

Resources for Postpartum Emotional Support

Parenthood is a major life adjustment. Becoming a parent is joyous but it does come with challenges. Be kind to yourself and reach out for support, if it is needed.

Some parents may just like to share experiences with other parents, while other parents may benefit from the one on one support of a mental health professional. In our local area, we have many therapists available who specialize in Perinatal Mood Disorders.

If you find you are struggling, your first step is to consult with your obstetrician or primary care provider.

**If you feel the need for immediate attention
contact the Local Crisis Service: Lenape Valley Foundation
24 hour hot line at 1-800-499-7455 or 215-345-2273**

For a Listing of Area Psychologists Specializing in Perinatal Mood Disorders, Visit:

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/doylestown>

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/montgomery-county>

The National Maternal Mental Health Hotline has licensed professionals available to provide support and share resources 24/7.

This is not an emergency response line.

Phone or text: 1-833-9-HELP4MOMS (1-833-943-5746) English or Spanish



A few **virtual** resources available for you:

Doylestown Health Postpartum Mothers' Group

Join our parent educators along with other postpartum mothers for an opportunity to feel supported, respected, heard and nurtured as you transition to parenthood.

Zoom meetings every Saturday at 10 am. For more information, email mrosenblum@dh.org.

Doylestown Health Breastfeeding Mothers' Group

An opportunity to meet other breastfeeding mothers and share experiences. An International Board Certified Lactation Consultant will answer questions and provide assistance with positioning and latching the baby on the breast, breastfeeding multiples, pumping and supplementing, and more.

In-Person every Wednesday 10am

Zoom meetings every Thursday at 10 am. For more information, email jkrauss3@dh.org.

Postpartum Support International (www.postpartum.net)

(<https://www.postpartum.net/get-help/psi-online-support-meetings/>)

The 4th Trimester Project: (<https://newmomhealth.com/>)

Has a “Meet New Mamas” if you are interested in meeting other mothers on social media.

