

Maternal mental health resources



Mental health resources



Utah maternal mental health referral network

Find providers trained in maternal mental health. You can find mental health support for depression, anxiety, infertility, miscarriage, birth trauma, and more. maternalmentalhealth.utah.gov

Utah Domestic Violence Linkline

Call 1-800-897-LINK (5465)



Call or text 988



Call or text
1-833-852-6262

Need more help?



Care coordinators help families by connecting them to supports and services that may be available for parents and children 0-8 years old, including maternal mental health resources.

care.coordination@utah.gov 1-801-273-2804

The **Maternal Resource Guide** has over 900 resources across Utah that are free, low cost or accept Medicaid. Available in Spanish.

mihp.utah.gov/maternal-resource-guide-utah



Free, emergency childcare is available at crisis respite nurseries.

Find a location near you at <https://utahfamilies.org/find-a-center/>