

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 or
visit postpartum.net

Expert Advice



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

Breastfeeding



FREE 24/7 Hotline
1-877-271-MILK (6455)
Get the app! Search “OK BF” in your
app store to access free resources.

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.

