

# Maternal mental health resources

Call, text, or chat **988**

- Suicide and crisis lifeline
- 24/7 free and confidential support anytime

## MaternalMentalHealth.utah.gov

- Find trained mental health professionals specializing in:
  - pregnancy, postpartum
  - miscarriage, stillbirth, infant loss
  - adoptive parents and partners
- Search by provider type, insurance type, and virtual visit options.
- Find support groups by typing “Support Groups” under provider type.

## Maternal mental health hotline

- 24/7 free, confidential support before, during and after pregnancy.
- Call: 1-833-852-6262
- Visit: [mchb.hrsa.gov/national-maternal-health-hotline](https://mchb.hrsa.gov/national-maternal-health-hotline)
  - Call or text professional counselors.
  - Get real-time support, information, and resources.
  - Responds within a few minutes.
  - Referrals to local and telehealth providers and support groups.
  - Culturally sensitive support.
  - Counselors speak English and Spanish.
  - Interpreter services in 60 languages.

## Postpartum Support International (PSI)

- Call: 1-800-944-4773 (#1 en Español or #2 for English)
- Text: “Help” to 800-944-4773 for English
- PSI coordinators are located throughout Utah.
  - Find a PSI coordinator in your area at [psiutah.org/emotional-health/resources-info/](https://psiutah.org/emotional-health/resources-info/).
- PSI provides free, confidential support from:
  - Mothers who have experienced and healed from mental health challenges.
  - Healthcare providers, counselors, and other trained professionals.

## Help Me Grow

- Call or text: 1-800-691-5322
- Visit: [helpmegrowutah.org/parents/](https://helpmegrowutah.org/parents/)
- Provides free, confidential support to any Utah parents that are pregnant or have children under age 8.
  - Emotional well-being screening to check on mental health during pregnancy and up to 1 year after you deliver your baby.
  - Referrals to local trained therapists and free support groups.
  - Support available in English and Spanish.