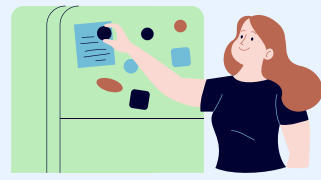


Helpful Information

Place on your refrigerator along with Post-Birth Warning Signs



Mental Health



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

Expert Advice



The 4th Trimester Project
Expert information for parents and families
www.newmomhealth.com
www.saludmadre.com

Breastfeeding



COBA 24/7 Hotline
Text OK2BF to 61222
1-877-271-MILK (6455)
www.okbreastfeeding.org

More Resources



Contact OPQIC for more support
www.opqic.org
PatientSupport@opqic.org

Don't hesitate!

Call 911 for a medical emergency
Call 988 for a mental health emergency
Contact your provider with Questions

