

Resources

- [Postpartum Support International - PSI](#) (free virtual support groups for moms and parents)
- PSI Helpline 1-800-944-4773
- [Welcome to Maternal OCD](#)
- [International OCD Foundation | Obsessive Compulsive Disorder \(OCD\) \(iocdf.org\)](#)
- [Beyond OCD – OCD Information and Resources](#)
- [OCD Treatment and Therapy | NOCD \(treatmyocd.com\)](#)
- [Home \(ocdchallenge.com\)](#) (free online self-help program)
- [OCD-Support@groups.io | Home](#)
- [Anxiety and Depression Association of America, ADAA | Anxiety and Depression Association of America, ADAA](#)
- [Intensive Treatment in the US | Postpartum Support International \(PSI\)](#) (inpatient and IOP)
- [Postpartum Psychiatric Disorders - MGH Center for Women's Mental Health \(womensmentalhealth.org\)](#)
- Maternal Mental Health Hotline 1-833-TLC-MAMA
- Podcasts
 - *The OCD Stories*
 - *Purely OCD Podcast*
- Mobile Apps
 - *Cloud OCD – free*
 - *OCD Mantra – virtual treatment*
 - *NOCD – virtual treatment*
- Good Moms Have Scary Thoughts—Karen Kleiman
- Dropping the Baby and Other Scary Thoughts—Karen Kleinman, Amy Wenzel, Hilary Waller, & Abby Adler Mandel
- [Our Center | The Postpartum Stress Center](#)
- <https://www.cherishedmom.org/>

