

Twin Cities Community *Resources*

Perinatal Mental Health Conditions are the leading complication of childbearing individuals.
You are not alone. Help is available.



CRISIS RESOURCES

- **If in crisis** or experiencing a mental health emergency, **call 911** or go directly to the closest ER
- **National Crisis & Suicide Lifeline: 988**

LOCAL SERVICES

- **Redleaf Center for Family Healing (Hennepin Health):** 612-873-HOPE (-4673)
 - Outpatient groups, therapy, parenting support, perinatal psychiatry, and a partial hospital program (PHP)
- **Nystrom & Associates:** 844-697-8766
 - Intensive outpatient program, individual therapy, and perinatal psychiatry
- **Prairie Care:** 612-274-7494
 - Intensive outpatient program, individual therapy, and perinatal psychiatry
- **PSI Provider Directory:** www.psirectory.com

NATIONAL SUPPORTS

- PSI HelpLine: text "help" to or call **800-944-4773**
- Call or text Maternal Mental Health Hotline **833-TLC-MAMA or 833-852-6262**
- Postpartum Support International (PSI): www.postpartum.net

FACTS ABOUT PERINATAL MENTAL HEALTH CONDITIONS (PMHCs)

80%

of new mothers experience the Baby Blues: mood swings and tearfulness in the first 2-3 weeks postpartum

1 in 5

women and 1 in 10 men experience depression in the perinatal period

20%

of individuals develop anxiety in the perinatal period

1 in 2

women with bipolar disorder are first diagnosed in the postpartum period of life (0-12 months after birth)

OCD, PTSD, Psychosis

Perinatal OCD, postpartum PTSD, and postpartum psychosis are less frequently experienced than depression and anxiety in the perinatal period. While many still suffer silently, it's important to know that these conditions are treatable, and there is hope.

If you or someone you know is struggling with a perinatal mental health condition, reach out for help now.