SHADES of BLUE PROJECT

NOVEMBER 2026

Find support in Houston and online

Acknowledge. Respect. Support.

We center women of color before, during, and after childbirth. Explore current support options and begin with what you need. [1]

01 Choose a starting point

- Visit our support page for current groups, including pregnancy and postpartum support and Loss At Any Stage. [2]
- Use our Apply For Services page to begin a request. Ask what happens after you submit your information. [3]
- Check availability, eligibility, meeting format, and registration steps before making plans. Ask about options outside Houston.

02 Prepare for participation

- Our support page requires the CROWN Assessment and service application before online group participation. [2]
- Follow the live page for current registration steps. These forms do not replace clinical evaluation.
- Ask about cost, language, accessibility, privacy, and whether a support person may join.

03 Tell us what would help

- You can say: “I would like to learn about available support.” You do not have to share your entire story.
- After a loss, ask for a space where your grief can be heard. Your words and preferences matter.
- Community connection can accompany professional care. For urgent symptoms, seek immediate help rather than waiting for a response.

Your next step can start with a conversation. Explore current support or begin a service request using the links below.

THE SHADES OF BLUE PROJECT

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] SOBP • About our work [2] SOBP • Support groups [3] SOBP • Apply for services