



MATERNAL MENTAL HEALTH DIRECTORY & RESOURCE LIST

NATIONAL

2020 Mom

2020 Mom's mission is to close gaps in maternal mental health care. Their current strategic plan focuses on three As, access to providers, ample insurance coverage, and appropriate screening. 2020 Mom envisions a future where all pregnant and postpartum mothers have ready access to standardized, evidence-based maternal mental health care from providers they respect and trust.

Click [here](#) to access this organization's fact sheet.

National Maternal Mental Health Hotline

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The hotline offers callers phone or text access to professional counselors, real-time support and information, referrals to providers and support groups, and more.

Click [here](#) to access this resource or call/text 1-833-943-5746.

Occupational Therapists in Maternal Health

Occupational Therapists in Maternal Health was founded by Dr. Carlin Reaume and Lisa Westhorpe. Dr. Reaume graduated from the University of Southern California with both her Master of Arts and Doctoral degrees in Occupational Therapy. She has presented her work locally, nationally, and internationally; she has held leadership positions on the Board of Directors for the Occupational

Therapy Association of California. Lisa is a masters-level qualified occupational therapist and mother of two who has a passion for supporting women during their transition to motherhood. Her background in pediatrics and running groups within learning disability and geriatric services gave her a great starting point to develop a new mom-focused service.

Click [here](#) to access their directory.

Postpartum Support International

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide. It is the vision of PSI that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

Click [here](#) to access this organization's directory.

SAMHSA's National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Click [here](#) to access this resource or call 1-800-662-4357.

Woman's Hospital

Woman's mission is to improve the health of women and infants. This hospital specializes in the care of women and babies and is equipped to handle the expected as well as the unexpected. Woman's values respect, innovation, compassion, and excellence.

Click [here](#) to access this hospital's directory.

Phoenix Health

Phoenix Health specializes in online therapy for mothers at every stage, from pre-conception through parenting.

Click [here](#) to access this resource or call/text 818-446-9627.

CALIFORNIA

Maternal Mental Health NOW

The mission of Maternal Mental Health NOW is to remove barriers to the prevention, screening, and treatment of prenatal and postpartum depression in Los Angeles County. MMHN believes that addressing mental health during the perinatal (pre-conception to one year postpartum) period is as important as screening for gestational diabetes, and that a parent's emotional well-being can have as much of an impact on the infant's life as the nutrition that the baby receives in the womb. MMHN works with healthcare providers, health systems, and state and local governments to make the prevention, screening, and treatment of perinatal anxiety and depression part of the standard of prenatal and postpartum care.

Click [here](#) to access this organization's directory.

San Bernardino County Department of Behavioral Health

This county serves the cities of Apple Valley, Barstow, Big Bear Lake, Bloomington, Claremont, Colton, Crestline, Loma Linda, Lucerne Valley, Ontario, Pomona, Redlands, Riverside, San Bernardino, Skyforest, Trona, Upland, Victorville, and Yucca Valley in California.

Click [here](#) to access this county's directory.

LOUISIANA

HealthyBR

HealthBR's mission is to foster a movement based on communication, coordination, and collaboration that promotes a better and healthier life for all

people in the great city of Baton Rouge. HealthyBR prioritizes behavioral health, healthy living, maternal and infant health, STIs, health equity and racial disparities, and violence prevention.

Click [here](#) to access this organization's directory.

OHIO

Mental Health America of Ohio

Mental Health America of Ohio's mission is to transform how people think about mental illness, make it easier to get help, and give people the support they need to get better and stay better. MHA Ohio envisions a community without barriers to achieving mental health where non one feels alone on their road to recovery. Their guiding principles include responsibility, respect, inclusivity, expertise, trust, communication, emotional health, and equity.

Click [here](#) to access this organization's directory.

PENNSYLVANIA

Whole Heart Reproductive Mental Health

Whole Heart Reproductive Mental Health is a group practice specializing in reproductive mental health across the lifespan. They also specialize in maternal mental health (including perinatal mood & anxiety disorders, birth trauma, fertility challenges, and pregnancy loss and grief).

Click [here](#) to access their resource page.

WASHINGTON DC

DC Metro Perinatal Mental Health Collaborative

The DC Metro Perinatal Mental Health Collaborative is a network of clinicians, researchers, and advocates in the Washington DC area dedicated to improving the emotional well-being of parents during the perinatal period. With diverse specialties, areas of expertise, training, and a shared commitment to the mental

health needs of perinatal women and their families, the Collaborative treats, studies, teaches, and advocates about the emotional and psychological issues affecting women before, during and after pregnancy.

Click [here](#) to access this collaborative's directory.