# Provider Guide for Navigating Perinatal Mental Health Resources

Table of Contents:


- Crisis Resources p. 1
- Referral Services p. 2-3
- In-Person Care p. 2-3
- Virtual Care p. 3-4
- Provider Trainings p. 4
- Consulting & Support p. 5


## Emergency Resources for Patients

### Maternal Mental Health Hotline

Available in English & Spanish.

- A national hotline that provides 24/7, free, and confidential support to parents experiencing mental health challenges before, during, and after pregnancy.

**Call or text:** 1-833-TLC-MAMA **(1-833-852-6262)**

### 988 National Suicide and Crisis Lifeline

- **Call or text 988,** or chat with the 988 Lifeline on the website for a judgement-free, confidential conversation for anyone in need
- Press 2 for Spanish-language or Text "AYUDA"

### Maine Crisis Hotline

- Maine state's crisis response service for free and confidential telephone support 24/7 for individuals or families experiencing a behavioral health crisis or thoughts of suicide and/or self-harm
- **Call:** 1-(888)-568-1112

## Non-Emergency Resources for Patients

### Postpartum Support International HelpLine

- Not for emergencies, contact the PSI HelpLine to be connected with resources & support 8am - 11pm EST
- **Call** 1-(800)-944-4773 (#1 in Spanish, #2 for English)
- **Text** "Help" to (800)-944-4773 (EN), **Text** (971)-203-7773 (Spanish)

## Referral Service

### CradleME

- Referral service for statewide programs:
  - Public Health Nurses
  - MaineMOM
  - Maine Families Home Visitors
  - WIC Nutrition Program
  - Early Intervention for ME

Offers support in English, French, Spanish, & Arabic.

**Step 1:** Fill out this referral document (Assist patient with Page 1, Providers complete Page 2)
Microsoft Word - CradleME-request 11-2023.docx

**Step 2:** Fax or electronically send the COMPLETED CradleME Request Form (both pages) to (207)-287-4577, or email encrypted to cradleme.mecdc@maine.gov, or you may call CradleME directly at 1-888-644-1130

## Help Me Grow

Resources and information sheets available in other languages.

- **Free** referral service that links families and professionals to tools and resources on development of children from birth to age 8
- Call: 211 (option 5) or toll-free at (833)-714-7969
- Website: view online referrals or email helpmegrow@maine.gov
- Translations available in English, Arabic, French, Haitian Creole, Khmer, Lingala, Portuguese, Somali, Spanish & Vietnamese

# In-Person Care

## Public Health Nurses (PHNs)

Translation services available.

- No cost, in-home or virtual visit to provide education, nursing assessments, and connect families to other resources and services
- Statewide resource for prenatal and postpartum individuals and their families

Refer using CradleME for all referrals relating to Maternal Child Health Services.

## MaineMOM

Translation services available.

- Counseling, support, and treatment for pregnant individuals or new parents with a substance use disorder
- Statewide resource, for pregnant patients through 12 months postpartum, regardless of live birth
- Accepts MaineCare and Private Insurance

Visit mainemom.org and use the service locator map to find the nearest MaineMOM provider or Call: 1-888-644-1130

## Maine Families

Family Visiting Support is offered in Somali, Portuguese, Spanish, French, Arabic, & Kinyarwanda.

- Free, at-home visits from a Certified Family Visitor for support & information
- Statewide resource for all families expecting or who have a new baby
  - Family coordinates the frequency and location of visits
  - Family Visitors can make referrals to the Mammha app, see more information on the Mammha app below
  - Locate Maine Families Program using the map, click on a county

## Certified Community Behavioral Health Clinics (CCBHC)

- Current Sites:
  - Aroostook Mental Health Center (AMHC): Aroostook, Hancock, Washington
  - Community Health and Counseling Services (CH&CS): Hancock, Penobscot, Piscataquis
  - Sweetser: York, Cumberland, Androscoggin
  - Kennebec Behavioral Health (KBH): Kennebec & Somerset
  - Spurwink: Cumberland
- Services include, walk-in support, physical health screenings, care coordination, case management, & medication prescribing
- CCBHCs can bill MaineCare for services provided in homes, shelters, & community centers

Referrals can be made by anyone who contacts a participating CCBHC by phone, on-line referral portal or FAX on agency website, & on Treatment Connection for some CCBHC sites.

# Virtual Care Services

## MaineHealth Virtual Care Perinatal Behavioral Health

Interpreter services are available.
Patients must have the ability to conduct virtual appointments.

- A virtual care option, providing treatment including:
  - Psychotherapy with LCSW
  - Psychiatric medication management with Perinatal Psychiatric NP
- Statewide resource, for pregnant patients through 12 months postpartum, regardless of live birth
- Accepts MaineCare and Private Insurance

**Referrals for Hospitals on EPIC Electronic Medical Records:**
Send referrals through Epic
REF712 - Ambulatory Referral to Telehealth

**Organizations NOT on EPIC Electronic Medical Records:**
Send an electronic fax to the MaineHealth VCPBH program
Fax Number: (207)-910-4412

## Mammha

Services by phone, text, or online. In-person services are possible if preferred or needed.

- A virtual platform, providing timely access to a care coordinator, counseling, & support groups
- Not statewide, currently offered through pilot programs:
  - **Available in York County** through Early Intervention for ME, Birth to Three, (Part C) York site
  - **WIC offices in Hancock, Washington, & Aroostook** counties
  - **All Maine Families Home Visitors** across the state can make referrals to Mammha
  - No cost for participants of these pilot programs

Offered in English with some counseling options in Spanish.

**Early Intervention for ME, Birth to Three, (Part C) York Site**
39 Limerick Street
46 Arundel, ME 04046
Office: (207)-985-7861

**WIC Offices:**
Hancock & Washington (207-667-5304)
Aroostook (207-768-3026)

## Trainings for Providers

### Postpartum Support International (PSI) Trainings

Course materials offered in English & Spanish

**Free Perinatal Mental Health 101 Virtual Webinar**
- Sign up here

**2-day PSI Certificate of Completion Course:** *Perinatal Mood Disorders – Components of Care*
- For nurses, physicians, social workers, mental health providers, childbirth professionals
- Training for assessment and treatment of perinatal mood disorders

**PSI Website:** screening recommendations using Edinburgh Postnatal Depression Screen (EPDS) or Patient Health Questionnaire (PHQ-9)

**For more information or support:**
Contact: katherine.crothers@mainehealth.org

### Maternal Mental Health Webinar Series

- MMH Webinar Series led by MaineHealth's RMOMS Program
- Runs from Sept. 2025 to May 2026
- Series will be on the **third Thursday of each month** from **12:00 p.m. - 1:00 p.m.**
- Eight sessions total, topics to be announced!

**For any questions or to register for the series:**
Contact: katherine.crothers@mainehealth.org

### MCH Center for Women's Mental Health

- Attend virtual rounds at the Center for Women's Mental Health on Wednesdays 2-3pm EST with case discussions
- Link to register

### National Curriculum in Reproductive Psychiatry (NCRP)

Free, 5-hour mini-curriculum in reproductive psychiatry:
- T**opic:** Pregnancy & Postpartum
- **Modules:** Anxiety Disorders, Attention Deficit Hyperactivity Disorder, Bipolar Disorder, Depressive Disorders, Eating Disorders, Infant Mental Health, Obsessive-Compulsive Disorder,

Neonaticide-Infanticide, Primary Psychotic Disorders, Trauma and Posttraumatic Stress Disorder, Substance Use Disorders

## Consulting Services

### Maine Assocation of Psychiatric Physicians (MAPP)

- No-cost, consultation project for providers in Maine
- MAPP psychiatrists informally consult over the phone or by email
  - Does not involve direct evaluation of the patient
  - Participating primary care practices are assigned a psychiatrist available for on-going consults

**For more information, and to register, contact:**
Tracy Lloyd, M.Ed.
Phone: (207)-480-4194
Fax: tlloyd@mainephysicians.org

### PSI Psychiatric Consultation Program

- Free consultations for medical prescribers with PSI's expert perinatal psychiatrists
- View the appointment calendar on the website and email consultation@postpartum.net with any questions

## Resources & Support

### PQC4ME Perinatal Mental Health Resources

Perinatal Mental Health Resources & Toolkits
- Perinatal Behavioral Health Resource Guide
- Caregiver & Family Resources

AIM Bundle - Perinatal Mental Health Conditions:
- Resources for readiness, recognition & prevention, response

### Other Organizations for Provider Support

**The Frontline Warmline** - Phone support service line for providers, frontline workers, healthcare employees, & educators
Available 24/7, Call: (800)-769-9819

**UMass Chan Medical School Perinatal Mental Health:** Materials for Providers - Tools and resources to support providers integrating perinatal mental health care into their practice

**Policy Center for Maternal Mental Health** - Toolkits, screening guides, and resources

**Maternal Mental Health Leadership Alliance** - National advocacy and education