

FACT SHEET

Mental Health Hotline Offerings



<p>1-800-944-4773</p>	<p>1-833-9-HELP4MOMS 1-833-943-5746</p>	<p>988</p>
<p>Postpartum Support International (PSI) Warmline: postpartum.net/get-help/psi-hotline/</p>	<p>Maternal Mental Health Hotline: mchb.hrsa.gov/national-maternal-mental-health-hotline</p>	<p>988 National Suicide Prevention Lifeline: samhsa.gov/find-help/988</p>
<p>HELPLINE – for individuals who are not in crisis but need resources and referrals for MMH conditions</p>	<p>HOTLINE – for individuals who are not in crisis but need real-time support and assistance for MMH conditions</p>	<p>CRISIS LINE – for individuals needing support for a suicidal, mental health, and/or substance use crisis</p>
<p>Helpseekers call or text a message; volunteers respond</p>	<p>24 / 7 / 365 response within a few minutes. Response times may vary based on volume.</p>	<p>24 / 7 / 365 live connection within 60-90 seconds</p>
<p>Hosted, funded, and administered by PSI</p>	<ul style="list-style-type: none"> • Hosted and funded by HRSA • Administered by Postpartum Support International 	<ul style="list-style-type: none"> • Hosted and funded by SAMHSA • Administered by Vibrant Emotional Health • Calls are routed to network of over 200 centers based on area code
<p>Launched 1987</p>	<p>Launched May 2022</p>	<p>Launching July 2022</p>
<p>English and Spanish</p>	<ul style="list-style-type: none"> • English and Spanish • Other languages available via translator 	<ul style="list-style-type: none"> • English and Spanish • Other languages available via translator
<p>Voice and text</p>	<p>Voice and text</p>	<p>Voice, text, and chat</p>
<p>Pregnant and postpartum people and their families in the United States and Canada</p>	<p>Pregnant and postpartum people and their families in the United States</p>	<ul style="list-style-type: none"> • Anyone in the United States • Special assistance for military veterans
<p>Staffed by volunteers</p>	<p>Staffed by paid professionals</p>	<p>Staffed by both paid professionals and volunteers</p>
<p>Provides connections to PSI resources including local and/or specialized volunteer coordinators, support groups, and online provider directory</p>	<p>Provides support, education, information, brief intervention, resources & referrals</p>	<p>Provides support and referrals to local resources</p>
	<p>Provides “hot” handoffs to 988, Domestic Violence, and Disaster Distress Hotlines</p>	<p>Provides “hot” handoffs to MMH Hotline (and other hotlines)</p>

