

## 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.*

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*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](mailto: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](mailto: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](mailto: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*

Columbus Psychological Associates

Psychiatrist Practice  
2325 Brookstone Centre Parkway  
Columbus, GA  
706-653-6841  
cpa3238@aol.com  
www.columbuspsychological.com

*Payment: Self pay, most insurance carriers, Medicare, Medicaid (Peachstate & Wellcare) Tricare, Blue Cross Blue Shield and (most private Insurance)*

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*

Phoebe Putney Memorial Hospital

Psychiatrists on staff

417 Third Avenue, Albany, Georgia 31701

877-312-1167

*Payment: Self-pay, Medicare, Medicaid, commercial insurance*

The Anxiety & Stress Management Institute

1640 Powers Ferry Rd SE, Building 9, Suite 100

Marietta, GA 30067

Main: 770-953-0080

Intake office: 770-980-9229

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

*Payment: Self pay, superbills for out-of-network reimbursement, sliding scale may be available*

Tamara Ashley, MS, APC, NCC

Associate Professional Counselor

The Anxiety & Stress Management Institute

1640 Powers Ferry Rd SE, Building 9, Suite 100

Marietta, GA 30067

770-953-0080, ext. 316

[tashley@stressmgt.net](mailto:tashley@stressmgt.net) | [www.stressmgt.net](http://www.stressmgt.net)

*Payment: Self pay, superbills for out-of-network reimbursement, sliding scale may be available*

Family Counseling Center

Masters level licensed therapists

Macon: 277 MLK Jr. Blvd. Suite 203

Warner Robbins: 106-B Olympia Drive

478-745-2811 (Macon)

478-918-0663 (Warner Robbins)

<http://www.fcccg.org/index.php>

*Payment: Self-pay using sliding scale; employee assistance program; no cost for victims of crimes with police report; no cost for people on public assistance in Macon and Warner*

Suzanne McLean, LCSW

Counseling Associates for Well-being

1 Huntington Road, Suite 703

Athens, GA 30606

706-425-8900

[suzanne@ca4wellbeing.com](mailto:suzanne@ca4wellbeing.com)

[http://www.ca4wellbeing.com/suzanne\\_morgan\\_mclean.html](http://www.ca4wellbeing.com/suzanne_morgan_mclean.html)

*Payment: Self-pay, some forms of insurance*

Taylor Grove Yates & Associates

Taylor Yates, LCSW  
Tracey Wyatt, LPC  
Leslie Schwartz, LPC  
Leigh Ellen Magness, LCSW  
1 Huntington Road, Suite 105  
Athens, GA 30606  
(888)307-2780  
<http://www.taylorgroveyates.com/index.htm>  
*Payment: Self-pay, insurance, Wellcare*

Augusta Center for Psychological Services

3643 Walton Way Extension  
Augusta, GA 30909  
706-729-9595  
<http://www.augustapsychologicalservices.com/>  
*Payment: We accept Medicaid, Medicare, Tricare, and one provider accepts Blue Cross. We also accept self-pay and will bill all insurance companies.*

Natasha Thomas, MD

Psychiatrist  
Cumberland Psychiatric Group  
51 Houze Road Suite 225  
Roswell, GA 30076  
*Payment: Self-pay, insurance*

### **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](mailto: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>

Intown Midwifery

*Midwifery services and a New Parent Group, free for patients, meets every Friday from 11am-12pm*  
285 Boulevard, Suite 110  
Atlanta, GA 30312  
404-622-9810  
<http://www.intownmidwifery.com>  
*Payment: Self-pay, most major insurance carriers*

## 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](mailto: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](mailto:PHMhelp@mhageorgia.org) (English), [PHMMayuda@mhageorgia.org](mailto:PHMMayuda@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-Coordiators/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](http://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](mailto:info@strollerstrides.com)  
<http://www.strollerstrides.com/>

## **Other organizations**

*(Doulas, 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.comiziacare.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/>

## **Statewide programs**

### *For pregnant women, new moms, and children*

*In addition to the statewide peer support programs like the Project Healthy Moms Warmline and online and telephone-based resources like text4baby, there are other statewide programs in Georgia that support pregnant women, new moms, and children.*

Children 1st

Children 1st identifies children who are at risk for poor health and developmental outcomes, so that needed interventions can be made to ensure the optimal health and development of the child. Participation is voluntary and there are no financial requirements for enrollment into the program. Children 1st is currently implemented in all 159 counties in the state.

<http://health.state.ga.us/programs/childrenfirst/>

Other Department of Public Health maternal and child health programs:

<http://health.state.ga.us/programs/family/index.asp>

(404) 656-6679

Great Start Georgia

Great Start Georgia is a statewide effort, sponsored by the Governor’s Office for Children and Families. Great Start Georgia wants to be sure every child in our state gets a “great start” in life. Great Start Georgia is designed to create a community culture of care, encouragement, and support for all families before and after the birth of a child. Across hundreds of Georgia communities, services are available to ensure that these important early years are rich with opportunities for children to be educated, safe, and healthy. A free Information & Referral Center offers connections to relevant local resources and information.

Evidence-based Home Visiting Programs for children ages 0-5 include: Early Head Start - Home Based Option (EHS-HBO), Healthy Families Georgia (HFG), Nurse-Family Partnership (NFP) and Parents as Teachers (PAT).

*<http://www.greatstartgeorgia.org/>*

Toll-free: 1-855-707-8277

WellCare of Georgia: Planning for Healthy Babies (P4HB)

The goal of P4HB is to help moms be healthy and have healthy babies. Women 18–44 years of age can join if they do not have health insurance and their family income is below a certain level. Interpregnancy care includes mental health and substance abuse services.

*<https://georgia.wellcare.com/member/p4hb>*

1-866-231-1821

## **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/>*

Postpartum Progress

While this site may seem to be mainly geared towards women, it has featured dad stories as well. This is a blog run by an Atlanta woman who has survived postpartum OCD, depression, and anxiety, and there is amazing information on the site that can help destigmatize postpartum mood issues. Here is an article geared towards dads:

<http://www.postpartumprogress.com/depression-in-men-a-dads-story-of-male-postpartum-depression>

Men’s Health Magazine

Here is a great article from Men’s Health Magazine that may help your husband feel that he is not alone: <http://blogs.menshealth.com/health-headlines/can-men-get-post-partum-depression/2011/03/27>

## **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](mailto: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](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

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[rosafitzhugh@gmail.com](mailto: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](mailto:icelcer@icelcer.com)

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*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](mailto: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