



Mental Health Perinatal & Post-partum

[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

[Suicide & Crisis Lifeline](#)

Dial 988 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones

[Behavioral Health Treatment Services Locator](#)

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

[Post-partum 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