

Project Healthy Moms: Resource List for Perinatal Mood and Anxiety Disorders (PMADs)

Provided by Project Healthy Moms, Mental Health America of Georgia

Mental Health America of Georgia's Project Healthy Moms provides this resource list of healthcare providers and outlets for self-care that specialize in providing care for pregnant or postpartum women. Please note that although seeking professional help is vital, a woman can complement her treatment plan with self-care and other support strategies. This list is comprehensive and includes many resources that may be combined.

Disclaimer: This list is intended for reference purposes only. Practitioners on this list have indicated experience and interest in PMADs; however, they have not been approved by a formal process through Mental Health America of Georgia. Therefore, inclusion on this resource list should not be considered an endorsement from Mental Health America of Georgia. Furthermore, services and information provided by these resources do not necessarily reflect the views of Mental Health America of Georgia.

Table of Contents

Healthcare providers	2
Psychiatrists and therapists	2
Other healthcare providers	4
Outlets for self-care	5
Peer support	5
Other online and phone-based resources	6
Fitness facilities targeted to perinatal women	8
Other organizations	8
Resources for fathers	9
Recursos en español (Resources in Spanish)	10

Do you have specialized training and/or experience with perinatal mood and anxiety disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Liz Smulian at 678-904-1968 or at liz@mhageorgia.org.

Healthcare providers

A list of psychiatrists, therapists, and other healthcare providers in Georgia with specialized training, experience, and/or interest in Perinatal Mood and Anxiety Disorders.

Are you a Georgia provider with specialized training and/or experience in perinatal mood disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Liz Smulian at 678-904-1968 or at liz@mhageorgia.org

Psychiatrists and therapists

Emory Women's Mental Health Program

Emory Clinic Building B
1365 Clifton Rd NE, Suite 6100
Atlanta, GA 30322
404-778-2524
<http://WomensMentalHealth.emory.edu/>
Payment: Self pay, private insurance, some Medicare and Medicaid
Translation services available

Northside Behavioral Health Services

1140 Hammond Drive NE, Suite J-1075
Atlanta, GA 30328
404-851-8960 or 404-851-8050
Payment: Self pay, private insurance, Medicare, state funding offered
Translation services available

Lauren Magalnick Berman, PhD

5605 Glenridge Dr.
One Premier Plaza, Suite 600
Atlanta, GA 30342
404-634-2555
<http://laurenberman.com/>

Gina Campbell

118 East Maple St
Decatur, GA 30030
(404) 987-0896
<http://www.ginacampbellcounseling.com>
info@ginacampbellcounseling.com
Payment: Self pay, in-network with United Healthcare, Aetna and Blue Cross Blue Shield

Jacqueline V. Cohen, LPC

Individual and Couples Counselor
4985B Lower Roswell Rd, Suite 200
Marietta, GA 30068
404-822-1026
www.therapymama.com
Payment: Self pay

Bethany D. Davis, MD

Twelve Piedmont Center
3495 Piedmont Road, NE Suite 419
Atlanta, GA 30305
404-841-1000
<http://www.drbethanydavis.com/>
Payment: Self pay

Omi Dobbins, LPC, NCC, NCSC

159 Burke St, Suite 205
Stockbridge, GA 30281
678-960-9355
dobbins@georgiawell.com
<http://www.georgiawaterwell.com>

Kate Ferguson, MA, NCC

Life Gate Counseling Center
3434 Roswell Rd, NW
Atlanta, GA 30305
404-842-3161
KFerguson@lifegatecenter.org
<http://www.lifegatecenter.org>
Payment: Self pay, financial aid available, out-of-network benefits offered

Licia Freeman, MA, MEd, LMFT
3520 Piedmont Rd Suite 330
Atlanta, GA 30305
770-352-0029
services@liciafreeman.com
<http://www.parentsandpartners.com/>

Sally Herbert, MD
49 Lenox Pointe NE
Atlanta, GA 30324
404-842-0070

Vicki Leopold, LCSW
170 Broadmoor Drive
Fayetteville, GA 30215
770- 461-0284

Kevin McPherson, MD
Psychiatrist
Columbus Psychological Associates
2325 Brookstone Centre Parkway
Columbus, GA
706-653-6841
www.columbuspsychological.com
Payment: Self pay, most insurance carriers, Medicare, Medicaid (Peachstate & Wellcare), BCBS, Tricare, QHP, Aetna, PHCS, Coventry, and Caring For The Mind

Fran McAleer, LCSW
Medical College of Georgia Dept of Psychiatry and Health Behavior
Savannah, GA
706-721-CARE | 912-350-7673
mcalefr1@memorialhealth.com

Elizabeth O'Brien, MA, LPC
TRU Integrative Health and Wellness
Georgia state Co-Coordinator, Postpartum Support International
3091 East Shadowlawn Ave
Atlanta, GA 30305
For appointments: 907-378-6972
Office: 404-846-0699
www.growhealchange.com
Elizabeth@growhealchange.com
Payment: Self pay, sliding scale available

Sarah Hightower, MA, LAPC
TRU Integrative Health and Wellness
3091 East Shadowlawn Avenue
Atlanta, GA 30305
404-428-4114
<http://www.growhealchange.com>
Sarah@growhealchange.com
Payment: Self pay, sliding scale available

Shana Pittman, LPC
One Decatur Town Center
150 E. Ponce de Leon Avenue, Suite 350
Decatur, GA 30030
770-361-6833
shana@spcounseling.net
<http://www.spcounseling.net/>
Payment: Self pay; sliding scale available

Julie Rand Dorney, MD
Peachtree Psychiatric Professionals
3520 Piedmont Road NE, Suite 330
Atlanta, GA 30305
404-351-2008
<http://ppp-pc.com/>

Karen Padron, MD, PhD
4 Executive Park E. Suite 470
Atlanta, GA 30329
404-922-0024

Stacey Wald, MA, RD, LD, CDE
Counselor, Registered Dietitian, Life Coach
Therapeutic Associates, LLC
1640 Powers Ferry Road SE, Building 9, Suite 300, Marietta, Georgia 30067
404-994-2397
<http://staceywald.com/>
stacey@staceywald.com
Payment: Self pay, may be covered through out-of-network benefits, sliding scale slots may be available

Ogeechee Behavioral Health Services

Burke County: 292 West Fourth Street,

Waynesboro, GA 30830, (706) 437-6863

Emanuel County: 223 N. Anderson Drive,

Swainsboro, GA 30401, (478) 289-2530

<http://www.obhs-ga.org/home.html>

Payment: Self pay, some insurance carriers,

Medicare, Medicaid, sliding scale available

Other healthcare providers

Patricia McAfee, RN, BSN

Women and Infant Services

Henry Medical Center

1133 Eagle's Landing Parkway

Stockbridge, GA 30281

678-604-5455

pmcafee@hmc-ga.org

Stephanie Mobley, MSW

Community Outreach Coordinator

First Steps-Parents of Newborns Program

St. Joseph's/Candler Health System

Savannah, GA 31405

912-819-6911

Joanne Patterson, RN, MSN

Georgia State Co-Coordinator, Postpartum

Support International

404-849-5466

joannemcdougal@msn.com

Kaprice Welsh, CNM

Northside Women's Specialists

980 Johnson Ferry Rd NE, Suite 620

Atlanta, GA 30342

404-255-2057

Balance Atlanta Family Chiropractic

360 Pharr Rd.

Lower Level 101

Atlanta, GA 30305

404-261-4848

<http://balanceatlanta.com/>

Payment: Self pay, some insurance coverage

Buckhead Acupuncture & Herbal Center

Buckhead: 2964 Peachtree Road NW, Suite 350,
Atlanta, GA 30305

Marietta: 1640 Powers Ferry Road, Building 9,
Suite 350, Marietta GA 30067

678-549-7848

<http://atlanta-acupuncture.net/>

Payment: Self pay, some insurance coverage

Metro Acupuncture

6255 Barfield Road, Suite 175

Atlanta, Georgia 30328

(404) 255-8388

<http://www.metroacupuncture.com/>

Payment: Self pay

Atlanta Center for Holistic and Integrative
Medicine

1401 Dresden Drive, Atlanta, GA 30319

404-814-9808

<http://atlantaholisticmedicine.com/>

H & Z Acupuncture

57 Executive Park South, Suite 100

Atlanta, GA 30329

404-778-7216

<http://www.atlanta-acupuncture.com/>

Highland Acupuncture

675 Seminole Ave NE STE B-02

Atlanta, GA 30307

404-428-7899

<http://www.highland-acupuncture.com/>

Northside Acupuncture

3442 Francis Road, Suite 130

Alpharetta, GA 30004

404-849-8805

<http://www.northsideacupuncture.com/>

The Wellpath Center

Prenatal chiropractic care

3590 Cherokee Street, Suite 401

Kennesaw, GA 30144

770-218-1166

<http://www.wellpath.net/prenatal-care>

Payment: Self pay, BCBS, Cigna, United Healthcare

Georgia Association of Community Service Boards (GACSB)

Community Service Boards (CSBs) are the safety net for mental health, developmental disability and substance use disorder services management and delivery. CSBs are community-based behavioral health and developmental disabilities services organizations that provide mental health, substance abuse, and developmental disabilities services.

Member organizations: <http://www.gacsb.org/pages.html?page=112>

Outlets for self-care

A list of support groups, fitness facilities, and other organizations in Georgia that promote self-care and support among pregnant and/or postpartum women.

*** Do you run a support group for mothers? Do you have specialized training and/or experience in perinatal mood and anxiety disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Liz Smulian at 678-904-1968 or at liz@mhageorgia.org***

Peer support

(in-person, telephone, online, etc.)

Project Healthy Moms Warmline:

Phone in to the free Project Healthy Moms Warmline or email us to contact a survivor of a perinatal mood/anxiety disorder who can provide emotional support and suggest appropriate resources. Please leave a message when you call the Warmline, and she will respond as soon as possible. It does get better!

678-904-1966 (#1 for Spanish)

1-800-933-9896 ext. 234 (toll-free) (#1 for Spanish)

PHMhelp@mhageorgia.org (English), PHMayuda@mhageorgia.org (Spanish)

Atlanta Postpartum Support Group (Atlanta, GA)

Meet with other moms who have recovered from or are currently experiencing a challenging pregnancy or postpartum period. Experience the benefits of peer support. Learn about postpartum depression and related disorders and discuss resources such as therapists, doctors, opportunities to meet other moms/children, and ways to improve your health and mood.

914-261-8182

<http://www.meetup.com/PPDAtlanta/>

Parent to Parent of Georgia (throughout Georgia)

Peer support, resources, referrals, and training for parents of children with disabilities or special health care needs.

1-800-229-2038

<http://www.p2pga.org/>

Regroup Therapy

Online video support group for women who are struggling with issues related to maternal mental health. Every group is moderated by a licensed and experienced therapist. There are no more than 10 participants in each group, and each session lasts an hour and 15 minutes. Women can register for just one session without making an ongoing commitment to the program or can register for multiple sessions.

<http://regrouptherapy.com/>

Other online and telephone-based resources

Georgia Crisis and Access Line

A hotline staffed with professional social workers and counselors 24/7 who assist callers with urgent and emergency needs in areas of mental health, developmental disability, or addictive disease. Those callers who need more routine services are directly connected with the agency of their choice and given a scheduled appointment.

1-800-715-4225

<http://bhlweb.com/tabform/>

Postpartum Support International – Georgia Resources (throughout Georgia)

<http://www.postpartum.net/Get-Help/Support-Resources-Map-Area-Coordination/PSI-Locations-United-States/PSI-Georgia.aspx>

Postpartum Support International’s Chat with the Expert

Postpartum Support International hosts free, live phone sessions every week, including Wednesday chats for moms and Monday chats for dads. During these sessions you can talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders from the privacy of your own phone. There is no need to pre-register or give your name. These sessions, facilitated by licensed mental health professionals, are informational only and open to anyone with questions and concerns.

Instructions and schedule:

<http://www.postpartum.net/Get-Help/PSI-Chat-with-an-Expert.aspx>

Postpartum Progress

A blog created by Katherine Stone that offers help and hope from women who’ve been there, providing an unflinching yet hopeful look at getting through postpartum depression, postpartum anxiety, postpartum OCD, postpartum psychosis, and antenatal depression/anxiety. The award-winning Postpartum Progress blog is the most widely read blog on perinatal mood disorders in the US.

<http://www.postpartumprogress.com/>

Learn about 5 ways to connect with the Postpartum Progress community:

<http://www.postpartumprogress.com/5-ways-to-connect-with-the-postpartum-depression-mom-community>

Beyond Postpartum

A blog created by Amber Koter-Puline that offers insight into personal experience dealing with perinatal mood disorders as well as to share research and information related to pregnancy and the postpartum period.

<http://www.beyondpostpartumblog.com/>

MedEd PPD

A website developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD). One part of the site, Mothers and Others, contains information for women with PPD as well as for their friends and families.

<http://www.mededppd.org/mothers/>

Spanish: <http://www.mededppd.org/sp/default.asp>

Mental Health America of Georgia

Mental Health America of Georgia (MHA of Georgia) is our state's leading nonprofit organization dedicated to helping all Georgians live mentally healthier lives through education, outreach, and advocacy. Project Healthy Moms (PHM), an important initiative of MHA of Georgia, strives to increase awareness, identification, treatment, and support of perinatal mood disorders in Georgia, while also reducing the stigma associated with them. PHM hopes to achieve this goal through educational seminars for healthcare providers, students, and the general public, through the distribution of informational provider tool-kits, and through the expansion of Georgia's perinatal peer support for mothers recovering from perinatal mood and anxiety disorders.

www.mhageorgia.org

Postpartum Support International's Warmline

A toll-free telephone number anyone can call to get basic information and resources. Dial extension 1 for Spanish and extension 2 for English. The PSI Warmline is answered Monday-Friday, 8am-4:30pm (PST). The PSI Warmline is not a crisis hotline and does not handle emergencies.

1-800-944-4PPD (4773)

<http://www.postpartum.net/>

PEP: Postpartum Education for Parents

A free 24 hour telephone service provides confidential one-on-one support from trained volunteers, parents just like you. From basic infant care to breast or bottle feeding issues to postpartum adjustment, the Warmline can be a great source of general parenting information and support.

1-805-564-3888

<http://www.sbpep.org/>

PowerLine (Healthy Mothers, Healthy Babies)

A phone number that anyone can call to receive referrals for healthcare, prenatal care, child health and development, breastfeeding support, and other health-related concerns. Spanish-speaking staff members are available and telephone interpreters in 170+ languages.
1-800-300-9003

text4baby

Women can sign up to receive free text messages throughout their pregnancy and their baby's first year. Women receive critical health and safety tips timed to their baby's age.

Text the word "BABY" to the number 511411

To receive messages in Spanish, text "BEBE" to 511411

<http://text4baby.org/>

Fitness facilities targeted to perinatal women

Decatur Yoga and Pilates

431 West Ponce de Leon Ave.
Decatur, GA 30030
404-377-4899
<http://decaturhotyoga.com/>

Oh Baby! Fitness

Various locations in metro Atlanta
678-528-1390
<http://www.ohbabyfitness.com/>

The Little Gym

Locations in Smyrna and Lawrenceville
<http://www.thelittlegym.com/Pages/default.aspx>

Peachtree Yoga Center

6050 Sandy Springs Circle
Atlanta, Georgia 30328
404-847-9642
<http://peachtreeyoga.com/>

Stroller Strides

Locations in Atlanta, Kennesaw, and Woodstock
1-866-FIT-4MOM (1-866-348-4666)
info@strollerstrides.com
<http://www.strollerstrides.com/>

Other organizations

(Douglas, pregnancy massage, organizations that serve teenage moms, low-income moms, etc.)

List of free or low-cost childcare options, as compiled by Katherine Stone

<http://postpartumprogress.com/child-care-services-for-moms-with-postpartum-depression-and-few-resources>

Baby Steps, Inc.

Childbirth classes in the metro Atlanta area
770- 778-4886
<http://www.babystepsonline.net/>

Catholic Charities

Locations in Atlanta, Chamblee, Lilburn, and Athens
Client intake line: (404) 733-3527
<http://www.catholiccharitiesatlanta.org/services/clinical-services/>

CenterPoint Prenatal Massage

3050 S. Atlanta Rd.
Smyrna, Georgia 30080
404-867-5543
<http://www.centerpointprenatalmassage.com>
Care: Childcare
<http://www.care.com/>

COMIZIA Care Inc.

For young, single mothers
2183 Sara Ashley Way
Lithonia, GA 30058
404-428-1472
<http://www.comiziicare.org/about.html>

Happy Baby Solutions

Baby nurses and nannies
404-592-2858
<http://happybabysolutions.com/>

La Leche League of GA

Breastfeeding support
404-681-6342
<https://llofga.org/>

Labor of Love Doula and Childbirth Services, Inc.

Serving the metro area of Atlanta and Athens
770-241-2078
<http://www.alaboroflove.org/>

Lumina Birth

Doula support in Atlanta and Athens
<http://www.luminabirth.com/>

Pregnancy Massage Center

1164 N. Highland Ave.
Atlanta, GA 30306
678-462-2173
<http://www.pregnancymassage.com/>

Ready Birth

Childbirth preparation class
2412 Coosawattee Drive NE
Atlanta, GA 30319
404-812-0774
<http://readybirth.com/info/welcome.html>

Sweet Dreams, LLC

Doula services
2605 Little John Circle
Cumming, GA 30040
770-780-2997
jhangels@gmail.com
<http://www.sweetdreamsdoulas.com/index.php>

TLC Sitters of Atlanta

Nannies/childcare in Atlanta
770-410-4774
tlcatl@bellsouth.net
<http://www.tlcsittersofatlanta.com/>

Resources for fathers

PSI Chat with an Expert – for Dads

The first Monday of every month, Postpartum Support International hosts a free call-in forum for fathers to speak with an expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders. All sessions are facilitated by licensed mental health professionals.

1-800-944-8766

Instructions and schedule: <http://postpartum.net/Friends-and-Family/PSI-Chat-with-an-Expert.aspx>

PostpartumDads.org

This site intends to help dads and families by providing firsthand information and guidance through the experience of postpartum depression. The site also provides resources that can be used by professionals to assist families dealing with postpartum depression.

<http://www.postpartumdads.org/>

PostpartumMen Online Forum

An online community for men with concerns about depression, anxiety or other mood disruptions after the birth of a child.

<http://postpartummen.com/forum/>

Recursos en español (Resources in Spanish)

Apoyo por teléfono (Telephone support)

Línea telefónica del Proyecto Mamas Sanas:

Llame gratis a la Línea del Proyecto Mamás Sanas o mande un correo electrónico para comunicarse con un sobreviviente de un desorden de ansiedad/estado de ánimo perinatal, quien le podrá proporcionar ayuda emocional y sugerirle recursos apropiados. Por favor deje un mensaje cuando llame a la línea y nos pondremos en contacto con usted lo mas pronto posible. ¡Seguro que se mejorará!

678-904-1966, #1 (local)

1-800-933-9896 ext. 234, #1 (gratuito)

PHMayuda@mhageorgia.org

Apoyo de PSI por teléfono para las familias hispano parlantes

Llame al número de teléfono gratuito para obtener recursos, apoyo e información gratuita.

Deje un mensaje y un voluntario de Postpartum Support International le devolverá la llamada.

1-800-944-4773, #1

PowerLine (Healthy Mothers, Healthy Babies) – se habla español

Powerline es una forma rápida de encontrar el cuidado que usted necesita. Una llamada le pone en contacto con referencias de médicos, apoyo para la lactancia, y más.

1-800-300-9003

Sitios web (Websites)

MedEd PPD – en español

Este sitio informa sobre la depresión posparto (PPD, siglas del inglés “postpartum depression”). La sección “Mamás y los demás” contiene información para las mujeres con depresión posparto, sus familiares y amigos.

<http://www.mededppd.org/sp/default.asp>

text4baby – en español

Mensajes gratuitos para mujeres, con consejos para su embarazo y el cuidado de su bebe.
Envíe la palabra “BEBE” al número 511411

<http://text4baby.org/index.php/en-espanol>

La Liga de la Leche

Educación, información, apoyo y motivación para las mujeres que desean amamantar a sus bebés.

https://llofga.org/En_Espanol.html

Terapeutas (Therapists)

Organizaciones Benéficas Católicas de Atlanta

Varios tipos de terapia y asesoramiento
(404) 733-3527

Lista del Metro Atlanta Therapists’ Network

Esta lista del terapeutas bilingües tiene datos personales de terapeutas en Atlanta que hablan español.

<http://www.matn.info/bilingual-therapists>

Rosa Fitzhugh, PhD

2801 Buford Hwy Suite 503, Atlanta, GA 30329
404-503-5752

rosafitzhugh@gmail.com

Acepta: Cigna, Aetna, Humana, Tricare, BCBS, Wellcare, Peachstate, Amerigroup

También existe ayuda financiera para consejería.

Iréné Celcer, MA, LCSW

2996 Grandview Ave. Suite 206, Atlanta, GA 30035
404-869-8902

icelcer@icelcer.com

www.icelcer.com

La Licenciada Iréné Celcer no pertenece a ningún panel de seguridad sin embargo, en casos necesarios, ajusta su arancel profesional a las necesidades del paciente.

Camino a la Recuperación es una práctica psicológica internacional que ofrece servicios profesionales cultural y lingüísticamente competentes en inglés, español y portugués en todo el mundo a través de la telemedicina interactiva. En los Estados Unidos, ofrecen servicios en horarios convenientes para usted en seis clínicas bien ubicadas y con fácil acceso a transporte público en la zona metropolitana y norte del estado de Georgia. Camino a la Recuperación no acepta seguros pero existe la posibilidad de ayuda financiera. Por favor póngase en contacto hoy para una cita confidencial llamando al [770-220-2885](tel:770-220-2885) o por correo electrónico a contact@rdtorecovery.com. Si desea mayor información, visite <http://www.rdtorecovery.com/Contact.html> para direcciones y números de teléfono.

Otros recursos (Other resources)

Yoga en Español – Peachtree Yoga Center

Peachtree Yoga Center ofrece un curso completamente en español, que también introduce nombres en sánscrito de unas posturas.

6050 Sandy Springs Circle, Atlanta, GA 30328

(404) 847-9642

info@peachtreeyoga.com