



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

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

## 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/](http://all-options.org/find-support/talkline/)

### **Live and Work Well**

[liveandworkwell.com](http://liveandworkwell.com)

### **March of Dimes**

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

### **Maternal and Child Health Bureau**

[mchb.hrsa.gov](http://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/](http://rtzhope.org/)

### Share: Pregnancy & Infant Loss Support

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

### Sisters in Loss

[sistersinloss.com/](http://sistersinloss.com/)

## Substance use

### Indian Health Service

[ihs.gov/asap/resources/](http://ihs.gov/asap/resources/)

### National Center on Substance Abuse and Child Welfare

[ncsacw.acf.hhs.gov/topics/pregnancy/](http://ncsacw.acf.hhs.gov/topics/pregnancy/)

### Behavioral health provider

Find providers here:

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



Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

© 2024 Optum, Inc. All rights reserved. WF12105327 310119-102023 OHC