



**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration



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Are you a new parent - or about to be - and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

Are you a new parent - or about to be - and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

Are you a new parent - or about to be - and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

**For emotional support and resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)**

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