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 Facebook and Instagram
Support Groups

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

Elkton
Union Hospital
Contact Isafian@uhcc.com

Annapolis
Heritage Baptist Church
Contact Amanda
women@heritagebaptistannapolis.org

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

Baltimore
Sinai Hospital
Contact 410-601-7832

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

Baltimore
Johns Hopkins Bayview Medical Center
Contact 410-550-5362

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

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

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

Baltimore
The Womb Room
Every Tuesday evening

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-protectons/