

# Community Resources

## *Postpartum Depression*

### Minnesota

- **Circle of Moms support group**  
612-863-0187  
Pregnant women and mothers are invited to come to this free group for the chance to talk about the things that are hard to talk about. This might include feeling overwhelmed, sadness and worry, or self-care.
- **Postpartum Support International**  
1-800-944-4PPD (1-800-944-4773)  
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  
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.

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## Wisconsin

- **Family Resource Center St. Croix Valley**  
715-684-4440  
frcscv.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  
psichapters.com/wi  
This organization provides support to families through phone sessions with an expert or online support.
- **National Suicide Prevention Lifeline**  
1-800-273-TALK (1-800-273-8255)  
This organization provides 24/7, free and confidential support.



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