

Perinatal behavioral health resources for BHHL and CBHC staff

MassHealth’s webpage for pregnant members has helpful information for pregnant and postpartum members including home visiting programs and other resources: mass.gov/masshealthpregnancy

Available in English, Spanish, Portuguese, Haitian Creole, Chinese, and Vietnamese

Organization	Resource	Description
National Maternal Mental Health Hotline	National hotline: Call or text 833-TLC-MAMA (833-852-6262)	<ul style="list-style-type: none"> • 24/7 free, confidential support before, during, and after pregnancy • English and Spanish with interpreters available for other languages • Direct support and referrals to local providers and resources
Postpartum Support International (PSI) Massachusetts chapter <i>Note: PSI is not limited to only postpartum people</i>	National hotline: Call or text 800-944-4773	<ul style="list-style-type: none"> • 24/7 free, confidential support during and after pregnancy • English and Spanish with interpreters available for other languages
	PSI Massachusetts warm line: Call 866-472-1897 or email psiofmass@gmail.com	<ul style="list-style-type: none"> • Leave a message and a trained volunteer should return the call within 24 hours
	Free online support groups: https://www.postpartum.net/get-help/psi-online-support-meetings/	<ul style="list-style-type: none"> • Free online support groups in English and Spanish categorized by topics including <ul style="list-style-type: none"> ○ Pregnancy and infant loss, stillbirth, post-abortion support ○ Groups for fathers, queer and trans parents, Latinx moms, Black moms, south Asian moms ○ Mood disorders, OCD, birth trauma, postpartum psychosis ○ Parents of babies in NICU or high needs babies • <i>Skip the unlimited offer on the payment page - all groups are free</i>
	Provider directory: https://psidirectory.com/	<ul style="list-style-type: none"> • Searchable database of behavioral health providers who specialize in working with pregnant and postpartum patients
	Connect with local PSI volunteer: https://na0.icarol.com/pub/SurveyForm.aspx?org=137966&key=ff5d2d86-0399-401b-808a-60677fe53ba2	<ul style="list-style-type: none"> • Complete and submit a form to connect with a local PSI volunteer/support coordinator

MCPAP for Moms	Resource list for pregnant and postpartum people: https://www.mcpapformoms.org/Resources/PregnantWomen.aspx	<ul style="list-style-type: none"> • Handouts in multiple languages with tools and tips for talking with your provider • National and local resources for mental health and substance use disorder
	Perinatal loss resource list: https://www.mcpapformoms.org/Resources/PerinatalLoss.aspx	<ul style="list-style-type: none"> • List of resources specifically for people experiencing pregnancy and infant loss, including miscarriage and stillbirth
Moms Do Care	Several community-based programs offering perinatal SUD wrap-around services	<ul style="list-style-type: none"> • Specialized support in multiple locations for pregnant, postpartum, and parenting people with past or current substance use disorder
FIRST (Families In Recovery Support) Steps Together	Home visiting program run by DPH for pregnant and parenting people with past or current SUD	<ul style="list-style-type: none"> • Recovery and parenting supports for pregnant and parenting individuals who are affected by current or past substance use and have at least one child 5 or under (you don't need to live with your children to be eligible) • Services are provided by specially trained peer staff who are parents in recovery and mental health counselors
Family Residential Treatment Intake & Pregnant Women's Access	Intake for residential SUD treatment or sober living program placement: Call 866-705-2807	<ul style="list-style-type: none"> • Staff coordinate the assessment and referral process for families in need of residential substance use disorder treatment • Families may be placed directly into any of eight DPH-funded family residential treatment programs, or two sober living programs