



**Memorial  
Healthcare**

OB/GYN

# NOT FEELING LIKE YOURSELF?

## Let's Talk About It.

The **National Maternal Mental Health Hotline** provides 24/7, free, confidential emotional support, resources, and referrals before, during, and after pregnancy. The Hotline is accessible by phone or text in English and Spanish and offers interpreter services in more than 60 languages. Pregnant and postpartum individuals and their loved ones can get the help and resources they need when they need it.

**Don't wait.  
Reach out today!**

**Toll-free number for the Hotline:**

**1-833-TLC-MAMA (1-833-852-6262)**

