

National Maternal Mental Health Hotline

Age Requirements

No Age Requirement

Available 24/7

Yes

Other Eligibility Criteria

The hotline serves pregnant and new mothers.

Family

Yes

Intake Process

Call or text the hotline in English or Spanish. Additional language translation is available upon request.

Intake Contact Telephone

(833) 943-5746

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Maternal and Child Health Bureau (MCHB)

<https://mchb.hrsa.gov/>

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

<https://www.facebook.com/HRSAgov/>

<https://twitter.com/HRSAgov>

Main

(833) 943-5746

Toll-Free

(833) 943-5746

5600 Fishers Lane

20857 MD

United States

Fee Structure

No Fee

Languages Spoken

English

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Spanish

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French

,

Multi-Lingual

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Call if translation is needed

The National Maternal Mental Health Hotline provides free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors;
- Real-time support and information;
- Response within a few minutes, 24 hours a day, seven days a week;
- Resources;
- Referrals to local and telehealth providers and support groups;
- Culturally sensitive support;
- Counselors who speak English and Spanish;
- Interpreter services in 60 languages.

For more information, visit the [Frequently Asked Questions](#) page on the website. The National Maternal Mental Health Hotline is not a crisis line. For suicidal crisis help, contact the [National Suicide Prevention Lifeline](#) at 800-273-8255 or after July 16, 2022 by dialing 9-8-8.

Service Area(s)

Nationwide