

Parent Resources



PREGNANCY & POSTPARTUM
SUPPORT MINNESOTA PSI-MN

PPSUPPORTMN.ORG

You do not have to suffer alone; help is available.



- Are you feeling sad, anxious, overwhelmed, or irritable?
- Are you having scary thoughts about harming yourself or harm coming to your baby?
- Do you feel you may need to process your identity as a parent or any fears you have about parenthood?
- Are you concerned that you may be experiencing depression or anxiety?

We are here for you!

- **Free** peer one-to-one phone support
- **Free** weekly virtual support group
- Apply for **free** postpartum doula care
- **Free** parent education + resources for self-screening & planning

**Postpartum Support International Helpline:
1-800-944-4773**

**National Maternal Mental Health Hotline:
1-833-9-HELP4MOMS**