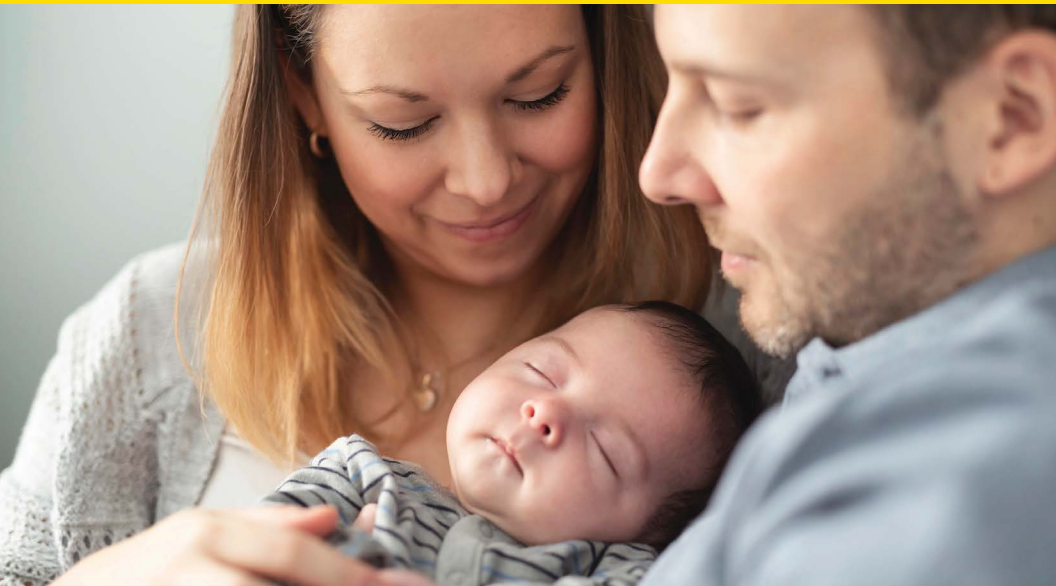


MetroPlusHealth

Perinatal Mental Health Resources





Helplines

988 Suicide and Crisis Lifeline

Available to all people living in New York who need to discuss mental health related problems such as coping with stress, depression, anxiety, or drug and/or alcohol abuse. This service is run by the New York City Department of Health and Mental Hygiene and is available for 200+ languages 24/7/365.

Call or text **988**

Visit **988lifeline.org** to use the online chat function

National Maternal Mental Health Hotline

Health Resources and Services Administration (HRSA) offers a free, confidential and national maternal mental health hotline to mothers in need.

Call or text **833.852.6262**

Express Care

For members experiencing a behavioral health crisis. Telephonic crisis and emotional support intervention for members 24/7/365.

Three-way call to **516.412.6921**

LIFENET Mental Health Services

A confidential, toll-free help line for New York City residents. The hotline's staff of mental health professionals helps callers find the most appropriate mental health and substance abuse services for their needs.

1.800.LIFENET / 800.543.3638

Virtual mental health

Valera Health

Provides psychotherapy, medication management, and group therapy for eligible members who are twelve years of age and older.

Valera Health MetroPlusHealth Client Page

Brooklyn Parent Support

Specialize in reproductive and perinatal psychiatry, providing psychiatric evaluation, medication management and psychotherapy.

brooklynparentsupport.com

Offers both in person and telehealth appointments

Brave Health

Connect with a licensed online therapist for flexible, confidential sessions tailored to your needs — all from the comfort of home.

bebravehealth.com



Support groups

Postpartum Support International

Specialized groups are available for different needs and demographics, including ADHD, bipolar disorders, birth trauma, and specific support for Black, Indigenous, and People of Color (BIPOC) parents. Groups also address loss and grief related to early pregnancy, fertility challenges, and stillbirth, alongside support for diverse family situations such as military families, NICU parents, single parents, and LGBTQIA+ parents.

PSI Online Support Meetings

Also offers a helpline: Please leave a message and a trained volunteer or staff person will return your call within 24 hours.

Call or text **800.944.4773**

Postpartum Resource Center of New York

This organization provides free, confidential, and emotional support to parents before, during, and after having a baby. Toll free State-wide Helpline 7 days a week 9am – 5pm.

Call **855.631.0001**

postpartumny.org

Just Birth Space

Provides perinatal support through online text support, phone/video support, and weekly in person group support groups. This program supplies postpartum, parenting/perinatal mental health support and assistance for parents.

Text **646.681.1648** to request support

Just Birth Space Community Connect

Bereavement support

The Pregnancy Loss Support Program (PLSP) of NCJW NY

Offers free telephone counseling and support groups for parents who have experienced a miscarriage, stillbirth, newborn death or termination

Call **646.884.9464**

Remembering You, Remembering Us

The anonymous support group allows grieving family members who experienced pregnancy, infant, or reproductive loss access to peer and professional support free of cost and from the comfort of their own home.

Virtual Perinatal Bereavement Support



Additional resources

New York State Perinatal Depression Support

New York City Maternal Mental Health Services

Project TEACH Maternal Mental Health Resources

ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1-800-303-9626 (TTY: 711).

ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al 1-800-303-9626 (TTY: 711).

请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 1-800-303-9626 (TTY: 711)。

MetroPlus Health Plan, Inc. is an HMO, HMO D-SNP plan with a Medicare contract. MetroPlus Health Plan, Inc. has a contract with New York State Medicaid for MetroPlus UltraCare (HMO D-SNP) and a Coordination of Benefits Agreement with the New York State Department of Health for the MetroPlus Advantage Plan (HMO D-SNP). MetroPlusHealth is not affiliated with, endorsed by, or otherwise related to the federal government, CMS, HHS, and/or Medicare. Enrollment in MetroPlus Health Plan, Inc. depends on contract renewal. MetroPlus Health Plan, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-986-0356 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-986-0356 (TTY: 711)。

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