

## **Resources for Women & New and Expecting Mothers**

### **[Women's Health.gov](#)**

Provides information on mental health conditions, treatment options, and resources specifically for women.

### **[National Women's Health Network](#)**

Offers resources and advocacy on various health issues affecting women, including mental health.

### **[Women's Mental Health.org](#)**

A resource center providing information on mental health conditions, treatment, and research specifically related to women.

### **[The Women's Initiative](#)**

Provides mental health services, support groups, and wellness programs for women.

### **[Postpartum Support International \(PSI\)](#)**

Offers resources, support, and treatment options for women experiencing postpartum depression and other perinatal mental health issues.

### **[Anxiety and Depression Association of America \(ADAA\) - Women's Issues](#)**

Provides information, resources, and support specifically for women dealing with anxiety and depression.

### **[The Balanced Mind Foundation](#)**

Offers resources and support for women dealing with mood disorders.

### **[Mental Health America \(MHA\) - Women's Mental Health](#)**

Provides resources, information, and support for women's mental health issues.

### **[Therapy for Black Girls](#)**

Aims to make mental health resources accessible for Black women and girls, including a directory of therapists and supportive community.

### **[Women's Therapy Center Institute](#)**

Offers therapy services, resources, and training focused on the mental health needs of women.

### **[Seleni Institute](#)**

Provides mental health care, support, and resources for women dealing with reproductive and maternal mental health issues.

### **[Planned Parenthood - Women's Mental Health](#)**

Offers information and resources on mental health specifically for women.

**[The Renfrew Center](#)**

Provides specialized treatment for eating disorders and other mental health issues affecting women.

**[Maternal Mental Health NOW](#)**

Offers resources, support groups, and information on maternal mental health.

**[The Motherhood Center](#)**

Provides support and treatment for mothers dealing with perinatal mood and anxiety disorders, including online therapy and support groups.

**[Moms' Mental Health Matters](#)**

A resource from the National Institutes of Health providing information and support for mothers experiencing mental health challenges.

**[Postpartum Progress](#)**

Offers a community, support, and information for mothers dealing with postpartum depression and other maternal mental health issues.

**[The Blue Dot Project](#)**

Aims to raise awareness of maternal mental health disorders and provide resources and support for mothers.

**[The Bloom Foundation for Maternal Wellness](#)**

Provides resources, support, and information for mothers dealing with maternal mental health issues.

**[The Every Mother Project](#)**

Offers resources and support for mothers experiencing postpartum depression and anxiety.

**[Maternal Mental Health Leadership Alliance \(MMHLA\)](#)**

Provides advocacy, resources, and support for maternal mental health.

**[Motherly](#)**

Provides articles, resources, and support for mothers on various topics, including mental health.

**[New Moms Connect](#)**

A community and support platform for new mothers, offering resources and connections to mental health support.