**Supportive Resources for Moms and Families**

**Minnesota Resources**

Pregnancy and Postpartum Support Minnesota: [**www.ppsupportmn.org**](http://www.ppsupportmn.org)

Mother-Baby Program at Hennepin Healthcare**:** [**https://www.hennepinhealthcare.org/specialty/psychiatry/mother-baby-program/**](https://www.hennepinhealthcare.org/specialty/psychiatry/mother-baby-program/)

Mother-Baby Intensive Outpatient Program at Nystrom & Associates, LTD: [**https://www.nystromcounseling.com/our-services/mother-baby-intensive-outpatient-program/**](https://www.nystromcounseling.com/our-services/mother-baby-intensive-outpatient-program/)

Perinatal Mental Health Clinic at Prairie Care (telehealth available): [**https://www.prairie-care.com/services/perinatal-mental-health-clinic/**](https://www.prairie-care.com/services/perinatal-mental-health-clinic/)

National Alliance on Mental Illness Minnesota: [**http://www.namihelps.org**](http://www.namihelps.org)

**National Resources**

Postpartum Support International: [**http://postpartum.net**](http://postpartum.net)

Postpartum Progress: [**www.postpartumprogress.com**](http://www.postpartumprogress.com)

Postpartum Stress Center: [**http://postpartumstress.com**](http://postpartumstress.com)

Postpartum Men: **http://postpartummen.com**

**Phone Lines**

Mother-Baby Hopeline—free telephone support service, mental health staff members **612-873-4673(HOPE)**

PPSM Helpline—resources and support, will call back within 24 hours **612-787-7776(PPSM)**

PSI Warmline—basic information and support, staffed by volunteers **1-800-994-4773(4PPD)**

National Suicide Prevention Line **1-800-273-8255 (TALK)**

National Postpartum Depression Hotline—Talk to a mom who’s been there **1-800-773-6667 (PPD-MOMS)**

**Support in Spanish**

Apoyo de PSI para las familias hispano parlantes **1-800-944-4773, #1**