



## **Perinatal Mental Health Resources During COVID-19**

### **Behavioral Health Support**

D.C. Department of Behavioral Health Access Helpline: 888-793-4357

[D.C. Community Response Team](#): 202-673-6495

[Child and Adolescent Mobile Psychiatric Services \(ChAMPS\)](#): 202-481-1440

[DC Health Matters Resource List](#)

[The Blue Dot Project](#)

[Massachusetts General Hospital Center for Women's Mental Health: Reproductive Psychiatry Resource & Information Center](#)

[Postpartum Support International](#)

[Mothers and Babies Course](#)

### **Lactation Support**

[DC Breastfeeding Coalition](#)

[The Breastfeeding Center of Greater Washington](#)

[Children's Hospital East of the River Lactation Support](#)

### **National Medical Society Guidance**

[American College of Obstetricians and Gynecologists \(ACOG\)](#)

[American College of Nurse Midwives \(ACNM\)](#)

[American Academy of Pediatrics \(AAP\)](#)

[American Academy of Family Physicians \(AAFP\)](#)

[American Psychological Association \(APA\)](#)



**Mary's Center**  
Quality healthcare. Stronger communities.

## **Policy Updates**

[Maternal Mental Health Leadership Alliance](#)

[Black Mamas Matter Alliance](#)

## **General Resources**

[Washington, DC COVID-10 Guidance and Updates](#)

- [DC Board of Social Work](#)
- [DC Board of Psychology](#)
- [DC Board of Professional Counseling](#)

[Maryland COVID-19 Guidance and Updates](#)

[Virginia COVID-19 Guidance and Updates](#)

If you have any updates, changes, or additions to the information provided here, please contact Ariste Sallas-Brookwell at [asallasbrookwell@maryscenter.org](mailto:asallasbrookwell@maryscenter.org).