



Always
Free — 24/7



Confidential
Call & Text



Support &
Resources



60+
Languages

Not Feeling Like Yourself? Let's Talk About It.

For emotional support
& resources, call or text
the National Maternal
Mental Health Hotline.

Are you a new parent – or about to be – and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? These are common feelings during or after pregnancy and help is available. The National Maternal Mental Health Hotline's counselors provide 24/7, free, confidential emotional support and resources to help you feel better.

Call or text

**1-833-TLC-MAMA
(1-833-852-6262)**

Don't wait. Reach out today.



**National
Maternal
Mental Health
Hotline**



HRSA
Health Resources & Services Administration