

## RESOURCES WHERE TO GO FOR HELP

If you or someone you know is in crisis or thinking of suicide, get help quickly.

24 hour hotline in Maryland - 1-800-422-0009

National Suicide Prevention Lifeline at 1-800-273-8255 | TTY: 1-800-799-4889

Call 911 for emergency services or go to the nearest emergency room

## NON-EMERGENCY RESOURCES

### Healthy New Moms

*A program of MHAMD*

443-901-1550

[www.healthynewmoms.org](http://www.healthynewmoms.org)

### Massachusetts General Hospital Center for Women's Mental Health

[www.womensmentalhealth.org](http://www.womensmentalhealth.org)

### MCPAP for Moms

**(Massachusetts Child Psychiatry Access Project)**

[www.mcpapformoms.org](http://www.mcpapformoms.org)

### MotherRisk

Help Line 877-439-2744

[www.motherisk.org](http://www.motherisk.org)

### National Institute of Mental Health (NIMH)

866-615-6464

[www.nimh.nih.gov](http://www.nimh.nih.gov)

Clinical Trials: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

### Network of Care - Maryland

[www.maryland.networkofcare.org](http://www.maryland.networkofcare.org)

### Perinatal Depression Outreach Program (PDOP) at Sinai Hospital of Baltimore

410-601-7832

[www.lifebridgehealth.org](http://www.lifebridgehealth.org)

### Postpartum Project

310-968-4502

[www.postpartumproject.com](http://www.postpartumproject.com)

### Postpartum Support International (PSI)

800-944-4773

[www.postpartum.net](http://www.postpartum.net)

(English & Spanish)

### Postpartum Support Maryland

240-432-4497

[www.postpartummd.org](http://www.postpartummd.org)

### PPDMOMS

800-773-6667

[www.1800ppdmoms.org](http://www.1800ppdmoms.org)

Find Healthy New Moms on



MARYLAND  
Department of Health





## ***Support Groups***

### **Annapolis**

Anne Arundel Medical Center  
Contact 443-481-6122 | [www.aamcevents.org](http://www.aamcevents.org)

### **Annapolis**

Heritage Baptist Church  
Contact Amanda  
[women@heritagebaptistannapolis.org](mailto:women@heritagebaptistannapolis.org)

### **Baltimore**

Sinai Hospital  
Contact Sara Daly, LCSW-C  
[410-601-7832 skdaly@lifebridgehealth.org](mailto:skdaly@lifebridgehealth.org)

### **Baltimore**

Greater Baltimore Medical Center  
Contact Lanny Dowell at 443-849-2229  
[www.gbmc.org/parent-education](http://www.gbmc.org/parent-education)

### **Baltimore**

Mercy Medical Center  
Contact 410-332-9604  
[babyclasses@mdmercy.com](mailto:babyclasses@mdmercy.com)

### **Baltimore**

Postpartum Circle at The Womb Room  
Contact Desiree Israel  
[birthdouladesi@gmail.com](mailto:birthdouladesi@gmail.com)

### **Elkton**

Union Hospital  
Contact 410-620-3773  
[bchipriano@uhcc.com](mailto:bchipriano@uhcc.com) or [dgreer@uhcc.com](mailto:dgreer@uhcc.com)

### **Frederick**

Frederick County Perinatal Mental Health Support Group  
Contact Jessica Kent at 240-285-3785  
[thebirthingcircle@gmail.com](mailto:thebirthingcircle@gmail.com)

### **Hagerstown**

Women's Health Center at Robinwood  
Contact 240-217-5091  
[info@hagerstownbirth.org](mailto:info@hagerstownbirth.org)

### **Olney**

MedStar Montgomery Hospital  
FREE but must register before attending,  
Contact 301-774-8881 and press 3

### **Silver Spring**

Mother-To-Mother Connection  
at Holy Cross Resource Center  
Contact 240-432-4497 | [MDPostPartum@gmail.com](mailto:MDPostPartum@gmail.com)

### **Westminster**

Tevis Center for Wellness at Carroll Hospital's  
Contact 410-871-7000  
*If unable to attend a meeting, an OB navigator is available at 410-871-7403, Monday through Friday.*

## ***Understanding your health coverage***

### **Insurance Company**

Contact your insurance company or visit their online directory to get details on your coverage and list of providers. Please note that some providers may not take health insurance, but please don't let that be a barrier to seeking help. Contact your insurance company if you are having difficulty finding a provider who takes your insurance.

### **Maryland Parity Project**

The Maryland Parity Project can assist you to navigate private insurance barriers to accessing mental health care, including helping with appeals or complaints. Call 443-901-1550 or visit [www.marylandparityproject.org](http://www.marylandparityproject.org).

### **Beacon Health Options**

Beacon Health Options manages the mental health and substance use disorder benefit or medical assistance recipients. Contact them for assistance in finding a provider or accessing services. Call (800) 888-1965 or visit [www.maryland.beaconhealthoptions.com](http://www.maryland.beaconhealthoptions.com).