

# Perinatal Mental Health Resources: For Families

Healthy Mothers, Healthy Babies Coalition of Georgia and Postpartum Support International Georgia Chapter have created an informational resource guide on perinatal mental health to help families and providers in Georgia access the resources they need. Perinatal mental health includes a range of disorders and symptoms that can occur during pregnancy and postpartum periods.

The guide aims to provide resources to support mental health and wellness and is for informational purposes only. Follow them on social media to stay informed and support their campaign for perinatal mental health.

## Healthy Mothers, Healthy Babies Coalition of Georgia

- Public Resource Portal
- Pickles and Ice Cream Georgia
  - Free online childbirth education classes
  - Free online peer support groups

[www.hmhbga.org](http://www.hmhbga.org)

## Postpartum Support International Georgia Chapter

- Mental Health help line to connect parents to resources and offer support and encouragement
- Find a trained provider
- Free online support groups

[www.psig.org](http://www.psig.org)

## Georgia Birth Advocacy Coalition

- Resources for doula support, education, maternal mental health, refugee support, and lactation consultants.
- Pregnancy/Childbirth Legal Help & Advocacy
- Discrimination in Maternity Care
- Data on Pregnancy & Childbirth

<https://georgiabirth.org/>

## Georgia Council for Recovery

- Recovery Warm line to support parents with Substance Abuse Disorder
- Directory to find a Recovery Community Organization
- Maternal Peer Support program to connect parents with infants in the NICU to peer support services

<https://gasubstanceabuse.org/>

## Phone Numbers

National Suicide Prevention Lifeline | 1-(800)-273-8255

National Maternal Mental Health Hotline | 1-(833)-852-6262

National Crisis Text Line | Text HOME to 741741

National Suicide Prevention Hotline | Call 988

Georgia Crisis & Access Line (GCAL) | 1-(800)-715-4225

MotherToBaby Georgia (Pregnancy and Breastfeeding Exposure) | 1-(855)-789-6222

Postpartum Support International Warm Line | 1-(800)-944-4773 \*call or text\*

CARES Warm line | 1-(844)-326-5400 \*call or text\*

Help Me Grow | 1-888-457-4769

For more resources go to our supplemental online resource list

[bit.ly/PMHresources](https://bit.ly/PMHresources)



# Perinatal Mental Health Resources: For Providers

## PEACE 4 MOMS

PEACE for Moms is a free consultation service that connects Georgia healthcare professionals with psychiatrists who specialize in perinatal mental health. Psychiatrists can assist with many concerns including treatment and medication options, pregnancy planning, and referrals to community resources.

<https://www.peace4momsga.org/>

## Georgia DPH Project ECHO

Georgia Maternal Health ECHO offers a virtual community learning platform to address maternal mortality and severe maternal morbidity rate in Georgia. It aims to enhance knowledge and dissemination of resources to implement solutions by bringing clinicians and community advocates together.

<https://dph.georgia.gov/maternal-health-echo>

## Alliance for Innovation on Maternal Health (AIM)

AIM creates multidisciplinary, clinical condition specific patient safety bundles to support best practices that make birth safer including a safety bundle for perinatal mental health conditions.

<https://saferbirth.org/patient-safety-bundles/>

## Mental Health 1st Aid

Mental Health First Aid is a skills-based training course that teaches participants identify, understand and respond to signs of mental illnesses and substance use disorders

<https://www.mentalhealthfirstaid.org>

## Postpartum Support International

### PSI Provider Directory

PSI offers an online directory of qualified perinatal mental health professionals. Join the registry and share your listing.

### Perinatal Psychiatric Consult Line

This service is provided for medical professionals who have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning.

### Perinatal Mental Health Certification (PMH-C)

The PMH-C Program creates a structure for professional education and evaluation, and a standardization of training and experience to inform families and payers of perinatal mental health specialists.

### Training Sessions

PSI provides top-notch education and training for professionals both in-person and online allowing you to serve your patients with confidence.

## Screening Information

PSI recommends universal screening for prenatal or postpartum mood and anxiety disorders, using validated tools like [Edinburgh Postnatal Depression Screen \(EPDS\)](#) or [Patient Health Questionnaire \(PHQ-9\)](#). The EPDS addresses anxiety along with depressive symptoms and suicidal thoughts, while the PHQ-9 includes suicidal ideation and depression categories defined in DSM. EPDS is widely used and translated into many languages.

PSI recommends universal screening in prenatal, postnatal, and pediatric settings. Settings for maternal mental health screening may include but are not limited to: health care providers (primary care, OB, midwifery, and pediatric), public health, addictions and mental health, community social services, and early childhood programs.

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