

A Community Collaboration Toolkit for Pennsylvania Providers

Mental Health Resources and Referrals

Community Based Resources

Perinatal Depression Referral Resources

Finding referral resources to support clients and their families who are experiencing difficulties with perinatal depression can be challenging. Every community is different. Some will have adequate resources located in easily accessible sites. Others will have few resources that are difficult to access. In the event of an emergency, there are several choices.

- Ensure that the client reaches the **Emergency Room** of their local or general hospital.
- Provide the client with the phone number of a community or national **suicide hotline** (www.suicidehotlines.com, 1-800-SUICIDE, or 1-800-273-TALK).

Sometimes clients may not require immediate assistance, but may need support through a counselor or a self-help group. Below are ideas of places to call when looking for a referral:

- **County Office of Mental Health/Mental Retardation.**
- **County Health Department and Community Health Nurses.**
- **County Substance Abuse Agencies.**

- **Health Centers, Federally Qualified Health Centers and Migrant Health Centers** that provide mental health services.
- **Healthy Start and Pennsylvania Maternal and Child Health Programs.**
- **Pennsylvania Family Centers.**
- **State and national organizations** such as the Mental Health Association and National Alliance on Mental Illness.
- **Pennsylvania County Women's Centers/Domestic Violence Agencies.**
- **Community and Faith Based Agencies** such as Catholic Social Services, Jewish Family Services, and Lutheran Family Services
- Parenting, breastfeeding or new mother **support group leaders**
- **Local and general hospitals**, particularly Psychiatry, Behavioral Health and Women's Health Departments
- **Health care providers** such as nurse midwives, obstetricians, pediatricians and primary carephysicians ■