

National Maternal Mental Health Hotline

If you are in suicidal crisis, please call or text 988 or visit the [988 Suicide & Crisis Lifeline](#).

The National Maternal Mental Health Hotline can help. You are not alone! Call or text 1-833-TLC - MAMA (1-833-852 -6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

The new National Maternal Mental Health Hotline provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish. Interpreter services are available in 60 languages.

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for months.

The National Maternal Mental Health Hotline's counselors provide real-time emotional support, encouragement, information, and referrals. Pregnant and postpartum women can get the help and resources they need when they need it.

Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? You aren't alone. You aren't to blame. With help, you can feel better. **Call or text 1-833-TLC - MAMA (1-833-852 -6262).** to connect with counselors at the National Maternal Mental Health Hotline.

Learn more at www.MCHB.HRSA.gov/national-maternal-mental-health-hotline