

# AIMHiTN<sup>510</sup>

## Resources

### Association of Infant Mental Health in Tennessee (AIMHiTN)

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Provides education, training and resources to assist caregivers, educators, healthcare providers and other professionals in their everyday interactions with infants, young children, and their families.

### Postpartum Support International (PSI)

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Provide access to information, social support and informed professional care to deal with mental issues related to childbearing.

### Tennessee Early Intervention Services (TEIS)

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The Tennessee Early Intervention System (TEIS) is a program that provides services to infants and young children who have disabilities or other developmental delays.

### Tennessee Initiative for Perinatal Quality Care

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Seeks to improve health outcomes for all mothers and infants in TN by engaging key stakeholders in a perinatal quality collaborative that will identify opportunities to optimize maternal and infant outcomes and implement data-driven provider and community-based performance improvement initiatives.

### NICU Helping Hands

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Provides education and support for families with babies while in the NICU, during their transition from hospital to home and in the event of an infant loss.

### Mothers' Milk Bank of Tennessee

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A nonprofit milk bank dedicated to providing safe, pasteurized donor human milk to the most vulnerable babies.

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## Black Mamas Matter Alliance

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A national network of Black women-led and Black-led, birth and reproductive justice organizations and multi-disciplinary professionals, working across the full-spectrum of maternal and reproductive health.

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## Maternal Mental Health Leadership Alliance

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A nonprofit organization dedicated to promoting the mental health of mothers and childbearing people in the United States with a focus on national policy and health equity.

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## Hear HER Campaign / CDC

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CDC's Hear Her campaign seeks to raise awareness of urgent maternal warning signs during and after pregnancy and improve communication between patients and their healthcare providers.

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## Healthline

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This website will provide you with resources that provide access to free diapers, formula, childcare, car seats, therapy etc. based on need. It also details the services offered with the 2-1-1 crisis hotline.

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## Check On Mom

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Check on Mom offers moms personalized resources and inspirational content directly to their phones offering support, the signs and symptoms of PPD, and how to have a conversation about seeking professional help should the symptoms occur.

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## Maternal Mental Health Learning and Innovation Center

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A nonprofit organization dedicated to promoting the mental health of mothers and childbearing people in the United States with a focus on national policy and health equity.