

PERINATAL MENTAL HEALTH RESOURCES



Crisis Situation: 911

1-800-SUICIDE: 1-800-784-2433

Tucker Pavilion Intake 24/7: 804-282- 5644

Free Support Groups

The Postpartum Circle

mckenzie@cypresscounseling.com

The Mothering Circle

Sarah.allenshort@gmail.com

Pregnancy and Infant Loss Support Group: 804-977-5862

Therapists Specializing in Perinatal Depression

Please consult your insurance for coverage & additional providers.

Jennifer Atkinson, LCSW 804-467-8243

Lee Carter, LCSW* 804-205-5050

McKenzie Casad, LCSW 757-553-2780

Jeanne Face, PhD* 804-237-8030

Jill Fitzgerald, LCSW* 804-360-2884

Ola Hardiman, LCSW 804-320-1980

Helen Henrich, LCSW 804-335-6233

Erica Mindes, PhD* 804-237-8918

Johnna L. Showers, LCSW* 804-254-8991, ext. 2

Jessica Summers, LCSW* 804-272-7611

Cathy Thorne, LCSW 804-320-7881

Linda Tiffany, PhD 804-288-2217

Linda Walsh, LPC 804-920-0415

The Westwood Group 804-264-0966

*also specialize in grief/loss

Additional Resources:

Psychiatric Support

Neuropsychiatric & Counseling Assoc.

804 282-5236

HCA Referral Hotline

804-320-DOCS

Community Service Boards: Public Mental Health

Chesterfield County: 804-748-1227

Hanover County: 804 365-4222

Henrico County: 804 727-8515

Richmond City: 804 819-4000

Organizations

Family Violence & Sexual Assault

1-800-838-8238

National Hispanic Prenatal Helpline

1-800-504-7081

PPD-Hope

1-800-PPD-MOMS

Stroller Strides

www.strollerstrides.com

Family Lifeline

804-249-5414

Internet Support

Postpartum Support Virginia

www.postpartumva.org



Henrico Doctors' Hospital
HCA^{VA}

AN HCA AFFILIATE

Parham Doctors' & Retreat Doctors' are campuses of Henrico Doctor's Hospital/ Chippenham & Johnston-Willis Hospitals are campuses of C/JW Medical Center

**CHIPPENHAM / HENRICO DOCTORS' / JOHN RANDOLPH / JOHNSTON-WILLIS
PARHAM DOCTORS' / RETREAT DOCTORS' / SPOTSYLVANIA REGIONAL**