

## Resources to support patients experiencing maternal mental health challenges



### The Motherhood Space Resources

Maternal mental health conditions are the most common complication of pregnancy and childbirth. The Motherhood Space includes a team of psychologists and psychiatry providers who specialize in perinatal mental health to help expectant and new moms enhance their emotional well-being and improve their ability to cope and function in daily life.

#### The Motherhood Space Video Series

This free education and coping skills series provides helpful evidence-based information on healthy coping during pregnancy and the postpartum period. Scan the QR code to the right to access the videos on our Youtube channel.



#### The Motherhood Space Day Program

Part of Baptist Medical Center Jacksonville, this perinatal-specific program is tailored to help new and expectant moms who are experiencing maternal mental health challenges. Led by our team of psychologists and psychiatric providers who specialize in perinatal mental health, the day program uses evidence-based strategies for coping with PMADs while also emphasizing overall wellness and self-care.

Call **904.376.3800** and select option **4** to learn more about these offerings.

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### Additional Maternal Mental Health Resources

In addition to the resources above, Postpartum Support International (PSI) provides free resources on their website including:

- Online support groups for 20+ different topics and audiences
- An online store with links to books and workbooks on PMADs
- A directory to help you find a provider or support group in your area

You can access these resources and more at [postpartum.net](https://www.postpartum.net).

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### Crisis Support Resources

#### National Suicide Prevention Lifeline — [Lifeline.org](https://www.lifeline.org)

Hours: Available 24 hours. Languages: English, Spanish.

Phone number: **988**

#### Crisis Text Line — [Crisistextline.org](https://www.crisistextline.org)

Text HOME to **741741** from anywhere in the United States, anytime. A live, trained crisis counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

#### PSI Perinatal Psychiatric Consult Line — [postpartum.net/professionals/perinatal-psychiatric-consult-line/](https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/)

A free consultation line for medical providers around psychotropic medications in the perinatal period.

*In case of emergency, please contact **911** or report to the nearest Emergency Department.*

For more information about the The Motherhood Space and these resources, call **904.376.3800** and select option **4** or visit [baptistjax.com/motherhoodspace](https://www.baptistjax.com/motherhoodspace).