

Postpartum and New Parent Support

(Postpartum is the medical term for the time after childbirth.)

Postpartum Resources

- **MASSACHUSETTS Postpartum Support International Warm Line - Call 866-472-1897**
or email: psiofmass@gmail.com
A toll-free and confidential warm line that provides support, listings of local counselors, support groups, and information in Massachusetts. Leave a message and a trained volunteer or staff person will return your call within 24 hours.
MA Chapters: psichapters.com/ma/#get-help
Find a Provider: psidirectory.com
Search by state and city for options of therapists specializing in perinatal, post-partum, and parental mental health.
- **NATIONAL Post-Partum Support International Helpline - Call or Text 1-800-944-4773**
For more information visit: postpartum.net/get-help/psi-helpline
A toll-free and confidential line, leave a message at any time and one of the helpline volunteers will return your call and provide basic information, resources, and support.
Online Support Groups: postpartum.net/get-help/psi-online-support-meetings
- **National Maternal Mental Health Hotline - Call or Text 1-833-943-5746**
For more information visit: mchb.hrsa.gov/national-maternal-mental-health-hotline
24/7, free, confidential hotline for pregnant people and new moms.
- **The Center for Women's Mental Health** at Massachusetts General Hospital offers evaluation and treatment for postpartum psychiatric disorders including postpartum depression and anxiety disorders by clinicians with particular expertise in this area. Pharmacologic (medications) and non-pharmacologic treatments are offered as well as referrals to support services in the community specifically designed for postpartum women. You would need your own medical provider to order any medications.
For more information see: womensmentalhealth.org/clinical-program or call 617-724-8020
- **William James College INTERFACE Referral Service – postpartum support groups list**
Visit: interface.williamjames.edu/ppd-support-groups
Search by location and topic for a list of local support groups.

Additional Resources

- **MA 24/7 Behavioral Health Help Line (BHHL) – Call or Text 833-773-2445**

For more information visit: masshelpline.com

Call, text, or chat online for support from a clinician that will assess your needs and connect you to appropriate services such as immediate crisis, outpatient services, and resources in your local community. For all types of concerns.

- **988 Suicide & Crisis Lifeline – Call 988 or 800-273-8255**

For more information see: 988lifeline.org/current-events/the-lifeline-and-988

988 has been designated as the new three-digit dialing code that connects to the 988 Suicide & Crisis Lifeline active across the United States. When you call, text, or chat 988, you will be connected to trained counselors who will listen, provide support, and connect you to resources if necessary.

- **Parental Stress Line Massachusetts – Call 800-632-8188**

or email info@parentshelpingparents.org

24/7 confidential helpline including counseling, support, and information for parents. Interpreter services available.

These listings are provided as a convenience for our patients and their families. This list is not comprehensive; there may be other local options. **Mass General Hospital does not endorse any non-Mass General affiliated providers.**