

MENTAL HEALTH RESOURCES FOR NEW MOMS



Postpartum Support International

WWW.POSTPARTUM.NET

Postpartum Support International (PSI) helps new moms understand the emotional changes that can occur after pregnancy. In addition to global volunteers, the nonprofit hosts online support meetings to find parents with similar experiences.



Postpartum Progress Online Peer Support Forums

WWW.POSTPARTUMPROGRESS.COM

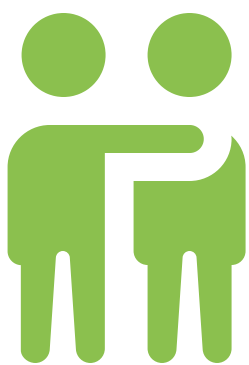
This collection of eight regional forums provides support for moms suffering from postpartum depression, postpartum anxiety, postpartum OCD, postpartum psychosis, and postpartum PTSD.



National Parent Helpline

WWW.NATIONALPARENTHELPLINE.ORG

Available five days a week in both English and Spanish, the free National Parent Helpline offers emotional support from a trained Advocate. Call 855-4A-PARENT or visit the website for advice, tips and resources for new parents.



Surviving Single Parenthood

WWW.FACEBOOK.COM/GROUPS/SINGLEPARENTS01/

One of several great private Facebook groups, Surviving Single Parenthood is a forum for new moms (and dads) who are raising little ones alone. Also helpful: The Working Moms Support Group



Sprout Health Group

WWW.SPROUTHEALTHGROUP.COM

Substance use disorders can happen to anyone. Sprout offers personalized recovery programs for new and expecting moms, as well as those considering motherhood, in a nurturing and supportive environment.