

National Maternal Mental Health Hotline



1-833-9-HELP4MOMS 1-833-943-5746

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Free, 24/7, Confidential Hotline for Pregnant and New Moms Voice and Text in English and Spanish

The National Maternal Mental Health Hotline provides FREE 24/7 confidential support before, during, and after pregnancy.

The Hotline offers helpseekers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

You're not alone.



For Support, Understanding, and Resources,
CALL OR TEXT 1-833-9-HELP4MOMS
1-833-943-5746

Free - Confidential - Available 24/7

HOTLINE COUNSELORS

- Licensed health care providers such as nurses or doctors
- Licensed mental health clinicians
- Certified doulas or childbirth educators
- Certified peer support specialists

HOTLINE SERVICES

- Real-time emotional support, encouragement, information, and resources
- Referrals to local or telehealth providers
- Culturally appropriate and trauma-informed support

The Health Resources and Services Administration (HRSA), which is part of the U.S. Department of Health and Human Services, funds the National Maternal Mental Health Hotline under contract number HRS280162. HRSA awarded the contract to Postpartum Support International in September 2021. Congress authorized the Maternal Mental Health Hotline in the Consolidated Appropriations Act of 2021.

This Fact Sheet was prepared by Maternal Mental Health Leadership Alliance (www.mmhla.org) for advocacy purposes and is not an official HRSA publication.

All information is available at <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>, including promotional materials in English and Spanish.