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2023

## PMH Connect, English (Greyscale for printing)

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**Let's talk about it.** Your experiences are important.  
The goal of screenings are to connect with  
validation, support, and care.

**Not ready to talk right now?** The resources and  
connections below are available anytime.

## Perinatal Mental Health (PMH):

emotional health & wellbeing during pre-conception/planning, pregnancy, postpartum, and parenting.



**More info and resources**

[PMHconnect.org](http://PMHconnect.org)

Connect with online content, podcasts, websites and more: *available on your terms, anytime.*

- Not just **depression**, perinatal mental health (PMH) symptoms can include a range of feelings and emotions related to **stress, mood, anxiety, depression, rage, scary/intrusive thoughts, overwhelm, irritability, and more**
- **1 in 5** people experience these symptoms, you are not alone
- Not just **postpartum**, these symptoms can appear any time during pregnancy and the first year after your birth and beyond
- **Experiences** such as loss, birth experiences, experiences of disrespect/discrimination/racism, or neonatal intensive care (NICU) may increase the likelihood of experiencing symptoms
- **You don't need a diagnosis or a certain score for care and support-** see the links below to connect with someone
- Sometimes symptoms can be hard to recognize in ourselves, if you are **feeling "off" or "differently than your normal"** please discuss with someone

## FREE, CONFIDENTIAL SUPPORT & RESOURCES

### National Maternal Mental Health Hotline\*



**Call or text: 1-833-TLC-MAMA**



**(1-833-852-6262)**

Connect with a professional counselor for support and understanding *right away, available 24/7*

*\*available for you or your loved ones*

### Postpartum Support International Helpline



**Call or text: 1-800-944-4773**



Trained volunteers will listen, answer questions, offer encouragement and connect you with local resources.



**[www.postpartum.net](http://www.postpartum.net)**

Connect with information, online groups, and more.

### National Domestic Violence Hotline

Call: 1-800-799-SAFE (7233) TTY 1-800-797-3224

Text: START to 88788

Please reach out right away for the support and information you need to be safe.

## GET CARE - find a trained *perinatal mental health provider* near you



**Postpartum Support International (PSI) directory of providers**

Scan code or go to:

[psidirectory.com](http://psidirectory.com)



**Care within your community, connect with providers of color**

Scan code or go to:

[psidirectory.com/provider-of-color-poc](http://psidirectory.com/provider-of-color-poc)

**Don't wait**, if you are experiencing symptoms or would like to talk to someone about how you are feeling connect with care right away.

**Ask about options**, phone or video chat visits may be available!

### **If you are in crisis:**

Suicide & Crisis Lifeline  
Call or text: 988

