



## Perinatal Mental Health & Community Resources

If you or someone you know is experiencing a mental health emergency and needs immediate assistance, call 911 or go to the nearest emergency room. You can also call or text 988 Suicide & Crisis Lifeline.

### *Crisis Hotlines*

- [988 Suicide & Crisis Lifeline | SAMHSA](#)
  - Call or text 988, 24/7 support
- [National Maternal Mental Health Hotline](#)
  - 24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services in 60 languages.
  - Call or text 1-833-TLC-MAMA (1-833-852-6262)
- [Postpartum Support International Helpline](#)
  - Non-emergent hotline. Call or text: 800-944-4773. Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages between 8am-11pm EST. They will listen, answer questions, offer encouragement and connect you with local resources as needed.
- [National Domestic Violence Hotline](#)
  - 24/7 the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence
  - Call 1-800-988-SAFE (7233) or text “start” to 88788
- [NH Rapid Response Access Point](#)
  - Mental health and/or substance use crisis, you can call and speak to trained and caring clinical staff. Mobile crisis team. Call or text 1-833-710-6477.
- [NH Community Behavioral Health Association emergency services](#)
  - Available 24 hours a day, seven days a week, emergency psychiatric services are part of the safety-net of essential services that your community depends upon.
  - Exeter: 603-772-2710

## *Mental Health Resources*

- [PSI Perinatal Mental Health Provider Directory](#)
  - The care providers on this registry have demonstrated a special interest and training in treating and serving individuals and families experiencing perinatal mental health issues. PSI does not recommend any specific provider. Information is posted as a courtesy to assist persons seeking help.
- [Seacoast Mental Health Center](#)
  - Mental health services
- [Charlie Health: Personalized Intensive Mental Healthcare](#)
  - Evidence-based, personalized, and mental health care, with a focus on outcomes-driven treatment designed to build connection and foster sustainable healing. Charlie Health is a virtual intensive outpatient program for teens and young adults (ages 11-34) in the country.

## *Breastfeeding Support & Resources*

- **The Family Center Breastfeeding Support Group**
  - *Tuesdays 1:00-2:30pm.* Support group is for new moms to get together to share their experiences, ask questions and support each other, whether you are breast or bottle feeding your new baby. It is a safe space where you can connect with other moms who understand the joys and challenges of being a new parent. This group is facilitated by a certified lactation consultant and is a great way to build friendships, gain knowledge and feel supported throughout your breastfeeding journey. This group is open to the community and free of charge.
- **Exeter Hospital Lactation Services**
  - Located in the Family Center; Call 603.580.6358 ext. 4324
- [Seacoast Lactation Services LLC](#)
  - Prenatal education services, home visits, telehealth visits & follow up appointments for breastfeeding support.
- [Lactation Lounge @ Saltwater Doulas](#)
  - This group is for parents seeking guidance with breastfeeding, pumping, or combination feeding. Any stage or age are welcome to join.
  - Thursdays 10a-12p
- [Feeding & Lactation Services: Woom Wellness](#)
  - Prenatal feeding consultation, new client lactation/feeding consults, follow up consults.
- [Mothers' Milk Bank Northeast](#)
  - A nonprofit milk bank providing pasteurized donor human milk to fragile babies throughout the Northeast.
- [Zip Milk](#)
  - Zip Milk is a site that provides listings for chest/breastfeeding resources sorted by ZIP Code. It is designed for use by consumers interesting in help or support for chest/breastfeeding, as well as by providers who want to give their clients access to such resources. These resources are not a substitute for medical advice.
- [Lactation-Resources \(exeterhospital.com\)](#)
  - Additional resources approved by the Exeter Hospital Lactation Nurses

## *Doulas*

- [Saltwater Doulas Perinatal Support Collective](#)
  - Providing unwavering support throughout pregnancy, birth, and the postpartum journey.
- [Relief Doula Agency](#)
  - The Relief Doula Agency offers everything from custom prenatal education to dedicated birth support, in office or in home lactation visits, professional postpartum care, parent consultations, and a variety of additional services.
- [Three Little Birds Postpartum Services](#)
  - Postpartum doula, lactation consultant & sleep coach
- [DONA International: Find a Doula](#)
  - Database of DONA certified doulas

## *General Community Resources*

- [211: Granite United Way](#)
  - Dialing 211 makes information on available resources much easier to find. All calls from anywhere in NH are free and confidential and you are guaranteed person-to-person assistance 24/7.
- [Exeter Community Fridge](#)
  - Fridge located outside the Exeter YMCA stocked by local donations.
- [NH Food Access Map](#)
  - a map of NH food pantries
- [St. Vincent de Paul Exeter](#)
  - Food pantry, emergency financial assistance, heating assistance
- [New Generation](#) (Greenland, NH)
  - Provides safe shelter, support and successful pathways to stability for pregnant women, mothers, and children experiencing homelessness.
- [Women, Infants & Children Nutrition Program](#)
  - Free for pregnant women, new mothers, and preschoolers.
- [Womenaid](#)
  - Provides short term financial assistance to women in need.
- [HAVEN NH](#)
  - 24-hour confidential crisis support line staffed by trained advocates: **1-603-994-SAFE (7233)**
  - 24-hour accompaniment services to hospital emergency rooms, police stations, Child Advocacy Centers and courts
    - Referrals & info on safety planning, emergency, temporary and permanent restraining orders
    - Therapist referrals
    - Safe shelter
    - Support groups for survivors and those impacted by domestic and sexual violence
- [Planned Parenthood](#)
  - Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care. Prenatal and postpartum services are available at Exeter Health Center.

## *Local Parenting Support & Resources*

- [Saltwater Doulas: Perinatal Support Collective](#)
  - Your go-to destination for comprehensive perinatal support. Led by experienced professionals, our collective offers a diverse range of services tailored to meet the unique needs of families throughout their perinatal journey. Postpartum doula support, prenatal education, workshops for parents and professionals, fitness classes, support groups, perinatal consultations.
- [Relief Parenting Respite and Resource Center](#)
  - Respite (nap) and work rooms, social support groups, caregiver-child classes, parenting consultations, local resources, doula services, and on-site childcare. \* **Licensed clinical psychologist and certified perinatal mental health specialist on staff.**
- [Woom Wellness](#)
  - Prenatal classes & groups, lactation services, postpartum nurse care, mama meet-ups, support groups, and parenting classes.
- [Seacoast Birthright](#)
  - At Birthright, we understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need us.
    - We offer information about: Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting skills, Child Care
    - Referrals for: Medical Support, Financial Resources, Housing, Legal, Social Assistance, Professional Counseling
    - Free Resources: Pregnancy Tests, Maternity and Baby Items, Chat online for support
- [211: Granite United Way](#)
  - Dialing 211 will connect you to 211 NH - a Granite United Way initiative and the information and referral service for the entire State of New Hampshire.
  - 211 NH makes information much easier to find. All calls from anywhere in NH are free and confidential and you are guaranteed person-to-person assistance 24/7.
- [NH Connections](#)
  - Providing New Hampshire's most trusted Consumer Education Website for childcare, early learning and afterschool resources & referrals for families, providers and communities.
- [Waypoint NH](#) (Stratham, NH)
  - Empowering people of all ages through programs, resources, personal support and community. NH Birth to 3 program.
- [Families First](#) (Portsmouth, NH)
  - The Family Center can help you build your network of support, connect to local resources, manage stress, learn about child development and expand your parenting toolbox. These programs and services are free and are offered online, by phone and in-person, both indoors and outdoors.

## *Recovery Resources*

- [Hope on Haven Hill](#)
  - Treatment for pregnant or newly postpartum women providing a home environment that is both nurturing and therapeutic for those seeking sustained recovery from substance use and co-occurring disorders. They also offer Intensive Outpatient Clinical Services to all women in recovery.
- [SOS Recovery](#)
  - Parenting in Recovery Program; Peer Support: **603-841-2350**
- [The Doorway NH](#)
  - The Doorway Offers assistance with accessing every level of treatment (outpatient & inpatient). Call **211** or use webpage link.
- [Safe Harbor: Granite Pathways](#)
  - Peer Support; call **(603) 570-9444**
- [Step Up Parents – NH Kinship Care Assistance](#)
  - Support for “Step in” parents who are caring for children/babies of those suffering with substance use disorders; call **603-319-4739**.

## *Support Groups*

- [Relief Parenting Respite and Resource Center](#)
  - Feeding Support for the 1st year
  - Beyond 1: Support for Breastfeeding after the 1st year
  - Challenging Behaviors
  - Divorce Support Group
  - **Mother care: Reducing Anxiety and Depletion**
  - Pregnancy Support Group
  - Raising Multiples Support Group
  - Solo & Single Parent Support Group
  - Step-parent Support Group
- [Saltwater Doulas: Perinatal Support Collective](#)
  - New Mama Peer Support Group
  - Pregnancy Peer Support Group
  - Teen Parent Connection
- [Postpartum Support International: Support Groups](#)
  - PSI offers over 50+ FREE and virtual support groups

## *Bereavement Support & Resources*

- [New Hampshire - The TEARS Foundation](#)
  - The TEARS Foundation has served thousands of families in need with both financial and emotional support services.
  - **Pregnancy & Infant Loss Support Group (virtual)**
    - 3rd Wednesday of every month, 7-8:30 pm
    - To join visit <https://linktr.ee/NHTEARS>
- [Free Support Groups — Saltwater Doulas](#)
  - Pregnancy & Infant Loss Support Group
    - First Tuesday of Each Month from 6:30pm-7 :30pm
- [Return to Zero: H.O.P.E.](#)
  - We are here with valuable resources and inclusive support for anyone whose life has been touched by loss, including infertility, secondary infertility, miscarriage, ending a wanted pregnancy, stillbirth, infant or toddler death, loss through surrogacy, and failed adoption.