



Parenthood and Having a Baby in the NICU

At times the unexpected happens and emotions surface that we find difficult to deal with. Some parents may like to share experiences with other parents who have had a baby in the NICU and other parents may benefit from the support of a mental health professional during this challenging time.

If you find you are struggling, your first step is to consult with your obstetrician or primary care provider.

If you feel the need for immediate attention contact the Local Crisis Service: Lenape Valley Foundation 24 hour hot line at 1-800-499-7455 or 215-345-2273

For a List of Area Psychologists Specializing in Perinatal Mood Disorders, Visit:

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/doylestown>

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/montgomery-county>

The National Maternal Mental Health Hotline has licensed professionals available to provide support and share resources 24/7.
This is not an emergency response line.

Phone or text: 1-833-9-HELP4MOMS (1-833-943-5746) English or Spanish

A few **virtual** resources available for you:

Doylestown Health Postpartum Mothers' Group

Join our parent educators along with other postpartum mothers for an opportunity to feel supported, respected, heard and nurtured as you transition to parenthood.

Zoom meetings every Saturday at 10 am. For more information, email mrosenblum@dh.org.

Doylestown Health Breastfeeding Mothers' Group

An opportunity to meet other breastfeeding mothers and share experiences. An International Board Certified Lactation Consultant will answer questions and provide assistance with positioning and latching the baby on the breast, breastfeeding multiples, pumping and supplementing, and more.

In Person meetings every Wednesday at 10am

Zoom meetings every Thursday at 10 am. For more information, email jkrauss3@dh.org.

Postpartum Support International (www.postpartum.net)

This website has a wealth of information as well as a variety of virtual support groups. The groups they have available are:

• NICU Parents	• Black Mamas Matter Support Group
• Pregnancy Mood Support Group	• Pregnancy and Infant Loss
• Military Moms	• Monthly Dad Support Group
• Perinatal (Pregnancy & Postpartum) Mood Support Group	• Desi Chaat: A support group for South-Asian moms

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

The 4th Trimester Project: (<https://newmomhealth.com/>)

Has a “Meet New Mamas” if you are interested in meeting other mothers on social media.

