



# postpartum

## MENTAL HEALTH RESOURCES

### Crisis Text line

- ▶ Text "Got5" to 741741

### Emotional Support Helpline

- ▶ 1-844-863-9314 (8 AM – 10 PM)

### National Suicide Prevention Hotline

- ▶ 1-800-273-TALK (8255)
- ▶ 1-888-628-9454 (Español)

### NY Statewide Helpline

- ▶ 1-855-631-0001 or 1-631-422-2255

### Parental Stress Hotline

- ▶ 1-800-632-8188

### PSI Helpline

- ▶ Call or Text: 1-800-944-4773 (English)
- ▶ Call: 1-800-944-4773 or  
Text: 1-971-420-0294 (Español)

### SAMHSA

(Substance Abuse & Mental Health  
Services Administration)

- ▶ 1-800-662-HELP (4357)

### Saratoga Community Health Center

- ▶ 1-518-886-5600

### Saratoga Hospital Emergency Department

- ▶ 1-518-583-8313

### LINKS

- ▶ [Health.ny.gov/ppd](http://Health.ny.gov/ppd)
- ▶ [HealthyChildren.org](http://HealthyChildren.org)
- ▶ [NICHD.NIH.GOV/MaternalMentalHealth](http://NICHD.NIH.GOV/MaternalMentalHealth)
- ▶ [PostpartumNY.org](http://PostpartumNY.org)
- ▶ [ShadesOfLightPS.org](http://ShadesOfLightPS.org)



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