

Healthy New Moms

Resources for Mothers & Families

Healthy New Moms continues to compile and update perinatal mood and anxiety disorder resources for both families. It is our hope to bring together communities and professionals to support families during pregnancy, pregnancy loss, and the postpartum period.

Emergency Services

If you or someone you know is in crisis or thinking of suicide, get help immediately.

National Maternal Mental Health Hotline | 1-833-9-HELP4MOMS (1-833-943-5746)
24/7, Free, Confidential Hotline for Pregnant & New Moms with counselors who speak English & Spanish (Interpreter services available in 60 languages)

2-1-1 Maryland | 2-1-1 and press 1
211 offers ongoing and immediate mental health support, through a partnership with the Maryland Department of Health, Behavioral Health Administration. The mental health support is free and confidential.

Call 9-1-1 for emergency services or go to the nearest emergency room

Non-Emergency Resources

Johns Hopkins Center for Women's Reproductive Mental Health | 410-502-7449

Sinai Hospital Perinatal Depression Outreach Program | 410-601-7832

University of Maryland Women's Mental Health Program | 410-328-6091

Healthy Babies Collaborative Baltimore County | 443-777-7931

Healthy Babies Collaborative Essex Breastfeeding Moms Luncheon | 410-828-7700

(DMV) Perinatal Mental Health Resource Guide | Directory of therapists in DC-MD-VA region

Postpartum Support International | 800-944-4773 (English & Spanish)

Psychiatric Consult Line: 800-944-4773

2020 Mom | provides pregnant & postpartum women with information about evidenced-based maternal mental health care.

Postpartum Progress | provides support, counseling, & education to women and their families who experience difficulties related to pregnancy, pregnancy loss, & the postpartum period.

Non-Emergency Resources

Massachusetts General Hospital Center for Women's Mental Health

Warrior Mom Forum | A free, private forum in partnership with the company Smart Patients for moms who don't feel comfortable asking questions, commenting or otherwise talking in public about what they're going through.

First Shift Justice Project | The mission of First Shift Justice Project is to empower low income pregnant women & parents to safeguard the economic security & health of their families by asserting their workplace rights.

MothertoBaby | provides expert, confidential and free information about medications and other exposures during pregnancy & breastfeeding.

Infant Risk Center | world-wide call center that provides information about medication use during pregnancy & breastfeeding.

Every Mother Counts | seeks to improve access to maternal health care around the world.

SAFE Project | provides addiction and mental health resources for women.

Office on Women's Health

American Psychological Association | provides information on postpartum depression & anxiety.

National Institute of Mental Health (NIMH) | 1-866-615-6464

For information on clinical trials: <https://clinicaltrials.gov>

Addiction Guide | provides information & resources on substance use

U.S. Food & Drug Administration (FDA) | provides information on medicine & pregnancy.

Community Resources

The Birthing Circle | provides education & resources about pregnancy, birth, postpartum support, & informed choice. The organization also offers community building & knowledge sharing through Facebook groups.

The Womb Room | located in the heart of Hampden, The Womb Room is home to a variety of classes and workshops to help moms and families gather the information and resources they need, as well as to build a strong community of support.

Family Connects Maryland | a short-term home visiting service for select Baltimore City moms who deliver at Sinai Hospital. The program is free & voluntary, & home visits are done by a registered nurse.

The Baby Pantry | provides food, formula, breastfeeding supplies and hygiene products to families of the greater DC area in need.

Community Resources

Maryland Diaper Bank | helps provide diaper supplies to families in need.

WIC Maryland | provides food and breastfeeding support to pregnant women, new mothers, & children under 5.

Babies Born Healthy | targets resources to communities with the highest infant mortality.

Childbirth Education

University of MD Medical Center MD Moms in Training | Contact: MarylandMoms@umm.edu

Stork Childbirth Education | classes for expecting parents, such as childbirth education, baby care, infant CPR, & breastfeeding.

University of Maryland Childbirth Education Program | Contact: ChildBirthEd@umm.edu

Holy Cross Health Maternity Classes | Silver Spring at Holy Cross Hospital, 301-754-8800

Help for New Parents

Maryland Family Network | provides supports for new parents and children.



Healthy New Moms is a program of the Mental Health Association of Maryland with support from the Maryland Department of Health – Behavioral Health Administration. For more information, please visit our website, www.healthynewmoms.org