



The hotline is accessible by phone or text at 1-833-9-HELP4MOMS (1-833-943-5746) in English and Spanish. TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746.

The Maternal Mental Health Hotline is not intended as an emergency response line and individuals in behavioral health crisis should continue to contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).