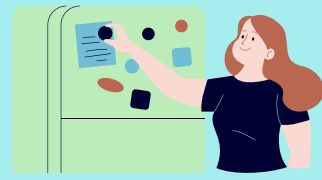


Helpful Information



Keep this handy for when you need support at home...

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>

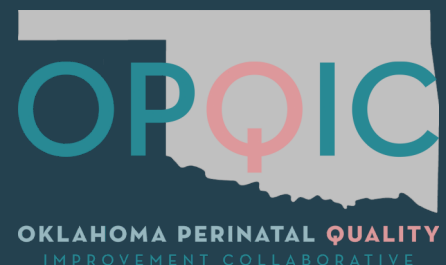


Don't hesitate!

Contact your provider with questions

Call 911 for a medical emergency

Call 988 for a mental health emergency



OKLAHOMA PERINATAL QUALITY
IMPROVEMENT COLLABORATIVE