

# FACT SHEET

## National Mental Health Hotlines



1-800-944-4773	1-833-9-HELP4MOMS 1-833-943-5746	988
Postpartum Support International (PSI) Warmline: <a href="https://postpartum.net/get-help/psi-helpline/">postpartum.net/get-help/psi-helpline/</a>	Maternal Mental Health Hotline: <a href="https://mchb.hrsa.gov/national-maternal-mental-health-hotline">mchb.hrsa.gov/national-maternal-mental-health-hotline</a>	988 National Suicide Prevention Lifeline: <a href="https://samhsa.gov/find-help/988">samhsa.gov/find-help/988</a>
<b>HELPLINE</b> – for individuals who are not in crisis but need resources and referrals for MMH conditions	<b>HOTLINE</b> – for individuals who are not in crisis but need real-time support and assistance for MMH conditions	<b>CRISIS LINE</b> – for individuals needing support for a suicidal, mental health, and/or substance use crisis
Helpseekers call or text a message; volunteers respond	24 / 7 / 365 response within 5 minutes	24 / 7 / 365 live connection within 60-90 seconds
Hosted, funded, and administered by PSI	<ul style="list-style-type: none"> <li>• Hosted and funded by HRSA</li> <li>• Administered by Postpartum Support International</li> </ul>	<ul style="list-style-type: none"> <li>• Hosted and funded by SAMHSA</li> <li>• Administered by Vibrant Emotional Health</li> <li>• Calls are routed to network of over 200 centers based on area code</li> </ul>
Launched 1987	Launched May 2022	Launching July 2022
English and Spanish	<ul style="list-style-type: none"> <li>• English and Spanish</li> <li>• Other languages available via translator</li> </ul>	<ul style="list-style-type: none"> <li>• English and Spanish</li> <li>• Other languages available via translator</li> </ul>
Voice and text	Voice and text	Voice, text, and chat
Pregnant and postpartum people and their families in the United States and Canada	Pregnant and postpartum people and their families in the United States	<ul style="list-style-type: none"> <li>• Anyone in the United States</li> <li>• Special assistance for military veterans</li> </ul>
Staffed by volunteers	Staffed by paid professionals	Staffed by both paid professionals and volunteers
Provides connections to PSI resources including local and/or specialized volunteer coordinators, support groups, and online provider directory	Provides support, education, information, brief intervention, resources & referrals	Provides support and referrals to local resources
	Provides “hot” handoffs to 988, Domestic Violence, and Disaster Distress Hotlines	Provides “hot” handoffs to MMH Hotline (and other hotlines)

