



## 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 wellbeing, 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](mailto: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](http://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](http://www.parentshelpingparents.org/parental-stress-line)

**Postpartum Support International:** [www.postpartum.net](http://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.