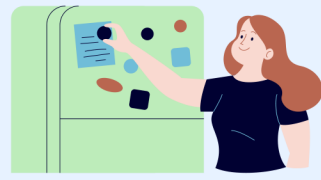


# Helpful Information

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  
postpartum.net

## Expert Advice



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

## Breastfeeding



FREE 24/7 Hotline  
Text OK2BF to 61222  
1-877-271-MILK (6455)  
obrc.ouhsc.edu

## More Resources



Contact OPQIC for more support  
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

