

Perinatal Mental Health Resources

If you are experiencing a mental health emergency, please call 9-1-1

Postpartum Support International Help Line

Call: 1-800-944-4773 Text: 503-894-9453

National Suicide Prevention Lifeline

Call: 1-800-273-8255 or text CONNECT to 741741

Walk-in Mental Health Clinic of Frederick, MD

Open daily at 226 S. Jefferson St. Call: (301) 663-0011

Call 2-1-1 Hotline

Free, 24-hour emergency hotline linking you to thousands of local health and human services resources.



You could probably use support if you experience any of the following:

- Feelings of hopelessness, emptiness, sadness
- Anger or Rage
- Restlessness, irritability, moodiness
- Inability to sleep
- Feeling worried or overly anxious
- Persistent doubts about your ability to parent
- Thoughts of harming yourself or baby
- Loss of interest in activities or relationships

Find local therapists, psychiatrists, support groups, and other resources for Frederick and neighboring communities at www.birthingcircle.org