



ARE YOU A MOTHER WHO NEEDS SUPPORT?

Speak with someone who can connect you to mental health or substance use services, call Member Services at

1-888-545-2600.

Staff are available to speak on the phone 24/7.



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We can offer help if you are:

- **Feeling stressed or overwhelmed**
- **Concerned about using drugs or alcohol**
- **Worried about your mental health.**

Community Behavioral Health (CBH) has trained staff ready to support mothers and pregnant women. To speak with someone who can connect you to mental health or substance use services, call CBH Member Services at **1-888-545-2600**. Staff are available to speak on the phone 24/7.



To learn more, visit
DBHIDS.org/CBH
RunningStartHealth.phila.gov