

ARE YOU A WORKING PARENT WHO NEEDS SUPPORT?

MENTAL HEALTH RESOURCES

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or go to [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources).



Parents seeking emotional support can contact the [National Parent Helpline](https://www.nationalparenthelpline.org/) at 855-427-2736.

If you are a recent mother looking for support, there are [free online support groups](#) offered by Postpartum Support International, with specific programs for Black moms, NICU parents, Spanish-speaking moms, queer parents and more.

LEGAL ADVICE

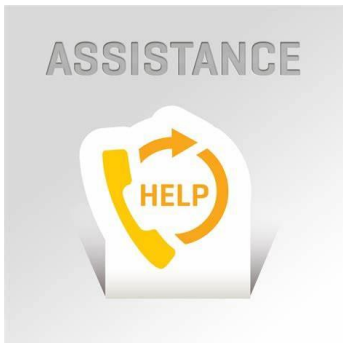


The [Center for WorkLife Law](https://www.worklifelaw.org/) offers a free help line for parental legal rights. Call 415-851-3308 or email COVID19Helpline@worklifelaw.org.

The [National Women's Law Center](https://www.nationalwomenlawcenter.org/) provides complimentary consultations with attorneys in their legal network. Call 202-588-5180.

[A Better Balance](#), a nonprofit legal advocacy group, operates a confidential help line to assist callers with understanding their workplace rights. Call 833-633-3222.

FOOD AND HOUSING ASSISTANCE



[United Way](https://www.unitedway.org/) operates a 24-hour help line that connects callers to local food programs, housing assistance, health care resources and mental health support. Dial 211 from your phone.

[Mutual Aid Hub](https://mutualaidhub.org/) offers a nationwide listing of food pantries and community refrigerators and freezers.