

# Mental Health Resources

Unfortunately, postpartum anxiety and depression is still taboo and often goes unaddressed. However, Postpartum Anxiety and Depression (PPAD) and Perinatal Mood and Anxiety Disorders (PMADs) are different from “baby blues.” Baby blues or “postpartum blues” are feelings of sadness in the first few weeks after having a baby, affecting 85% of new moms. This is usually temporary as hormones settle postpartum, but PPAD and PMADs are longer-term more severe conditions.

If you feel that you may need some support, here are helpful resources:

## 01 CPLL Workplace Perinatal Mental Health Screen

<https://cplleadership.com/pmad/>

This screening uses the Edinburgh Postnatal Depression Scale (EPDS), provides scoring, and offers additional resource suggestions

## 02 Postpartum Support International

Warm Line: 800-944-4773

The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. *The HelpLine is not a crisis hotline and does not handle emergencies.*

For Mothers: <https://www.postpartum.net/get-help/help-for-moms/>

For Fathers: <https://www.postpartum.net/get-help/resources-for-fathers/>

## 03 National Maternal Mental Health Hotline

1-833-943-5746 (1-833-9-HELP4MOMS)

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers real-time support and information, with a response within a few minutes, 24 hours a day, 7 days a week.

## 04 National Suicide Prevention Hotline & Website

dial 988 or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationwide; available 24/7

Postpartum Support International (PSI) General Information: <https://www.postpartum.net/learn-more/>