
Resources and information available to parents

Where I can find help:

- To find someone trained in mental health during pregnancy and postpartum, including miscarriage, stillbirth, infant loss, and adoptive parents and partners, go to: MaternalMentalHealth.utah.gov. You can search by provider type, insurance type, and if they do virtual visits.
- To find support groups, go to MaternalMentalHealth.utah.gov and type “Support Groups” for provider type.
- To talk to someone who has gone through something similar, you can call a national HelpLine through Postpartum Support International: 1-800-944-4773 | | #1 En Español or #2 English
- Or Text “Help” to 800-944-4773 (EN) | | Text en Español: 971-203-7773
- Follow us on social media for daily positive messages, relatable memes, and information: @ [MaternalMentalHealthUtah](https://www.instagram.com/MaternalMentalHealthUtah) on Instagram and Facebook

Utah Maternal
Mental Health
Referral Network

Find help
for maternal
mental health
concerns

maternalmentalhealth.utah.gov

Utah Department of
Health & Human
Services

