



Women's health options, mental health resources and family support

Expected and unexpected circumstances in women's health and mental well-being are difficult and stressful to deal with. You're not alone. Here is a list of websites with helpful information on women's health, family development and mental health care.

Adoption

Child Welfare Information Gateway

[Understanding the Emotional Impact of Adoption – Child Welfare Information Gateway](#)

Considering Adoption

[Considering Adoption](#)

Anxiety and depression

Anxiety & Depression Association of America (ADAA)

[Postpartum Disorders | Anxiety and Depression Association of America, ADAA](#)

Centers for Disease Control and Prevention

[Depression During and After Pregnancy \(cdc.gov\)](#)

Family support

All-Options Talkline

all-options.org/find-support/talkline/

Live and Work Well

liveandworkwell.com

March of Dimes

marchofdimes.org

Maternal and Child Health Bureau

mchb.hrsa.gov

National Child & Maternal Health Education Program

[Mom's Mental Health Matters – Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](#)

Infertility

Healthline

[How Infertility Treatment May Affect Your Mental Health](#)

Resolve: The National Infertility Association

[Homepage](#) | [RESOLVE: The National Infertility Association](#)

Postpartum

Postpartum Support International

[Get Help](#) | [Postpartum Support International \(PSI\)](#)

Pregnancy loss and termination

American Congress of Obstetricians and Gynecologists (ACOG)

[Finding Emotional Support After Pregnancy Loss](#)

Exhale Pro-Voice

[Nonjudgmental After-Abortion Support](#)

Return To Zero (H.O.P.E)

rtzhope.org/

Share: Pregnancy & Infant Loss Support

[Home](#) — [Share Pregnancy & Infant Loss Support \(nationalshare.org\)](#)

Sisters in Loss

sistersinloss.com/

Substance use

Indian Health Service

ihs.gov/asap/resources/

National Center on Substance Abuse and Child Welfare

ncsacw.acf.hhs.gov/topics/pregnancy/

Optum Behavioral Health Solutions provider directory

Find providers here: [Find your plan](#) | [Find Care \(werally.com\)](#)