

Finding a mental health provider

You can get mental health services through your primary care provider or other trusted health professional. The following are free resources available to help find a mental health provider.

NATIONAL MATERNAL MENTAL HEALTH HOTLINE 1-833-9-HELP4MOMS

Provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers: phone or text access to professional counselors, real-time support and information, resources, referrals to local and telehealth providers and support groups, culturally sensitive support, counselors who speak English and Spanish, interpreter services in 60 languages.

SAMHSA'S NATIONAL HELPLINE

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Visit the online treatment locator:

findtreatment.samhsa.gov

Call 1-800-662-HELP (4357)

BEACON HEALTH OPTIONS

To schedule a substance use assessment or to find treatment providers in your area:

Call 1-866-645-8216, option 2

Mental health emergencies

If you feel like hurting yourself, your baby, or other people, this is a medical emergency.

Call 911 or go to your nearest emergency department.

If you are *NOT* having an emergency but are experiencing a crisis or need immediate support:

**Call or text 988
to reach the National
Suicide Prevention Lifeline.**



Kansas

Mental Health & Substance Use Resources

Pregnancy and Postpartum



Mental health is an important part of general health. It includes emotional, psychological, and social well-being and affects how we think, feel, and act.



A person's mental health can change over time.

It is common to have mental health concerns during a life-changing event, like having a baby. People of every age, income level, race, and culture can experience symptoms.

Substances such as tobacco, alcohol, and drugs, can also impact the health of you and your baby.

These resources can help improve your mental health and well-being during your pregnancy and postpartum period.

It's common to have mental health concerns during a life-changing event, like having a baby. Here are some tips to help you feel better.



FIND SOMEONE YOU CAN TALK TO

Talk to a family member, friend, health care professional, or support program.



SLEEP IS CRITICAL

Lack of sleep can contribute to heightened emotions. Work with your family to create a schedule where everyone can get some uninterrupted sleep.



TAKE TIME TO YOURSELF

Self-care is not selfish! Being a parent is just one of the roles you play. It is important to take time to do the things you love.



SHARE YOUR FEELINGS

Good communication is the only way others can understand what you are going through. This is important so that they can support you!

Support Services

POSTPARTUM SUPPORT INTERNATIONAL (PSI)

PSI has free resources for people experiencing mental health concerns during pregnancy, after the birth of a child, or following a pregnancy, infant, or child loss. PSI support services include:

Online Support Meetings

Whether you are going through stress, adjustment to parenting, Baby Blues, or pregnancy or postpartum depression/anxiety, online support groups are here for you.

postpartum.net/get-help/psi-online-support-meetings

Chat with an Expert

Join a weekly call and talk with a PSI expert about symptoms, resources, treatment options and more. There is no need to pre-register or give your name. postpartum.net/get-help/chat-with-an-expert

1-800-CHILDREN

To find resources near you, call **1-800-CHILDREN** or search the online resource database.

1800childrenKS.org

PEER SUPPORT

In addition to the online peer support groups offered by PSI, you can search for peer support groups in Kansas.

supportgroupsinkansas.org