

# PERINATAL MENTAL HEALTH

## RESOURCE LIST

### [BROOKLYN PARENT SUPPORT](#)

THIS DIVERSE GROUP OF PSYCHIATRIC NPS & MIDWIVES SPECIALIZE IN PERINATAL MOOD DISORDERS. THEY PROVIDE COMPREHENSIVE MENTAL HEALTH CARE DURING THE PERINATAL PERIOD, INCLUDING PSYCHIATRIC MEDICATION MANAGEMENT FOR PREGNANT & LACTATING PEOPLE. IN-PERSON & TELEHEALTH AND CARE IN SPANISH IS AVAILABLE! INSURANCE ACCEPTED.



### [BROOKLYN PARENT SUPPORT GROUPS](#)

BROOKLYN PARENT SUPPORT HOSTS WEEKLY AND MONTHLY GROUP MEETINGS ONLINE. THESE GROUPS INCLUDE MOOD SUPPORT FOR PREGNANCY AND POSTPARTUM, SUPPORT FOR LGBTQIA+ PARENTS, SUPPORT FOR MOTHERS OF KIDS WITH DISABILITIES, AND SUPPORT FOR PERINATAL MEDICATION MANAGEMENT.



### [THE MOTHERHOOD CENTER](#)

THE MOTHERHOOD CENTER OFFERS A FULL ARRAY OF VIRTUAL AND IN-PERSON CLINICAL TREATMENT SERVICES DEPENDING ON YOUR SYMPTOMS AND DIAGNOSIS. THEY HAVE A DAY PROGRAM, OUTPATIENT SERVICES, AND SUPPORT GROUPS AVAILABLE TO WOMEN & BIRTHING PEOPLE EXPERIENCING PERINATAL MOOD DISORDERS.



### [CENTER PSYCHOLOGY GROUP](#)

THIS TEAM OF DOCTORAL-LEVEL PSYCHOTHERAPISTS ARE TRAUMA TREATMENT SPECIALISTS WHO HAVE EXTENSIVE TRAINING IN CLINICAL PRACTICE, THEORY, AND RESEARCH. THEY PROVIDE INDIVIDUAL AND GROUP THERAPY, AS WELL AS EMDR FOR TRAUMA TREATMENT.



### [MORE PROVIDERS SPECIALIZING IN PMADS](#)

[EVELYN GAMA COUNSELING](#), [GINA GOLD](#), [ERIN SPARANI](#), [OLIVIA BERGERON](#)

