



Maternal Mental Health Resources

[Maternal Mental Health Information and Resources from Oklahoma State Department of Health](#) – information and resources for parents and professionals

[Postpartum Support International](#) – national organization that provides current information, education, and resources regarding perinatal mental health, includes online and facebook forums for mothers

[National Maternal Mental Health Hotline](#) – free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. **1-833-852-6262** also National Suicide & Crisis Lifeline - **988**

[Oklahoma Perinatal Quality Initiative Collaborative \(OPQIC\) Resource Map](#) – locate Postpartum Mental Health Trained Providers across Oklahoma

[Center for Children and Families, Norman](#) – services to improve the lives of children; perinatal mental health counseling services available

[Chickasaw Nation MomCircle](#) – practical tips and expert advise for new mothers

[Family and Children Services, Tulsa](#) - services to assist those struggling with or at risk of mental health concerns during pregnancy or postpartum.

[Healthy Start Perinatal Depression and Anxiety](#) - Spanish language brochures

[Oklahoma Network of Care](#) - resource for individuals, families and agencies concerned with mental health and substance abuse.

[Parent-Child Assistance Program](#) – home visitation and case management for pregnant and parenting women with substance use disorders

[Period of Purple Crying](#) – resources and information infant crying and prevention of Shaken Baby Syndrome

[Thrive Mama Collective](#) – offers services, classes, and support groups for pregnant women and new families in the Oklahoma City area.

[Tough As A Mother](#) – support for mothers using alcohol, marijuana and/or other drugs to cope with stress or trauma

[Expanded Pregnancy and Postpartum Coverage for SoonerCare Members](#) – information on full benefits

For Healthcare Providers:

[ACOG- Addressing Perinatal Mental Health Conditions in Obstetric Settings](#), free online education for obstetric care providers

[ACOG- Perinatal Mental Health Tool Kit](#) – educational tools for obstetric care providers

[AIM-Perinatal Mental Health Conditions](#) patient safety bundle