

## Resources: where to go for help

If you or someone you know is in crisis or thinking of suicide, get help quickly.

**24 hour hotline in Maryland - 1-800-422-0009**

**National Suicide Prevention Lifeline at 1-800-273-TALK**

**(1-800-273-8255) | TTY: 1-800-799-4TTY (4889)**

**Call 911 for emergency services or go to the nearest emergency room**

## Non - emergency resources:

**Healthy New Moms - a program of the Mental Health Association of Maryland**

443-901-1550 | [www.healthynewmoms.org](http://www.healthynewmoms.org)

**Postpartum Support Maryland**

240-432-4497 | [www.postpartummd.org](http://www.postpartummd.org)

**Postpartum International (PSI)**

1-800-944-4PPD | [www.postpartum.net](http://www.postpartum.net)

**Postpartum Progress**

[www.postpartumprogress.com](http://www.postpartumprogress.com)

**PPDMOMS**

800-PPD-MOMS (773-6667) |

[www.1800ppdmoms.org](http://www.1800ppdmoms.org)

**The Perinatal Depression & Anxiety Outreach Program**

Sinai Hospital of Baltimore Community Initiatives | 410-601-7832

**MotherRisk**

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

**Network of Care- Maryland**

<http://www.maryland.networkofcare.org>



**National Institute of Mental Health (NIMH)**

1-866-615-6464 | [www.nimh.nih.gov](http://www.nimh.nih.gov)

Clinical Trials: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

**Massachusetts General Hospital**

**Center for Women's Mental Health**

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



## Support groups

**Annapolis** meets 4<sup>th</sup> Tuesday of every month at Anne Arundel Medical Center; contact Lindsay Rosa at 774-253-2619 or [linds50396@Hotmail.com](mailto:linds50396@Hotmail.com)

**Baltimore** meets Wednesdays from 2:30 – 4p.m. at Sinai Hospital; contact Sara Daly, LCSW-C, at 410-601-7832 or [skdaly@lifebridgehealth.org](mailto:skdaly@lifebridgehealth.org)

at Greater Baltimore Medical Center, contact Lanny Dowell at 443-849-6287 or [parent\\_education@gbmc.org](mailto:parent_education@gbmc.org)

meets every Monday from 10 a.m. to 12 p.m. at Mercy Medical Center; contact the Lactation Resource Center at 410-332-9060 for more information

**Elkton** meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month from 3:30 to 5 p.m. at Union Hospital; contact [bchipriano@uhcc.com](mailto:bchipriano@uhcc.com) or call 410-620-3773

**Hagerstown** meets the 1<sup>st</sup> Tuesday of each month from 10 – 11:30 a.m.; contact [info@hagerstownbirth.org](mailto:info@hagerstownbirth.org) for more information or visit [www.facebook.com/HagerstownBirth](http://www.facebook.com/HagerstownBirth)

**Olney** meets Mondays from 10-11:30am at MedStar Montgomery Hospital, for more information contact: 410-718-2229 or 301-466-9457

**Silver Spring** meets 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month from 6 – 7:30 p.m. at Holy Cross Resource Center; contact: [MDpostpartum@gmail.com](mailto:MDpostpartum@gmail.com) or call 240-432-4497

## Understanding your health coverage

**Insurance Company** Contact your insurance company or visit their online directory to get details on your coverage and list of providers. Please note that some providers may not take health insurance, but please don't let that be a barrier to seeking help. Contact your insurance company if you are having difficulty finding a provider who takes your insurance.

**Maryland Parity Project** The Maryland Parity Project can assist you to navigate private insurance barriers to accessing mental health care, including helping with appeals or complaints. Call 443-901-1550 x206 or visit [www.marylandparityproject.org](http://www.marylandparityproject.org)

**ValueOptions** ValueOptions manages the mental health and substance use disorder benefit for medical assistance recipients. Contact them for assistance in finding a provider or accessing services. Call (800) 888-1965 or visit [www.maryland.valueoptions.com](http://www.maryland.valueoptions.com)