

COLORADO PERINATAL MENTAL HEALTH RESOURCE GUIDE

Support for Pregnancy, Postpartum, and Beyond

1. Immediate Support & Crisis Lines

Colorado Crisis Services: Call **1-844-493-8255** or text “TALK” to **38255**. Starting July 2025, these services will fully integrate with the [988 Colorado Mental Health Line](#).

National Maternal Mental Health Hotline: Call or text **1-833-TLC-MAMA** (1-833-852-6262) for 24/7, free, and confidential support in English and Spanish.

Postpartum Support International (PSI) HelpLine: Call or text **1-800-944-4773**. Offers basic information and connections to local support coordinators.

2. Specialized Colorado Clinical Programs

Healthy Expectations (Children's Hospital Colorado): A leader in the Rocky Mountain region offering evidence-based psychiatric evaluations, medication management, and group therapy. **WarmLine**: 303-864-5252.

PIPER Intensive Outpatient Program (IOP): Colorado's only perinatal-specific IOP. It provides structured, multidisciplinary care for those needing more than traditional outpatient therapy.

Parentline Colorado: Free telebehavioral health service offering brief psychotherapy via video or phone for families with children up to age five.

3. Community & Peer Support Groups

Postpartum Support International – Colorado Chapter (CO-PSI): Connects families with local support groups, peer mentors, and specialized resources across the state.

The Birth Squad (Colorado Perinatal Mental Health Project): Provides prenatal education, postpartum support groups, and community meetups to ensure wellness in the postpartum period.

Black Mamas Circle: A free, community-led support group uniquely inclusive of Black mothers and their babies. *Virtual Thursdays 5:30-6:30pm*

Mothers and Moods (M&Ms): A free, weekly drop-in peer support group for mothers experiencing distress. Babies are welcome. *Virtual Wednesdays 10:00-11:00am*

4. Resource Navigation Tools

Parents Thrive Colorado: A comprehensive website with peer stories and Colorado-specific resources searchable by identity and need.

2-1-1 Colorado: Dial **2-1-1** or text your zip code to **898-211** to find vetted resources for new parents, including food, housing, and childcare assistance.