

## Integrating Mental Health Care into the OB Practice Webinar

### Resources

#### Resources for Health Care Practitioners

- [Perinatal Mental Health Toolkit](#), developed by Lifeline for Moms and available on the American College of Obstetricians and Gynecologists website, provides information and algorithms for screening, assessment, and treatment of perinatal mental health conditions.
- [Network of Perinatal Psychiatry Access Programs](#) are state-based programs in which clinicians can call with questions regarding the diagnosis and management of perinatal mood and anxiety disorders. Some programs also provide mental health resources and referrals.
- Postpartum Support International's [Perinatal Psychiatric Consult Line](#) is available to all clinicians throughout the U.S. Call 877-499-4773 or visit the website to schedule a 1:1 consultation by phone with a perinatal psychiatry expert.

#### Resources for Patients

- [Mental health patient information](#) from the American College of Obstetricians and Gynecologists
- [Postpartum Support International](#)'s Helpline: 1-800-944-4773 (#1 Español or #2 English) or text HELP to 800-944-4773 (English) or 971-203-7773 (Español). PSI also offers online facilitated [support group meetings](#) for patients to connect with other pregnant and postpartum individuals.