

PREGNANCY & POSTPARTUM EMERGENCY CONTACTS

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IMMEDIATE DANGER OR SUSPECTED PSYCHOSIS: CALL 911

Or go to the nearest emergency department. Tell responders the person is pregnant or recently gave birth.

988 Suicide & Crisis Lifeline: call or text 988

National Maternal Mental Health Hotline: call or text 1-833-TLC-MAMA (1-833-852-6262)

211: local community resources

OUR CARE TEAM

OB / Midwife: _____ Phone: _____

Mental health provider: _____ Phone: _____

After-hours contact: _____

Preferred hospital/emergency department: _____

OUR VILLAGE

Partner / support person: _____ Phone: _____

Backup trusted adult: _____ Phone: _____

Person who can care for baby: _____ Phone: _____

Neighbor, church, or community contact: _____ Phone: _____

IMPORTANT INFORMATION

Medications: _____

Allergies: _____

Medical / mental health history: _____

If something feels unsafe, do not wait for a callback, a support group, or a routine appointment. Call 911.

Postpartum psychosis is treatable. Recovery is possible. No one should walk alone.