



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 or 2-1-1

National Suicide Prevention Lifeline at 1-800-273-8255 | TTY: 1-800-799-4889

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

NON-EMERGENCY RESOURCES

Healthy New Moms *A program of MHAMD*

443-901-1550

www.healthynewmoms.org

Johns Hopkins Women's Mood Disorder Center

410-502-7449

**Massachusetts General Hospital Center
for Women's Mental Health**

www.womensmentalhealth.org

MCPAP for Moms

(Massachusetts Child Psychiatry Access Project)

www.mcpapformoms.org

MotherRisk

Help Line 877-439-2744

www.motherisk.org

National Institute of Mental Health (NIMH)

866-615-6464

www.nimh.nih.gov

Clinical Trials: www.clinicaltrials.gov

Network of Care - Maryland

www.maryland.networkofcare.org

**Perinatal Depression Outreach Program (PDOP)
at Sinai Hospital of Baltimore**

410-601-7832

www.lifebridgehealth.org

Postpartum Project

310-968-4502

www.postpartumproject.com

Postpartum Support International (PSI)

800-944-4773 (English & Spanish)

www.postpartum.net

Psychiatric Consult Line - 800-944-4773, x4
www.postpartum.net/professionals/perinatal-psychiatric-consult-line/

Postpartum Support Maryland

240-432-4497

www.postpartummd.org

**University of Maryland Women's Mental Health
Program**

410-328-6091

Find Healthy New Moms on





Support Groups

Annapolis

Anne Arundel Medical Center
Contact 443-481-6122 | www.aamcevents.org

Annapolis

Heritage Baptist Church
Contact Amanda
women@heritagebaptistannapolis.org

Baltimore

Sinai Hospital
Contact 410-601-7832

Baltimore

Johns Hopkins Bayview Medical Center
Contact 410-550-5362

Baltimore

Greater Baltimore Medical Center
Contact Lanny Dowell at 443-849-2229
www.gbmc.org/parent-education

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Baltimore

The Womb Room
Every Tuesday evening

Elkton

Union Hospital
Contact Isafian@uhcc.com

Frederick

Frederick County Perinatal Mental Health Support Group
Contact Jessica Kent at 240-285-3785
thebirthingcircle@gmail.com

Hagerstown

Women's Health Center at Robinwood
Contact 240-217-5091
info@hagerstownbirth.org

Olney

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

Silver Spring

Postpartum Depression Support Group
Holy Cross Resource Center
Contact 240-432-4497 | MDPostPartum@gmail.com

Westminster

Tevis Center for Wellness at Carroll Hospital's
Contact 410-871-7000
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 <https://www.mhamd.org/getting-help/health-insurance-protections/>