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.