

Maternal Mental Health Referral Resources

Resource	Contact Information	Services
Postpartum Support International (PSI)	1-800-944-4773 Text "Help" to 800-944-4773 https://www.postpartum.net/	You are not alone, and you are not to blame. Help is available. You will get better. Please note the PSI HelpLine does not handle emergencies. People in crisis should call their local emergency number or the Suicide & Crisis Lifeline at 988.
National Maternal Mental Health Hotline	1-833-TLC-MAMA (1-833-852-6262) TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.	The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. Hotline offers counselors who speak English and Spanish and interpreter services in 60 languages.
Mental Health Hotlines	Dial 2-1-1 www.ne211.org	Access to a variety of services and resources throughout Nebraska
Nebraska Rural Response Hotline	1-800-464-0258 https://farmhotline.com/	When a farmer, rancher or rural resident calls the HOTLINE, staff can assist callers in dealing with stress, depression, and other mental health issues through the COMHT (Counseling, Outreach and Mental Health Therapy) Program
The Boys Town National Hotline	1-800-448-3000 Text VOICE to 20121 https://www.boystown.org/hotline/Pages/default.aspx	Free resource and counseling service that assists youth and parents nationwide.
988 Suicide & Crisis Lifeline	Call or text: 988 Chat: https://988lifeline.org/	United States-based suicide prevention network of over 160 crisis centers that is available to anyone in suicidal crisis or emotional distress