report. Maternal Mortality Review Committee, New York City Department of Health and Mental Hygiene. Pregnancy-Associated Mortality in New York City, 2016-2020. September 2024.

<https://www.nyc.gov/assets/doh/downloads/pdf/ms/pregnancy-associated-mortality-report-2016-2020.pdf>

This is the Maternal Mortality Review Committee's (MMRC) most recent reporting on pregnancy-associated and pregnancy related deaths. The report includes city-wide data as well as concrete, multi-level recommendations to address the leading causes of death. Necessary emphasis is placed on Black and Latina women and birthing people.

As a clinician, where can I learn more or find resources to use in my clinical/community practice?

<p>Project TEACH</p> <p>Clinician's Line: 855-227-7272 https://projectteachny.org</p>	<p>Offers consultation to providers on medication management in pregnancy/lactation as well as assistance in finding appropriate referrals, when possible</p>
<p>FindHelp</p> <p>https://www.findhelp.org</p>	<p>Allows you to search free or reduced-cost resources like food, housing, financial assistance, health care, and more by zip code</p>

Where can I call or direct patients to connect with mental health care and services?

NYC Early Childhood Mental Health Network (ECMHN)

<https://ttacny.org/clinical-services/>

A collection of specialized mental health services for young children and their families, and for pregnant, birthing, and perinatal individuals

988 Suicide & Crisis Lifeline

Call or Text 988

<https://988lifeline.org>

Available 24 hours and in English and Spanish

Postpartum Support International

Call or Text 1-800-944-4773

<https://www.postpartum.net>

Offers a HelpLine, online provider directory, and professional training options

New York State HOPEline

Call 1-877-8 HOPENY(467369) or

Text HOPENY (467369)

<https://oasas.ny.gov/hopeline>

Funded by the Office of Addiction Services and Supports; NY state resources specifically for assistance with substance use and gambling

Postpartum Resource Center of New York

Call State-Wide Helpline 855-631-0001

<https://postpartumny.org>

Offers a PMAD state-wide resource directory and support group resources.

National Maternal Mental Health Hotline

Call or Text 1-833-TLC-MAMA

(1-833-852-6262)

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq>

24/7 mental health support for pregnant and postpartum people