



MY BRAIN & MY BABY
9 Months and Beyond

MENTAL HEALTH RESOURCE SUMMARY

IMMEDIATE ASSISTANCE

Dial 911 or go to your nearest Emergency Room	Dial 911	24/7 Life Threatening Crisis Support.
The National Suicide Prevention Lifeline	Dial 800-273-TALK (8255)	24/7 Crisis Help Line
The National Maternal Mental Health Hotline	Dial 1-833-943-5764	24/7 Call or text for Free, Confidential Support
San Diego Access and Crisis Line	Dial 888-724-7240	Local 24/7 Phone Support & Resources for Behavioral Health
Volunteer Crisis Counselor	Text HOME to 741741 from anywhere in the U.S.	24/7 Crisis Text Support.
San Diego Postpartum Health Alliance	Dial 619-254-0023 www.PostpartumHealthAlliance.org	Postpartum Warm-Line Support (call returned within 24 hours)

ADDITIONAL SUPPORT SERVICES

Postpartum Support International	Dial 1-800-944-4773 Text "Help" www.Postpartum.net	Maternal Mental Health Information and Resources.
Smart Care Behavioral Health Services	Dial 858-956-5901 www.SmartCarebhcsd.org	Find an on-going Mental Health Provider
Psychologytoday.com	www.PsychologyToday.com	Find a Therapist by city / zip code
211 San Diego	Dial 211 www.211.com	Free, 24/7 Community, Health, and Disaster Services Hotline
It's Up to Us	www.Up2SD.org	Offers Local Resources and Mental Health Education
Miracle Babies Facebook Support Group	https://www.facebook.com/groups/miraclebabiesparentsupport/	Private Support Group for Miracle Babies Moms