

# Depression

## RESOURCES

**Postpartum Support Virginia**

[www.postpartumva.org](http://www.postpartumva.org)

**Warmline: 703-829-7152**

**Text in English: 540-698-1277**

**Texto en Espanol: 757-550-4234**

**National Suicide Hotline**

[www.988lifeline.org](http://www.988lifeline.org)

**Call 9-8-8**

**Text 9-8-8**

**Postpartum Support International**

[www.postpartum.net](http://www.postpartum.net)

**PSI HelpLine :1-800-944-4773**

**#1 En Espanol**

**#2 English**

**Virginia Community Service Boards to find local resources:**

**Community Services Boards (CSBs) - Virginia  
Department of Behavioral Health and  
Developmental Services**

**For Physician/Provider Support:**

**VMAP for Moms+**

**Virginia Mental Health Access Program**

[www.vmap.org](http://www.vmap.org)

**Call: 1-888-371-VMAP (8627)**