



support  
DELIVERED



Help Me Grow

Vermont connects expecting and new families to mental health clinicians with specialized expertise in treating perinatal mood and anxiety disorders (PMADs) and other community services.

» **Call 211, option 6**

» **Text HMGVT to 898211**

» **Email [info@helpmegrowvt.org](mailto:info@helpmegrowvt.org)**

Providers working with pregnant and postpartum individuals and families experiencing PMADs can make a direct referral by calling or completing an online referral form at [helpmegrowvt.org](http://helpmegrowvt.org).

---

 **VERMONT**  
DEPARTMENT OF HEALTH

**[SupportDeliveredVT.com](http://SupportDeliveredVT.com)**

The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMPP) 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.