



National Maternal Mental Health Hotline

Nancy Rios
Regional Administrator
Region 7 - Kansas City
Office of Intergovernmental and External Affairs

Kansas Tribal Health Summit

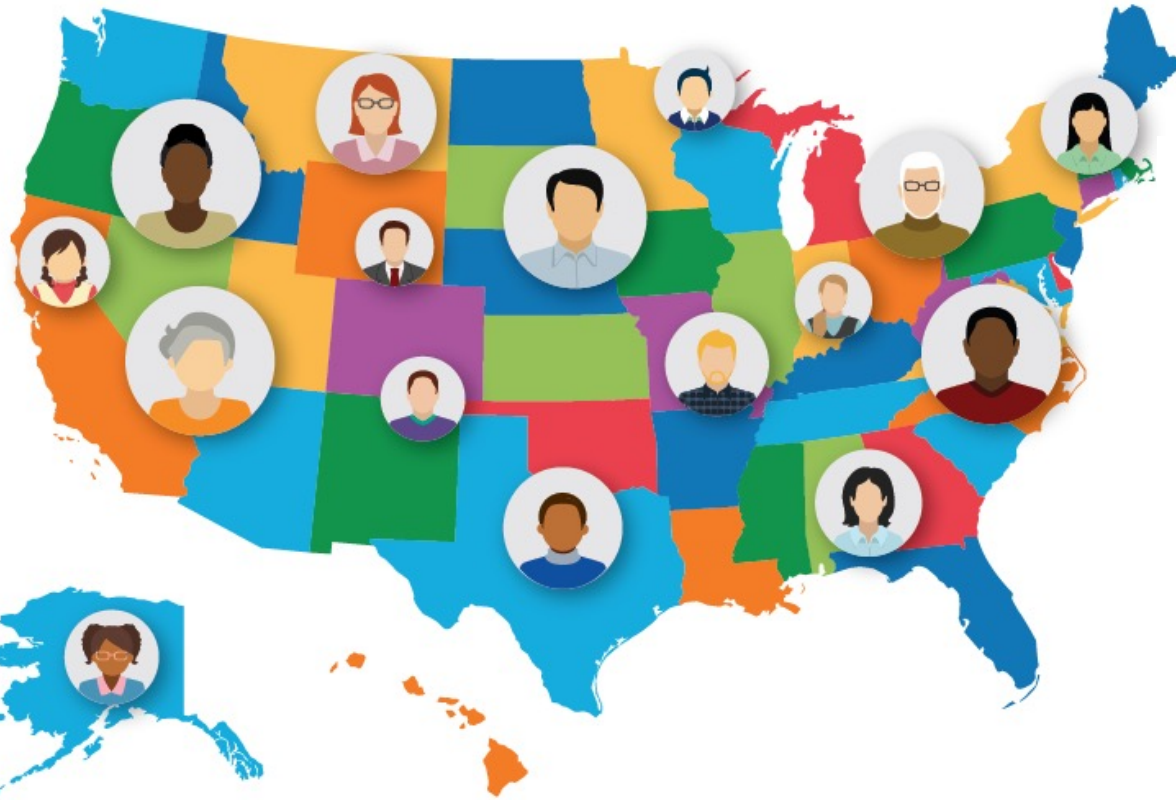
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Health Resources and Services Administration (HRSA)

Overview

Mission: To improve health outcomes and achieve health equity through access to quality services, a skilled health workforce, and innovative, high-value programs



TENS OF MILLIONS of Americans receive quality, affordable health care and other services through HRSA's **90-PLUS PROGRAMS** and more than **3,000 GRANTEES**.

National Maternal Mental Health Hotline



Are you a new parent - or about to be - and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

**For emotional support and resources
CALL OR TEXT 1-833-TLC-MAMA (1-833-852-6262)**

Free – Confidential – 24/7

60+ Languages



Hotline Metrics

12
months
of service



Responded to over **13,400** calls and texts from pregnant and postpartum people and their loved ones.



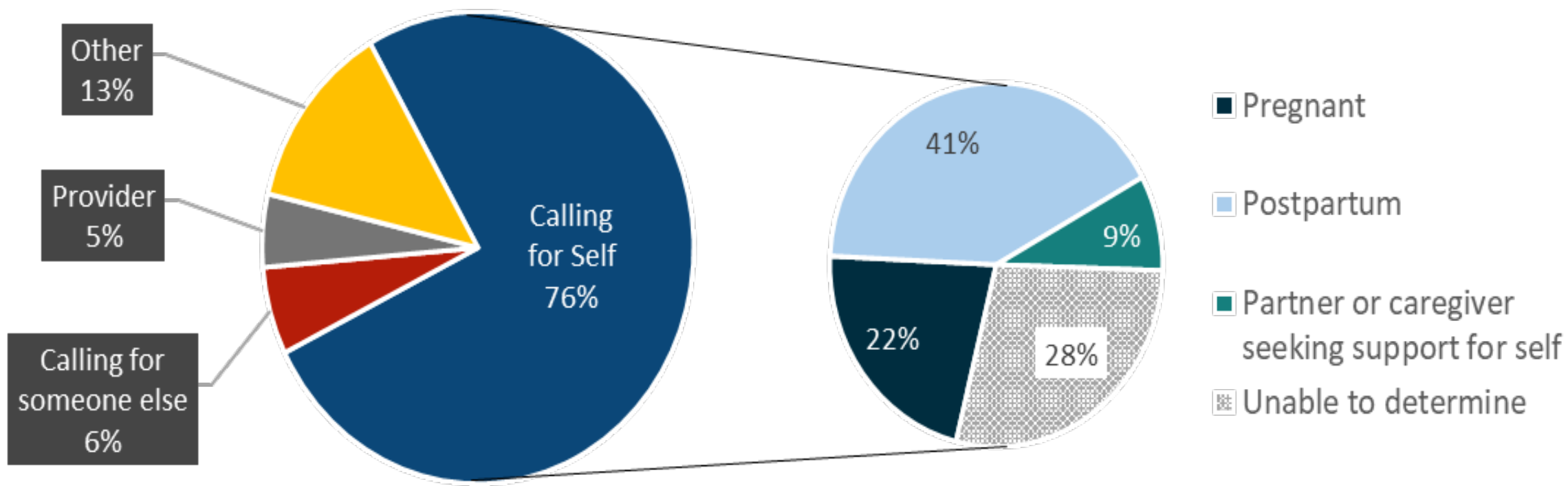
About **70%** of contacts were by phone and **30%** were by text.



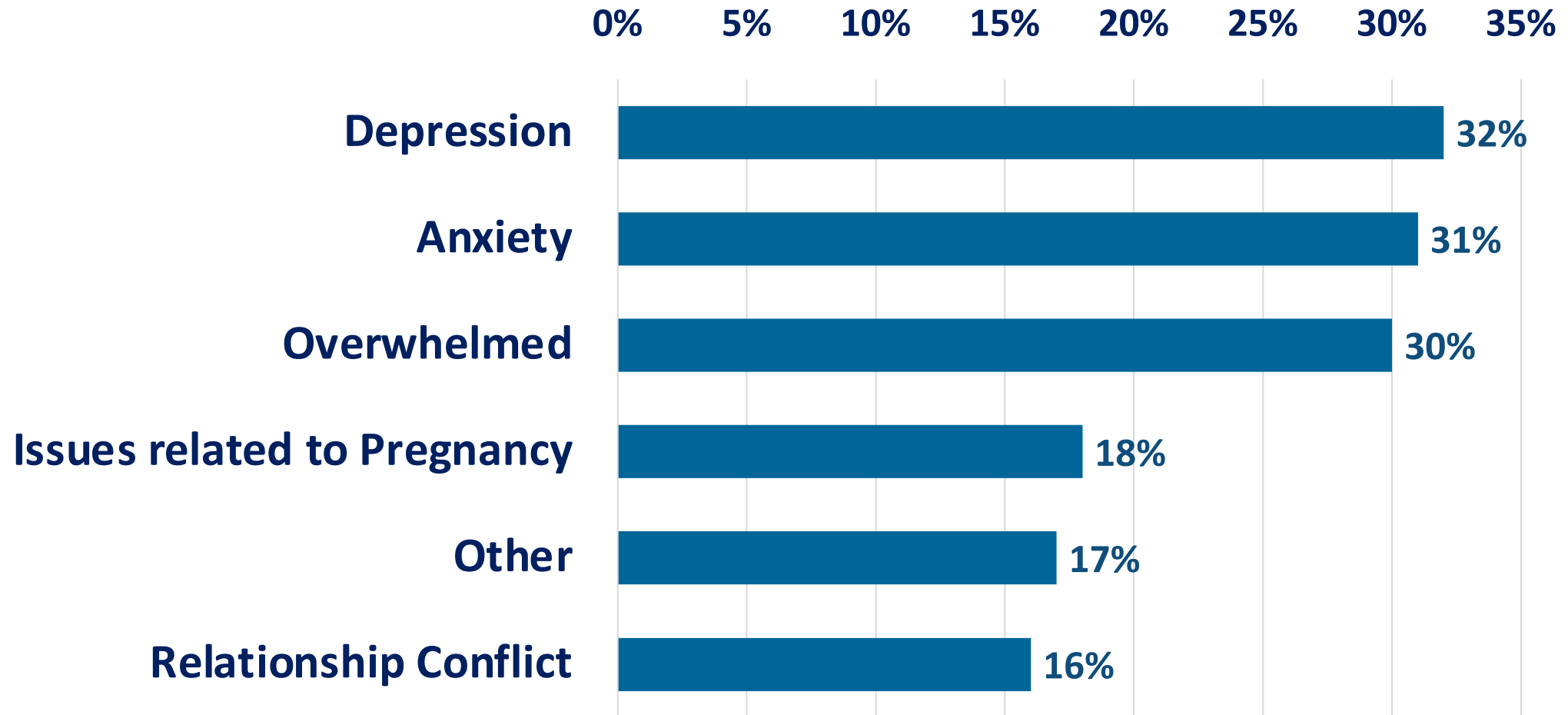
The average speed to answer for telephone calls was **25 seconds**, and **17 seconds** for texts.

Hotline User Types

Help-seeker Type



Top Reasons for Contacting the Hotline



The logo for the National Maternal Mental Health Hotline. It features a dark blue speech bubble containing the text "National Maternal Mental Health Hotline" in white. To the right of the text is a light blue icon of a heart with a white outline, set within a white speech bubble. Below the main logo is a smaller version of the HRSA logo, which includes the text "DEPARTMENT OF HEALTH & HUMAN SERVICES - USA" and "HRSA Health Resources & Services Administration".

**National
Maternal
Mental Health
Hotline**

**THE HOTLINE OFFERS COUNSELORS WHO PROVIDE
REAL-TIME EMOTIONAL SUPPORT, ENCOURAGEMENT,
INFORMATION, AND REFERRALS, SO INDIVIDUALS CAN
GET THE HELP AND RESOURCES THEY NEED, WHEN
THEY NEED IT.**

WHAT CAN I EXPECT WHEN I CONTACT THE HOTLINE?

- Parents and families will speak to professional counselors who provide real-time emotional support, resources and referrals for longer-term care and support.
- When providing referrals, counselors take into account the caller's preferences for age, gender, and/or ethnicity and language-specific resources, whenever possible.
- The Hotline's licensed or certified counselors are also trained in best practices for providing culturally and linguistically appropriate and trauma-informed support.





**National
Maternal
Mental Health
Hotline**



HRSA
Health Resources & Services Administration

3 THINGS

YOU CAN DO TO HELP!

01

Connect Your
Patients/Clients!

- Share the number, 1-833-TLC-MAMA!
- Educate and inform patients/clients of hotline services

02

Visit our Website!

- Check out the NMMHH Partner Toolkit
- Download the NMMHH Promotional Materials

03

Social Media Amplification!

- Follow @HRSAgov (Facebook, IG, Twitter, LinkedIn)
- Like, comment, share, and retweet!
- Create your own social media posts about NMMHH in English and Spanish.




Learn More About the Hotline



Promotional Materials Available



HRSA Find Health Services Locator Tools

[En Español](#) [Share](#) 

Find a Health Center




Enter a City name, ZIP Code, (such as "20002"), address, State name, or place name.

Near


 

HRSA Powered by data.hrsa.gov

findahealthcenter.hrsa.gov


[En Español](#) [Share](#) 

Find a Ryan White HIV/AIDS Program Medical Provider



Enter a City name, ZIP Code, (such as "20002"), address, State name, or place name.

Near

HRSA Powered by data.hrsa.gov

findhivcare.hrsa.gov



Loan Repayment and Scholarship Programs

National Health Service Corps and Nurse Corps Programs



Supports **scholarships** and **loan repayments** for more than **24,592 clinicians** in exchange for service in high-need areas.

- **National Health Service Corps (NHSC)** currently supports primary care medical, dental, and behavioral health providers (including substance use disorder disciplines), and health professions students
- **Nurse Corps** currently supports licensed registered nurses, nursing students, and nurse faculty



NHSC and Nurse Corps clinicians provide care to more than **25.8 million people** nationwide in rural and other high-need areas.



Contact Information

Nancy Rios

Regional Administrator

Health Resources and Services Administration

Office of Intergovernmental and External Affairs

Region 7 - Kansas City

States: IA, KS, MO, and NE

Email: NRios@hrsa.gov

Cell #: 816-225-1533



Web: <https://www.hrsa.gov/about/organization/offices/hrsa-ia>



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