

Resources where to go for help

If you or someone you know is in crisis or thinking of suicide, get help quickly.

24 hour hotline in Maryland - 1-800-422-0009

National Suicide Prevention Lifeline at 1-800-273-TALK

(1-800-273-8255) | TTY: 1-800-799-4TTY (4889)

Call 911 for emergency services or go to the nearest emergency room

Non - emergency resources

**Healthy New Moms - a program of the
Mental Health Association of Maryland**
443-901-1550 | www.healthynewmoms.org

Postpartum Support Maryland
240-432-4497 | www.postpartummd.org

Postpartum Support International (PSI)
800-944-4PPD | www.postpartum.net

Postpartum Progress
www.postpartumprogress.com

PPDMOMS
800-PPD-MOMS (773-6667)
www.1800ppdmoms.org

**The Perinatal Depression & Anxiety Outreach
Program** at Sinai Hospital of Baltimore
410-601-7832

MotherRisk
www.motherisk.org

Network of Care - Maryland
www.maryland.networkofcare.org



National Institute of Mental Health (NIMH)
866-615-6464 | www.nimh.nih.gov
Clinical Trials: www.clinicaltrials.gov

**Massachusetts General Hospital
Center for Women's Mental Health**
www.womensmentalhealth.org

MCPAP for Moms
(Massachusetts Child Psychiatry Access Project)
www.mcpapformoms.org



Support Groups

Annapolis

at Anne Arundel Medical Center, contact Lindsay Rosa at 774-254-2619 or linds50396@hotmail.com

Baltimore

- at Sinai Hospital, contact Sara Daly, LCSW-C, at 410-601-7832 or skdaly@lifebridgehealth.org

- at Greater Baltimore Medical Center, contact Lanny Dowell at 443-849-6287 or parent_education@gbmc.org

- at Mercy Medical Center, contact the Lactation Resource Center at 410-332-9060

La Plata

at the Center for Children in La Plata, Maryland, contact bond@center-for-children.org or call 301-609-9887 x111

Elkton

at Union Hospital, contact bchipriano@uhcc.com or call 410-620-3773

Hagerstown

at Women's Health Center at Robinwood 11110 Medical Campus Road Suite 249 (Blue Entrance) Hagerstown, MD, contact info@hagerstownbirth.org or 240-217-5091

Olney

at MedStar Montgomery Hospital, FREE but must register before attending, contact 301-774-8881 and press 3

Silver Spring

at Holy Cross Resource Center, contact MDpostpartum@gmail.com or call 240-432-4497

Westminster

at the Tevis Center for Wellness at Carroll Hospital's 291 Stoner Avenue location in Westminster. If unable to attend a meeting, an OB navigator is available at 410-871-7403, Monday through Friday

Understanding your health coverage

Insurance Company

Contact your insurance company or visit their online directory to get details on your coverage and list of providers. Please note that some providers may not take health insurance, but please don't let that be a barrier to seeking help. Contact your insurance company if you are having difficulty finding a provider who takes your insurance.

Maryland Parity Project

The Maryland Parity Project can assist you to navigate private insurance barriers to accessing mental health care, including helping with appeals or complaints. Call 443-901-1550 or visit www.marylandparityproject.org.

Beacon Health Options

Beacon Health Options manages the mental health and substance use disorder benefit for medical assistance recipients. Contact them for assistance in finding a provider or accessing services. Call (800) 888-1965 or visit www.maryland.beaconhealthoptions.com.