MMHLA
Maternal Mental Health
LEADERSHIP ALLIANCE

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National Mental Health Helpline and Hotlines

info@mmhla.org | mmhla.org | @mmhla2

National Maternal Mental Health Hotline	Postpartum Support International Helpline	Suicide and Crisis Lifeline
Hotline: for individuals who are not in crisis but need real-time support and assistance for maternal mental health conditions	**Helpline:** for individuals who are not in crisis but need resources and referrals for maternal mental health conditions	**Crisis Line:** for individuals needing support for a suicidal, mental health, and/or substance use crisis
1-833-TLC-MAMA (1-833-852-6262)	1-800-944-4773	988
mchb.hrsa.gov/national-maternal-mentalhealth-hotline	postpartum.net/get-help	988lifeline.org
24 / 7 / 365 response within 5 minutes	Help-seekers call or text a message; volunteers respond	24 / 7 / 365 live connection within 60-90 seconds
• English and Spanish • Other languages available via translator	English and Spanish	• English and Spanish • Other languages available via translator
Voice and text	Voice and text	Voice, text, and chat
Serving pregnant and postpartum people and their families in the United States	Serving pregnant and postpartum people and their families in the United States and Canada	Serving anyone in the United States and providing special assistance for military veterans and for people who are deaf and hard of hearing
Staffed by paid professionals	Staffed by volunteers	Staffed by both paid professionals and volunteers
Provides support, education, information, brief intervention, resources and referrals. Makes connections to Postpartum Support International's Helpline for additional support.	Provides connections to Postpartum Support International resources, including local and/or specialized volunteer coordinators, support groups, and an online provider directory	Provides support and referrals to local resources
Provides "hot" handoffs to 988, Domestic Violence Hotlines, and Disaster Distress Hotlines		Provides "hot" handoffs to National Maternal Mental Health Hotline (and other hotlines)