

# FACT SHEET

# National Maternal Mental Health (MMH) Hotline



## KEY POINTS

- > The MMH Hotline provides 24/7, free, confidential support before, during, and after pregnancy.
- > The MMH Hotline provides services to pregnant and postpartum people and their families in the United States.
- > The MMH Hotline is for individuals who are not in crisis but need real-time support and assistance for MMH conditions



## WHAT TO EXPECT WHEN CALLING THE HOTLINE

- Warm welcome from caring, concerned professionals
- Discussion of situation & symptoms
- Brief intervention, including education, support, & information
- Resources & referrals, including connections to trained mental health providers

**1-833-9-HELP4MOMS**

**1-833-943-5746**

## BENEFITS

The MMH Hotline provides the following. Learn more at [bit.ly/help-4-moms](https://bit.ly/help-4-moms)



Direct connections to other national hotlines, including the 988 Crisis Line, the Domestic Violence Hotline, and the Disaster Distress Helpline.

## HOTLINE SERVICES

- ✓ Free, confidential 24/7 support before, during, and after pregnancy.
- ✓ Helping pregnant and postpartum people and their families in the United States.
- ✓ For individuals who are not in crisis but need real-time support and assistance for MMH conditions

## HOTLINE STAFF

- ✓ Licensed mental health or health care professionals
- ✓ Credentialed childbirth professional, such as doulas, lactation consultants, and childbirth educators
- ✓ Certified peer specialists

## THANKS TO



Health Resources & Services Administration

The MMH Hotline is a service of the Health Resources and Services Administration within the United States Department of Health and Human Services.



The MMH Hotline is managed and staffed by Postpartum Support International.