



Perinatal & Postpartum Mental Health Resources & Therapy

Pregnancy & Postpartum Support Minnesota Helpline

612-787-PPSM (7776)

or visit their website at www.ppsupportmn.org for a list of recommended providers by location.

Mother-Baby Programs:

These programs are designed to provide more intensive therapy and resources for moms who need them.

Babies less than 12 months of age are welcome to join.

| | |
|--|--|
| <p>Mother-Baby Program at Hennepin County Medical Center 612-873-6262 (Minneapolis) http://www.hennepinhealthcare.org/specialty/psychiatry/mother-baby-program</p> | <p>Mother-Baby Intensive Outpatient Group at Nystrom & Associates 952-746-2522 (Eden Prairie) https://www.nystromcounseling.com/our-services/mother-baby-intensive-outpatient-program</p> |
|--|--|

Mental Health Providers:

We have provided a few options of mental health providers in the Twin Cities but we recommend visiting

www.ppsupportmn.org for a full list of providers in your area.

Psychiatrists and Therapists

| | |
|---|---|
| <p>Choices Psychotherapy 952-544-6806 (Chanhassen & St. Louis Park) choicespsychotherapy.net</p> | <p>Prairie Care Medical Group 888-977-2474 (multiple locations) www.prairie-care.com</p> |
| <p>Nystrom & Associates 651-628-9566 (multiple locations) www.nystromcounseling.com</p> | <p>Mindful Families 612-486-2956 (Edina) www.mindfulfamielstherapy.com</p> |
| <p>Psychotherapy & Healing Associates 612-296-3800 (multiple locations) www.phawellness.com</p> | <p>Wild Tree Wellness 651-212-4920 (St. Paul & White Bear Lake) wildtreewellness.com</p> |

Resources:

Postpartum Support International: A national organization providing support and education for moms & dads struggling with mental health. Please visit their website at www.postpartum.net for additional resources.

Jenny's Light: A local organization providing support and education for families struggling with mental health. Please visit their website at jennyslight.org for additional information.

National Institute of Mental Health: <https://medlineplus.gov/postpartumdepression.html>

It is your responsibility to verify your insurance coverage with these providers prior to being seen.