

Postpartum Depression

<http://www.postpartum.net/> 1-800-944-4PPD (4774) Postpartum Depression Phone Support
Helpline available 24 – 7. Postpartum Support International
<http://www.postpartum.net/locations/maryland/> Maryland Resources
<http://www.1800ppdmoms.org/> 1-800-PPD-MOMS (1-800-773-6667) Info on support groups and referrals
<http://postpartumprogress.org/> Info & resources
<http://postpartummd.org/> 240-432-4497 Postpartum Support Maryland
<https://healthynewmoms.org/> 443-901-1550 x215 Info, resources from the Mental Health Association
of Maryland

If you need immediate assistance, please use one of the following resources now:

EMERGENCY: 911

24-hour Crisis Hotline in Maryland: 1-800-422-0009

SUICIDE PREVENTION HOTLINE: 1-800-273-TALK (8255)

LOCAL SUPPORT GROUPS for new moms

Sinai Hospital has a weekly support group meeting:

<http://www.lifebridgehealth.org/Main/PerinatalDepressionOutreachProgram.aspx>

Lisa Kelly lkelly@lifebridgehealth.org 410-601-9057

Perinatal Depression Outreach Program skdaly@lifebridgehealth.org 410-601-7832