Helpful Information

Mental Health Support
Maternal Mental Health Hotline
TEXT or CALL 24/7 Hotline
1-833-TLC-MAMA English & Español
www.postpartum.net

New Mom Health & Family Support
The 4th Trimester Project
"A village for mothers"
www.newmomhealth.com www.saludmadre.com

Breastfeeding Support
1-877-271-MILK (6455) 24/7 Hotline
Text OK2BF to 61222
Coalition of Oklahoma Breastfeeding Advocates
https://www.okbreastfeeding.org/breastfeeding-help.html

Visit our Website...
To find links to more support resources
or
Contact: PatientSupport@opqic.org
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