



Supporting Families in their Pregnancy, Birth and Postpartum Journey

**Postpartum Support International
offers support, education and local resources. Services include
PSI Helpline, Online Support Groups, Provider Directory and
access to local PSI Volunteers.
All parent support resources are free!**



**PSI HelpLine: 1.800.944.4773
Text in English: 800-944-4773 |
Text en Español: 971-203-7773
Maternal Mental Health Hotline 1-833-852-6262**

www.postpartum.net

Dear Perinatal Parents, PSI CT Chapter wishes you strength and support as you navigate the transition to parenthood. The following images represent various resources to support you in your pregnancy, birth and postpartum journey.



PSI CT Chapter



CT Office of Early Childhood



PSI Provider Directory

***You are Not Alone,
You are Not to Blame, With
Help, You will be Well***



Breastfeeding Resources