



## PERINATAL & POSTPARTUM MENTAL HEALTH

### A Door of Hope's *Bridge of Hope Program*

Our *Bridge of Hope Program* offers free, short-term (up to 3 months) mental health services for current clients of A Door of Hope. Finding quality Mental Health Services during and after pregnancy can be very challenging and we want to support you in getting the help that you need during this crucial time. Whether you have a history of anxiety, depression, or other mental health conditions or you are experiencing new symptoms that you're concerned about, we can help. Call our office at [302-998-9000](tel:302-998-9000) to talk with someone about our services and making an appointment.

### 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 \(6662\)](tel:302-733-MOMA)

### SAMHSA - The US Department of Health & Human Services Division for Substance Abuse and Mental Health Services Administration

A nationwide confidential and anonymous source of information for those seeking treatment in the United States for Substance Abuse and/or Mental Health issues. This website has helpful information and a provider look up you can search by area.

### 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](tel:1-800-944-4773)

Text in English: [800-944-4773](tel:800-944-4773)

Text en Español: [971-203-7773](tel: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.