



MENTAL HEALTH RESOURCES AND CRISIS HOTLINES

Phone Support

If you need help right away or think you might hurt yourself, your baby, or someone else.	CALL 911
Suicide Prevention Center Help available 24 hours a day, 7 days a week.	1 (800) 784-2433 or 1 (877) 727-4747
ACCESS Line Los Angeles County Mental Health phone referral services available 24 hours a day, 7 days a week.	1 (800) 854-7771
211 Los Angeles Information Line Available 24 hrs a day, 7 days a week. Ask operator for maternal depression resources in your area.	Dial 211
National Depression Hot Line Available 24 hrs a day, 7 days a week for information and referrals to mental health providers.	1 (800) 773-6667
National Hispanic Perinatal Help Line Available 6am-3pm: provides education and referrals to mental health providers.	1 (800) 504-7081 www.hispanichealth.org
Postpartum Support International English and Spanish Help Line that offers support, education, and local resources.	1 (800) 944-4PPD www.postpartum.net
Project Cuddle, Inc. 24-hour crisis hotline: assistance, support, transport to medical appointments, etc. Provides pregnant women alternatives to abandoning babies.	Crisis Number: 1-88TO CUDDLE 1 (888) 628-3353 www.projectcuddle.org

ADDITIONAL RESOURCES

Los Angeles County Department of Mental Health	www.dmh.lacounty.gov
The Marce Society International research society on maternal mental health.	www.marcesociety.com
MedEd PPD English and Spanish postpartum depression education and resources.	www.mededppd.org/sp/
Medline Plus Health Information English and Spanish health information.	www.nlm.nih.gov/medlineplus/postpartumdepression.html
Postpartum Depression Online Support Group Information, support, and assistance for those dealing with postpartum mood disorders.	www.ppdsupportpage.com
Postpartum Progress Blog on depression and anxiety during pregnancy and postpartum.	www.postpartumprogress.typepad.com
Postpartum Dads Information and guidance through the experience of postpartum depression.	www.postpartumdads.org