

FACT SHEET

NATIONAL MENTAL HEALTH HOTLINES

MATERNAL MENTAL HEALTH HOTLINE



1-833-9-HELP4MOMS
1-833-943-5746



Maternal Mental Health Hotline:
mchb.hrsa.gov/national-maternal-mental-health-hotline



HOTLINE- For individuals who are not in crisis but need real-time support and assistance for MMH conditions



24/7/365 response within 5 minutes



Hosted and funded by HRSA
Administered by Postpartum Support International



Launched May 2022



English and Spanish
Other languages available via translator



Voice and Text



Pregnant and postpartum people and their families in the United States



Staffed by paid professionals



Provides support, education, information, brief intervention, resources, & referrals



Provides "hot" handoffs to 988, Domestic Violence, and Disaster Distress Hotlines

988



988



988 National Suicide Prevention Lifeline: samhsa.gov/find-help/988



CRISIS LINE- For individuals needing support for a suicidal, mental health, and/or substance use crisis



24/7/365 live connection within 60-90 seconds



Hosted and funded by SAMHSA
Administered by Vibrant Emotional Health
Calls are routed to network of over 200 centers based on area code



Launched July 2022



English and Spanish
Other languages available via translator



Voice, Text, & Chat



Anyone in the United States
Special assistance for military veterans



Staffed by both paid professionals & volunteers



Provides support & referrals to local resources



Provides "hot" handoffs to MMH Hotline (and other hotlines)