

Postpartum Resources



Support groups:

- **Depression After Delivery**

Call [1-800-944-4773](tel:1-800-944-4773) for a list of groups near you.

- **Postpartum Support International (PSI)**

Offers online support groups in both English and Spanish.

Visit postpartum.net/get-help/psi-online-support-meetings/ to learn more.

Counseling:

- **Community Healthcare Network**

Ask your doctor about CHN's counseling services. Or call [866-246-8259](tel:866-246-8259) to sign up.

Call or text:

- **Depression After Delivery**

Call [1-800-944-4773](tel:1-800-944-4773) to talk to someone for free.

- **National Maternal Mental Health Hotline**

Call or text [1-833-9-HELP4MOMS \(1-833-943-5746\)](tel:1-833-9-HELP4MOMS) to connect with a counselor.

Help is available 24/7 in both English and Spanish.

- **NYC Well**

Free and private counseling over text messages. You can text or call 24/7.

Text [WELL](text:WELL) to [65173](text:65173) or call [1-888-692-9355](tel:1-888-692-9355).

- **Postpartum Resource Center of NY**

Free and private phone support. Call [855-631-0001](tel:855-631-0001). Hablamos Español.

- **Text 4 Baby**

You will get 3 free texts each week. The texts will give you tips to help you with stress and help you find services in your area. Text [BABY](text:BABY) to [5114111](text:5114111).

Envia [BEBE](text:BEBE) al [5114111](text:5114111) para Español.

If you think you may hurt yourself, your baby, or other people, call 911 or go to the emergency room (ER).