

### Perinatal Depression Consumer Hotlines

Phone Line	Staff	Services Provided	Phone counseling	Foreign Language Service	Sponsoring Organization/Website
<b>PPDMOMS</b> <b>800.PPD.</b> <b>MOMS</b>  24 hours a day, 7 days a week	Crisis counselors and health information specialists trained in perinatal depression (PPD) issues.	The hotline links callers to crisis centers that deal with PPD issues. After initial crisis assessment, specialists provide health information and referrals to peer counselors in their area.	Yes	Yes, medical interpreters available for services in 81 languages	Kristin Brooks Hope Center <a href="http://www.1800ppdmoms.org/">http://www.1800ppdmoms.org/</a>
<b>National Hispanic Perinatal Helpline</b>  <b>800.504.7081</b>  6am-9pm (ET) open M-F  closed on federal holidays	Health Information Specialists w/ BA and phone training	Referrals to free or low income clinics (some of which do not require insurance), mental health providers, substance abuse specialists and primary care physicians	No	Yes, Spanish	National Alliance for Hispanic Health <a href="http://www.hispanichealth.org/prenatal/">http://www.hispanichealth.org/prenatal/</a>



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<b>Postpartum Support International</b>  <b>800.944.4773</b>  8am-3pm (PT) messages  checked every half hour  open every day	Doctors, clinicians and volunteers (some that have experienced PD).  Trained in phone support	Referrals to doctors, therapists and local support groups as well as referral to the PSI online support group  PSI is located in 49 (not in Louisiana) states and 25 countries	Counseling provided over the phone ONLY if a doctor receives the call	Yes	Postpartum Support International  <a href="http://www.postpartum.net">http://www.postpartum.net</a>
<b>Postpartum Stress Center</b>  <b>610.525.7527</b> 24 hours by voicemail (beeper number available for emergencies)  closed Sundays	Voicemail. Clinicians (Master's level or PhD) return phone calls directly	Referrals to support groups, individual counseling, couples counseling and Web site. Consultations available to out-of-state women who are not able to find a postpartum specialist in their local area.	Only under specific circumstances	No	Postpartum Stress Center  <a href="http://www.postpartumstress.com/">http://www.postpartumstress.com/</a>



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<b>PPD Hope Information Center</b>  <b>877.PPD.HOPE</b>  <b>877.773.4679</b>  24 hours a day, open every day	Live answering system. An email is sent to a trained volunteer that has experienced PD who returns the call	Listening and talking about the client's problems. Referrals to Web site and local support groups (if any are available at that time)	No	No	Family Mental Health Institute (was: Family Mental Health Foundation)  <a href="http://www.ppdhope.com/">http://www.ppdhope.com/</a>
<b>National Women's Health Information Center</b>  <b>800.994.9662</b>  9am-6pm (ET)  M-F	Trained health information specialists	Women's health and breastfeeding information available to professionals and consumers; referrals to support groups, health professionals, organizations, and publications.	No, mostly referrals. Counseling available for general breastfeeding information.	Yes, Spanish. Selected materials available in other languages.	U.S. Department of Health and Human Services, Office of Women's Health <a href="http://www.4woman.gov/owh/">http://www.4woman.gov/owh/</a>



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<b>PA Healthy Baby Helpline</b>  <b>800.986. BABY (2229)</b>  7am-7pm (ET) M-F  9am-3pm (ET) Sat. & Sun.	Trained health information specialists	Pre-screenings for Medicaid program and application technical assistance; information and referrals to medical providers and health care coverage programs	No	Spanish hotline, one Russian interpreter and access to a language line	PA Department of Health  <a href="http://www.helpinpa.state.pa.us">www.helpinpa.state.pa.us</a>
<b>National Suicide Prevention Lifeline</b> <b>800.273. TALK</b> (English) <b>888.628. 9454</b> (Español) 24 hours a day, 7 days/wk	Trained Counselors	Call routed to nearest crisis center where individuals and families receive counseling and general information about mental health, and local community resources and services	Yes	Yes, Spanish. Tele-interpreters available to provide services in over 150 languages	Substance Abuse and Mental Health Services Administration  <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>