



Behavioral Health Resources

Free Supports for New Parents

Local support groups

First Connections: Virtual with monthly in person meetings - [Register here for link and in person dates](#)

Parents with babies 0-12 mo can come together for this supportive, nonjudgmental, confidential group to share stories, learn from each other, and receive evidence-based information about their own emotional well-being, feeding and sleep challenges, and babies' development. The group is facilitated by Emily Fiorini, MA, an infant-parent mental health counselor, and featured guest speakers on designated dates.

Emily Fiorini, LMHC is also available for 1 on 1 on consults and can help with referrals to therapists specializing in Postpartum Mood and Anxiety disorders. Contact Emily Fiorini, MA at efiorini@jri.org for more information.

Virtual support groups

Postpartum Support International

- **Apoyo Perinatal:** Spanish support group for new moms;
- **Desi Chaat:** Support Group for South-Asian moms;
- **Black Mamas Matter:** Black Moms Connect
- **New Dad:** monthly support group for new dads
- **Military Moms:** support group for military spouses, active duty personnel and veteran moms
- **Single Perinatal Parent Support Group:** support group for single parents
- **Queer and Trans Parent Support Group:** support group for all members of the queer community

See the full list of support groups here: www.postpartum.net/psi-online-support-meetings

Other options

National Maternal Mental Health Hotline: Provides mental health support for new and expecting parents: 1-833-852-6262 (TLC-MAMA)

Parental Stress Line: Supportive and confidential helpline: 1-800-632 8188
www.parentshelpingparents.org/parental-stress-line

Postpartum Support International: www.postpartum.net Support Line: 1-800-944-4773
Offers perinatal/postnatal mental health education and many other support options

Talk to your child's pediatrician or your OB-GYN Provider:

Your pediatrician/OB Provider may be able to make referrals to additional support and they want to know how you're doing. The mental well-being of a parent is a critical part of your family's overall health.

