



support
DELIVERED



Vermont connects expecting and new families to mental health clinicians with specialized expertise in treating perinatal mood and anxiety disorders (PMADs) and other community services.

» **Call 211, option 6**

» **Text HMGVT to 898211**

» **Email info@helpmegrowvt.org**

Providers working with pregnant and postpartum individuals and families experiencing PMADs can make a direct referral by calling or completing an online referral form at helpmegrowvt.org.



SupportDeliveredVT.com

The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMPP) 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.