

# Mama Bear

One Black Mother's Fight for Her  
Child's Life and Her Own

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**with Zelda Lockhart**



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# Resources

## *Resources for Families with Premies*

**My Kota Bear, Inc.:** <https://www.mykotabear.com/>

**Graham's Foundation:** <https://grahamsfoundation.org/>

**What to Expect:** <https://www.whattoexpect.com/first-year/support-for-parents-of-premature-babies.aspx>

**PreemieWorld:** <https://premieworld.com/>

**PreemieCare Support Groups:** <https://www.preemiecure.org/supportgroups.htm>

## *Resources for Postpartum Depression and Mental Health Support*

**Substance Abuse and Mental Health Services Administration  
National Helpline:** <https://www.samhsa.gov/find-help/national-helpline>

**Psychology Today: “Find a Therapist” Database:** <https://www.psychologytoday.com/us/therapists>

**National Suicide Prevention Lifeline:** 800-273-8255; <https://suicidepreventionlifeline.org/>

**Postpartum Support International:** <https://www.postpartum.net/>

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