



Maternal Mental Health Resources

Mississippi Services

CHAMP for Moms

A free peer-to-peer consultation and educational service for maternal care providers in Mississippi.

Flyer

601-984-2080

[CHAMP for Moms - Child Access to Mental Health and Psychiatry at University of Mississippi Medical Center](#)

Mom.ME

Pregnant or new mom. Mom.ME helps struggling moms to receive individual counseling at no cost. Peer Support Warm Line is answered live 24 hours. On evenings and weekends please leave a message and they will return your call within 1-12 hours.

1-866-951-5744 Call or Text

www.momme.rocks

Pickles & Popsicles, Inc

Supports pregnant and postpartum mothers through mentorship, emotional support, and community connection.

601-207-4138

www.picklesnpopsicles.com

Therapy Plus, LLC

Provides trauma-informed perinatal mental health services and supportive resources for mothers and families, including therapy, parenting support, and wellness education to promote emotional well-being and healthy relationships.

601-790-0040

www.therapyplusllc.com

Online Reliable Resources

Postpartum Support International (PSI)

Promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

1-800-944-4773

www.postpartumsupportinternational.net

National Maternal Mental Health Hotline

Pregnant or just had a baby? The Hotline is free, confidential, and available 24/7 in English and Spanish.

1-833-TLC-MAMA Call or Text

mchb.hrsa.gov/national-maternal-mental-health-hotline

Infant Risk Center

Information about prescription and non-prescription medications and their safety during pregnancy and breastfeeding.

1-806-352-2519

www.infantrisk.com/

Policy Center for Maternal Mental Health

Nonprofit organization that provides data, tools, and guidance to help providers and systems improve maternal mental health care during pregnancy and postpartum

www.policecentermmh.org

Maternal Mental Health Leadership Alliance (MMHLA)

National organization that provides education, resources, and leadership to improve maternal mental health care for families and providers

www.mmhla.org