



## PERINATAL & POSTPARTUM MENTAL HEALTH

### [Brandywine Counseling Perinatal Program](#)

The Perinatal Program provides pregnant, parenting, and post-partum women, including birthing partners, specialized case management as an extension to behavioral health services. Counselors and case managers use a strength-based model to help prepare individuals for healthy deliveries and successful parenting. Clients are also linked to a range of services and healthcare facilities

### [Center for Women's Emotional Wellness](#)

Life with a new baby is wonderful, but it can also be unpredictable. Some women have feelings of sadness during and after pregnancy. This program at Christiana Care supports moms during your pregnancy and after your baby is born.

302-733-MOMA (6662)

### [Food Bank of Delaware's Virtual Postpartum Support Group](#)

Postpartum support group for moms with babies under one. Discussing general well-being, nutrition, and community resources every Tuesday 10:30am. Join virtually each week for a special topic and a safe space to share.

### [Department of Health & Human Services Mental Health Services](#)

A nationwide confidential and anonymous source of information for persons seeking treatment in the United States for mental health issues.

### [Sonia Schorr Sloan Maternal Mental Health Program](#)

A community-based, outpatient program by Jewish Family Services which provides maternal behavioral health care for people who experience perinatal mood and anxiety disorders (PMADs). Such support and education will help ensure you gain and strengthen the coping skills to move forward, successfully recover, and care for yourself and your family.

### [Postpartum Depression Help](#)

You are not alone. PSI-DE is the Delaware state chapter of [Postpartum Support International \(PSI\)](#), the world's leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth

National hotline 1-800-944-4773

Text in English: 800-944-4773

Text en Español: 971-203-7773

### [Suicide & Crisis Lifeline](#)

**988** is the National Suicide and Crisis Lifeline. 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones

### [Supporting Kidds](#)

A center providing a compassionate pathway to healing for grieving children and their families.

Their staff is here to answer your calls: Monday, Wednesday & Friday [302-235-5544](#)

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