

# Community Resources

## *Postpartum Depression*

### Minnesota

- **Postpartum Support International**

1-800-944-4PPD (1-800-944-4773)

[postpartum.net](http://postpartum.net)

This organization provides support to families through phone sessions with an expert or online support.

- **Pregnancy & Postpartum Support Minnesota**

612-787-PPSM (612-787-7776)

[ppsupportmn.org](http://ppsupportmn.org)

This organization provides mental health support during and after pregnancy.

- **National Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255)

This organization provides 24/7, free and confidential support.

**(over)**



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## Wisconsin

### ■ Family Resource Center St. Croix Valley

715-684-4440

[frscv.org](http://frscv.org)

This organization offers free parent education and family support to families in Pierce, Polk, and St. Croix counties.

### ■ Postpartum Support International

1-800-944-4PPD (1-800-944-4773)

[postpartum.net](http://postpartum.net)

[psichapters.com/wi](http://psichapters.com/wi)

This organization provides support to families through phone sessions with an expert or online support.

### ■ National Suicide Prevention Lifeline

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