

**Perinatal Mental Health Resources for Oregon Families**  
**[Postpartum Support International in Oregon](#)**

**Oregon Maternal Mental Health Website** [www.healthoregon.org/perinatalmentalhealth](http://www.healthoregon.org/perinatalmentalhealth)

**Postpartum Support International**

- 1-800-944-4PPD Connects with support volunteers around the state
- [www.postpartum.net](http://www.postpartum.net)
- English & Spanish
- Educational DVD in English and Spanish (13 minutes)
- Free Phone Forum “Chat with an Expert”: *Every Wed for Moms & First Mondays for Dads*

**Oregon Support Organizations**

- Baby Blues Connection - Portland/Vancouver [www.babybluesconnection.org](http://www.babybluesconnection.org)  
866-616-3752
- Marion & Polk Counties: Maria Addessi, English & Spanish 503-485-2191
- Hope for Mothers/Esperanza para las Madres - Samaritan Albany General Hospital  
541-812-4475
- Well Mama – Linn Benton [www.wellmama.net](http://www.wellmama.net)
- Well Mama Oregon - Lane County [www.wellmamaoregon.org](http://www.wellmamaoregon.org)
- Central Oregon 541-728-3427 [www.deschutes.org/ecwellness](http://www.deschutes.org/ecwellness)
- Moms-2-Moms -- Klamath Falls 541-281-8686

**www.211.info.org**

**Reliable Internet Resources**

- [www.babybluesconnection.org](http://www.babybluesconnection.org) (Portland area)
- [www.postpartum.net](http://www.postpartum.net) (Statewide and worldwide)
- [www.postpartumprogress.com](http://www.postpartumprogress.com)
- [www.ppdsupportpage.com](http://www.ppdsupportpage.com)
- [www.mededppd.org/mothers](http://www.mededppd.org/mothers)
- [www.postpartumdads.org](http://www.postpartumdads.org)
- [www.motherisk.org](http://www.motherisk.org) Medication in Pregnancy and Postpartum
- [www.mchlibrary.info/nonenglish.html](http://www.mchlibrary.info/nonenglish.html) MCH Library, Non-English
- [www.solaceformothers.org](http://www.solaceformothers.org) (Birth Trauma & Recovery)
- [www.griefwatch.com](http://www.griefwatch.com) (Perinatal Loss)

**Medication in Pregnancy and Breastfeeding**

- OTIS [www.Otispregnancy.org](http://www.Otispregnancy.org) 866-626-OTIS (6847)
- MOTHERISK [www.motherisk.org/prof/drugs.jsp](http://www.motherisk.org/prof/drugs.jsp)
- Mass General Women’s Health <http://www.womensmentalhealth.org>
- LactMed <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>