

Perinatal and Community Resources

The time immediately before and after giving birth can be a challenging time for mothers and fathers.

There are resources available to provide support, help and comfort that is confidential and judgement-free.

Your local community mental health center:

(Provided by facility)

Agency name: _____

Agency phone: _____

Perinatal Resources

Use a smart device to scan the QR codes for each resource below. Full links can be found on the reverse side.



**Pregnancy and Postpartum
Mental Health and
Substance Use Resources**



**Action Plan for
Depression and Anxiety
Around Pregnancy**



**Paternal
Postpartum
Depression**

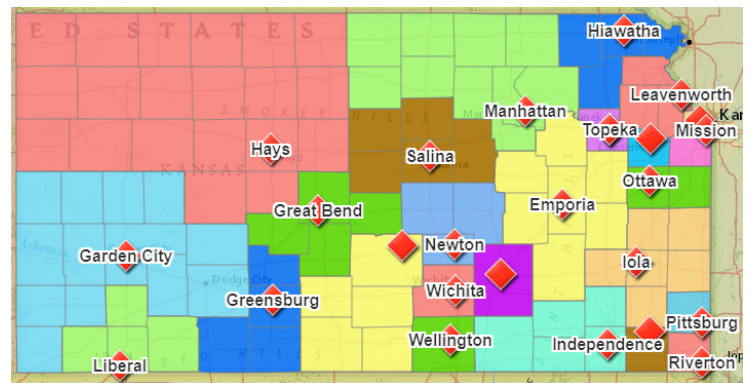


**For Support Persons (friends, spouses, etc.):
Talk About Depression and Anxiety During
Pregnancy and After Birth**

Community Resources



Scan the QR code to view and download contact and location information for the Community Mental Health Centers across Kansas.





Additional Resources



Powered by Kansas Children's Service League

1-800-CHILDREN is available 24/7 to provide support without judgement. No question is too big or too small when it comes to parenting. Find helpful resources and supports near you.

 Dial 1-800-CHILDREN (322-6378)  www.1800childrenks.org






United Way 211 is a free, confidential service that can connect you to a wide range of resources and services across Kansas.

 Dial 2-1-1  Text your zip code to 898-211  www.211Kansas.org

*Doniphan, Franklin, Johnson, Leavenworth, Linn, Miami and Wyandotte counties visit:
<https://uwgkc.myresourcedirectory.com>*



988 is a direct connection to compassionate, accessible care and support. The Lifeline provides 24/7 free and confidential support by trained crisis counselors.

  Dial or Text 9-8-8  www.988lifeline.org

Perinatal Resource Links

Pregnancy and Postpartum Mental Health and Substance Use Resources

https://www.kdhe.ks.gov/DocumentCenter/View/25554/MAVIS-Tri-fold-Brochure_Web?bidId=

Paternal Postpartum Depression

<https://www.kdhe.ks.gov/DocumentCenter/View/22635/Paternal-Postpartum-Depression-Brochure---Print-Version-PDF>

Action Plan for Depression and Anxiety Around Pregnancy

<https://www.kdhe.ks.gov/DocumentCenter/View/21400/Action-Plan-for-Depression-and-Anxiety-Around-Pregnancy-PDF?bidId=>

For Support Persons (friends, spouses, etc.): Talk About Depression and Anxiety During Pregnancy and After Birth

<https://www.kdhe.ks.gov/DocumentCenter/View/22600/Messaging-for-Partners-Talk-About-Depression-and-Anxiety-English-PDF?bidId=>

Community Resource Links

Community Mental Health Centers across Kansas

<https://acmhck.org/resources/cmhc-map/>

