

Helpful Information

For When You Get Home



Breastfeeding Support

Oklahoma Breastfeeding Hotline

1-877-271-MILK (6455) or Text OK2BF to 61222

Coalition of Oklahoma Breastfeeding Advocates

<https://www.okbreastfeeding.org/breastfeeding-help.html>



New Mom Health & Family Support

The 4th Trimester Project

A village for mothers

www.newmomhealth.com

www.saludmadre.com



Mental Health Support

Maternal Mental Health Hotline:

TEXT or CALL

1-833-9-HELP4MOMS English & Español

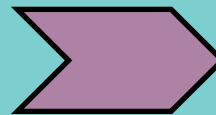
www.postpartum.net



Visit our Website

For LINKS & MORE

<https://opqic.org/forpatients>



Don't hesitate!

Contact your provider with questions

Call 911 for a medical emergency

Call 988 for a mental health emergency

For further assistance contact: PatientSupport@opqic.org



OKLAHOMA PERINATAL QUALITY
IMPROVEMENT COLLABORATIVE