ProjectTEACH

FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Project TEACH is New York State's Child/Adolescent & Perinatal Psychiatry Access Program.

All Project TEACH services are funded by

NEW YORK STATE | Office of Mental Health









Resources to Support Perinatal Individuals

NEW YORK STATE | Office of Mental Health



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Disclosures

I have no a relevant financial relationship with a commercial interest to disclose.

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Learning Objectives

- Clinicians will refer peripartum individuals with psycho-social stressors to appropriate patient-facing resources.

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Postpartum Support International

- postpartum.net
  - Provider directory
- PSI helpline
  - Call 1-800-9444773
  - SMS text “help” to 1-800-944-4773 for English 971-203-7773 for Spanish
  - App IOS
- Peer support program
- Online Support Groups
  - For moms, dads, BIPOC, Asian/Pacific Islander, queer parents, deaf individuals, military members, ADHD, eating disorders, abortion, fertility
- Weekly call-in chats with mental health experts

Postpartum Resource Center of New York

Parental Mental Health: Finding the Help You Need

Statewide non-profit since 1998 offering free emotional peer support, educational information, healthcare, and support group resources.

PRCNY's Vision: postpartumny.org/project62

Statewide Toll-Free Helpline: 1 (855) 631-0001 (7 days/week, 9am–5pm)

Request help online: www.postpartumny.org/email

Websites: postpartumny.org En Español: pospartony.org

Statewide PMAD Resource Directory: www.postpartumny.org/resourcedirectory

Free Virtual Support Groups: EMERGE Black Moms, Support for Dads, Spanish Mom Support

Training Institute:

- 2-Day PMAD Training
- Workshops, In-Service Trainings, 1-Day Doula Trainings
- Circle of Caring & The Next Step: Navigating the Fourth Trimester Support Group Programs

National Maternal Mental Health Hotline

- National MMH Hotline is a HRSA service –PSI is Contractor
- Funding passed by Congress in December 2021
- Launched Spring 2022
- 24 hours a day, 7 days a week, 365 days a year
- Staffed by licensed mental health clinicians, healthcare, certified peer specialists and childbirth professionals
- Counselors speak English and Spanish and interpreter services available for 60 languages
- Collaborates with Suicide Prevention Lifeline, Domestic Violence Hotline and National Disaster Distress Hotline
- **> 12,000 calls and texts in its first year**
- "Counselors shall provide immediate psychosocial support, evidence-based information, brief intervention, resources and referrals via telephone and text to pregnant or postpartum persons experiencing symptoms of perinatal mental health conditions and their support persons/loved ones“
- https://mchb.hrsa.gov/national-maternal-mental-health-hotline

- **CALL or TEXT: 1-833-TLC-MAMA (1-833-852-6262)**

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Suicide and Crisis Lifeline 988

- **CALL or TEXT 988**
- **For Spanish: 1-888-628-9454**
- free, confidential, available for everyone, 24/7 across the US
- 23,044,100 calls during 2005-2021
- Funded by SAMHSA



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Intimate Partner Violence

- National Domestic Violence Hotline
  - Thehotline.org
  - Call 1-800-799-SAFE (7233)
  - Chat via website with a live advocate or AI
  - SMS: text “start” to 88788
  - Provider Directory
    - Search for shelters, legal advocacy, mental health support and more
    - Search for services that allow pets, specialize in helping native American people, and have interpreters
    - Guides to safety planning- physical safety IRL and cyber-safety online
- New York State Domestic Violence Hotline (English & español/Multi-language accessibility): 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- National Deaf Hotline Videophone 1-855-812-1001 or deafhelp@thehotline.org