

# MATERNAL MENTAL HEALTH HOTLINE



- PHONE OR TEXT ACCESS TO PROFESSIONAL COUNSELORS
- REAL-TIME SUPPORT AND INFORMATION
- RESPONSE WITHIN A FEW MINUTES, 24 HOURS A DAY, 7 DAYS A WEEK
- RESOURCES
- REFERRALS TO LOCAL AND TELEHEALTH PROVIDERS AND SUPPORT GROUPS
- CULTURALLY SENSITIVE SUPPORT
- COUNSELORS WHO SPEAK ENGLISH AND SPANISH
- INTERPRETER SERVICES IN 60 LANGUAGES

The hotline is accessible by phone or text at 1-833-9-HELP4MOMS (1-833-943-5746) in English and Spanish. TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746.

The Maternal Mental Health Hotline is not intended as an emergency response line. Individuals in behavioral health crisis should call or text **988**, the suicide and crisis lifeline.

For more information: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq>