

Behavioral Health Resources for Pregnant and Postpartum People and Families

This document provides background information and resources to support perinatal (currently pregnant or pregnant within the last 12 months) individuals and their families who have mental health and/or substance use concerns or needs. This document is intended for staff at the Behavioral Health Help Line, Community Behavioral Health Centers, Behavioral Health Urgent Care centers, and any other staff with access to the BH Workforce Clearinghouse.

Background:

Perinatal mood & anxiety disorders (PMADs) are the most common complication of pregnancy. One in 5 pregnant and birthing people may experience a PMAD, including postpartum depression or anxiety. Fathers, non-birthing parents, and caregivers can also experience PMADs. For more information and resources for families, visit: [Perinatal Mood and Anxiety Disorder \(PMAD\) Initiative | Mass.gov](#).

Mental health conditions and substance use disorders in perinatal individuals, when untreated, can cause serious negative health outcomes for both parents and infants. Having a mental health condition or substance use disorder (SUD) does not define a person's parenting abilities. However, the stigma and repercussions faced by pregnant and parenting people with substance use and mental health concerns can often discourage them from seeking care. For more information and resources for families, visit: [Substance use and mental health resources for pregnant and parenting individuals | Mass.gov](#).

For additional community resources and programs for pregnant and postpartum individuals and their families including home visiting, WIC, and more, visit [Bureau of Family Health and Nutrition | Mass.gov](#).

For MassHealth members:

MassHealth's webpage for pregnant members has helpful information for pregnant and postpartum members including home visiting programs and other resources: mass.gov/masshealthpregnancy.

Doulas provide non-medical support to members and families during pregnancy, delivery, and after delivery, including emotional support. MassHealth covers doula services for members during pregnancy and through 12 months postpartum. For more information and to find a MassHealth doula provider, visit mass.gov/masshealthdoulas.

General perinatal behavioral health support resources:

<u>Organization</u>	<u>Resource</u>	<u>Description</u>
National Maternal Mental Health Hotline	National hotline: Call or text 833-TLC-MAMA (833-852-6262)	<ul style="list-style-type: none"> • 24/7 free, confidential support before, during, and after pregnancy • English and Spanish with interpreters available for other languages • Direct support and referrals to local providers and resources
Postpartum Support International (PSI) Massachusetts chapter <i>Note: PSI is <u>not</u> limited to only postpartum people</i>	National hotline: Call or text 800-944-4773	<ul style="list-style-type: none"> • 24/7 free, confidential support during and after pregnancy, including for non-birthing parents • English and Spanish with interpreters available for other languages
	PSI Massachusetts warm line: Call 866-472-1897 or email psiofmass@gmail.com	Leave a message and a trained volunteer should return the call within 24 hours
	Free online support groups: https://www.postpartum.net/get-help/psi-online-support-meetings/	Free online support groups in English and Spanish categorized by topics including: <ul style="list-style-type: none"> • Pregnancy and infant loss, stillbirth, post-abortion support • Groups for fathers, queer and trans parents, Latinx moms, Black moms, south Asian moms • Mood disorders, OCD, birth trauma, postpartum psychosis • Parents of babies in NICU or high needs babies
	Provider directory: https://psidirectory.com/	Searchable database of behavioral health providers who specialize in working with pregnant and postpartum patients
MA Paid Family and Medical Leave (PFML)	Information about paid leave for perinatal mental health conditions: https://www.mass.gov/news/paid-family-leave-for-mental-health-conditions	Some people may be able to take leave with partial income replacement and job protection through the MA PFML program while they recover from perinatal mental health conditions, including the birthing parent's husband or partner
Jewish Family & Children's Services	Parent support groups: https://www.jfcsboston.org/our-services/center-for-early-relationship-support/new-parent-support	Free support groups that provide safe and nurturing spaces for parents with their babies to give and receive support, ask questions, and begin building a parent community

Pregnancy and infant loss resources:

Organization	Resource	Description
MA DPH	Information about and resources for pregnancy loss for parents and families: https://www.mass.gov/info-details/information-about-pregnancy-loss-for-parents-families	<ul style="list-style-type: none"> • General information about pregnancy loss • Many different resources including financial support, local and virtual support groups, helplines, sibling supports, and more
SHARE Pregnancy and Infant Loss Support	https://nationalshare.org/	Online and in-person support groups and education for families and caregivers related to pregnancy loss, stillbirths and neonatal loss
The Massachusetts Center For Unexpected Infant and Child Death	https://magriefcenter.org	<ul style="list-style-type: none"> • 24-hour counseling, home visits, parent support groups, and parent-to parent contacts • Coordination of services to families affected by SUD or other causes of infant mortality • Annual “Walk to Remember” for families

Substance use resources:

Organization	Resource	Description
Moms Do Care	Several community-based programs offering perinatal SUD wrap-around services	<ul style="list-style-type: none"> • Specialized support in multiple locations for pregnant, postpartum, and parenting people with past or current substance use disorder including perinatal recovery coaching and family care planning and coordination
FIRST (Families In Recovery Support) Steps Together	Home visiting program run by DPH for pregnant and parenting people with past or current SUD	<ul style="list-style-type: none"> • Recovery and parenting supports for pregnant and parenting individuals, including non-gestational partners, who are affected by current or past substance use and have at least one child 5 or under (you don’t need to live with your children to be eligible) • Services including family care planning and coordination provided by specially trained peer staff who are parents in recovery and mental health counselors

Institute for Health and Recovery: Women and Family Referral Center: Residential Treatment & Family Care Plan Coordination	<ul style="list-style-type: none"> Call 1-866-705-2807 or complete short online contact form. Contact Form	<ul style="list-style-type: none"> Available for live calls Monday through Friday 9AM to 5PM Services include coordination of assessment and referral process for families in need of residential substance use disorder treatment and family care plan coordination Families may be placed directly into any family residential, family supportive living and pregnancy-enhanced individual women's programs statewide
MA DPH	Peer Recovery Support Centers: https://www.mass.gov/info-details/peer-recovery-support-centers	Free peer-led spaces that provide individuals in recovery from substance use, as well as families and loved ones affected by addiction, the opportunity to both offer and receive support in their community environment
JOURNEY Recovery Project	https://journeyrecoveryproject.com/	<ul style="list-style-type: none"> Interactive resource for pregnant and postpartum individuals who have questions or concerns about opioids and other substances Focuses on the stories of people with lived experience, offering information, hope, encouragement, and resources for every step of their perinatal journey
Massachusetts General Hospital	HOPE Clinic: https://www.massgeneral.org/obgyn/treatments-and-services/hope-clinic	Complete care for pregnant women and new parents to maximize their ability to navigate pregnancy, early parenting and substance use recovery with success
Boston Medical Center	Project RESPECT: https://www.bmc.org/departments/obstetrics-and-gynecology/obstetrics/project-respect	Individualized, evidence-based medical treatment, behavioral health support, and long-term support with a multidisciplinary team of specialists to help patients navigate recovery before and after delivery
Academy of Perinatal Harm Reduction	https://www.perinatalharmreduction.org/	<ul style="list-style-type: none"> Toolkit including resources for perinatal people: patient rights, a safety plan, provider finder, and birth plan Additional resources for professionals
MA DPH	Harm reduction program locator: https://www.mass.gov/info-details/harm-reduction-program-locator	Find programs throughout the state providing access to overdose reversal medication and training, safer use and sex supplies, infectious disease testing, and other supports
Safe Spot	https://safe-spot.me/	24/7 hotline providing free and confidential virtual spotting services for people who use drugs