

Support Resources

General Mental Health Resources

To find psychological support:

- Call the number on the back of your insurance card and request a list of behavioral health providers in your area
- Click the following links to find a psychologist or therapist in your area
 - [American Psychological Association Psychologist Locator](#)
 - [Association for Behavioral and Cognitive Therapies Find a Therapist](#)

988 Suicide and Crisis Lifeline

- 24/7 free and confidential hotline
- Call or text 988

Find Care Facilities

- [Click here to find a facility](#)



[Click here for tips for talking with your provider](#)

Perinatal Mental Health Resources

PSI International

- Support line for perinatal women
- Text or call 1-800-944-4773

MGH Center of Women's Mental Health

- [Click here for support resources](#)

National Maternal Mental Health Hotline

- 24/7 free, confidential support
- Text or call 1-833-852-6262



Eating Disorder Resources

National Association for Anorexia Nervosa and Associated Disorders

- [Click here to find support](#)

NEDA - Find Treatment

- [Click here to find providers](#)

Eating Disorder Anonymous

- [Click here to find a meeting](#)

National Alliance for Eating Disorder Helpline

- Call 866-662-1235
- Available 9am - 7pm ET Monday to Friday

Find Support Groups

- [Click here for a list of support groups compiled by NEDA](#)

Perinatal Eating and Body Image Resources

American Pregnancy Association

- [Click here for information on understanding and loving your body](#)

Eating During Pregnancy

- [Click here for medically reviewed advice](#)

NIH: Pregnancy and Body Image

- [Click here for more information](#)
- Or call the office of women's health hotline at 800-994-9662