



MENTAL HEALTH RESOURCES AND CRISIS HOTLINES

Phone Support

- ❖ If you need help right away or you think you might hurt yourself, your baby, or someone else, **CALL 911**
- ❖ **Postpartum Support International:** (800) 944-4773. www.postpartum.net
WARM LINE: leave a message and counselor will call you back.
- ❖ **New MOMS Connect:** (323) 761-8800 x1028.
WARM LINE: leave message and counselor will call you back.
- ❖ **Suicide Prevention Center:** (800) 784-2433 or (310) 391-1253.
Available 24 hours a day, 7 days a week.

RESOURCES AND REFERRALS FOR COUNSELING

- ❖ **211 - Los Angeles Information Line:** Dial 211. Available 24 hours a day, 7 days a week. Ask the operator for maternal depression resources in your area.
- ❖ **Didi Hirsch Community Mental Health:** (310) 390-6612. Counseling centers at various locations throughout Los Angeles.
- ❖ **Kedren Community Health Center:** (323) 233-0425. Two counseling centers in South Los Angeles Area.
- ❖ **ACCESS Line:** (800) 854-7771: Available 24 hours a day, 7 days a week. Los Angeles County Mental Health phone referral service.
- ❖ **Coalition of Mental Health Professionals, Inc:** (323) 777-3120. Counseling throughout Los Angeles County.
- ❖ **National Depression Hotline:** (800) 773-6667 (Information and referral line). Available 24 hours a day, 7 days a week.
- ❖ **Depression After Delivery:** (800) 944-4773. Available 24 hours a day, 7 days a week. <http://www.depressionafterdelivery.com>
- ❖ **National Association of Mothers' Centers:** (800) 645-3828
Available 24 hours a day, 7 days a week.



It's OK to ask for help.