

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.

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.

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
Website: <http://WomensMentalHealth.emory.edu/>
Payment: Self pay, private insurance, some Medicare and Medicaid
- Northside Behavioral Health Services
1140 Hammond Drive NE, Suite J-1075
Atlanta, GA 30328
404-851-8960 or 404-851-8050
Eligibility: Self pay, private insurance, Medicare, state funding offered
- Lauren Magalnick Berman, PhD
5605 Glenridge Dr.
One Premier Plaza, Suite 600
Atlanta, GA 30342
404-634-2555
Website: <http://laurenberman.com/>

- Gina Campbell
118 East Maple St
Decatur, GA 30030
(404) 987-0896
Website: <http://www.ginacampbellcounseling.com>
Email: info@ginacampbellcounseling.com
- Jacqueline V. Cohen, LPC
Individual and Couples Counselor
4985B Lower Roswell Rd, Suite 200
Marietta, GA 30068
404-822-1026
Website: <http://www.jvccounseling.com/>
www.therapymama.com
<http://therapists.psychologytoday.com/rms/63639>
- Bethany D. Davis, MD
Twelve Piedmont Center
3495 Piedmont Road, NE
Suite 419
Atlanta, GA 30305
404-841-1000
Website: <http://www.drbethanydavis.com/>
- Omi Dobbins, LPC, NCC, NCSC
159 Burke St, Suite 205
Stockbridge, GA 30281
678-960-9355
Email: dobbins@georgiawell.com
Website: <http://www.georgiawaterwell.com>
- Kate Ferguson, MA, NCC
Life Gate Counseling Center
3434 Roswell Rd, NW
Atlanta, GA 30305
Email: KFerguson@lifegatecounseling.org
Website: <http://www.lifegatecenter.org>
- Licia Freeman, MA, MEd, LMFT
3520 Piedmont Rd Suite 330
Atlanta, GA 30305
770-352-0029
Email: licia@liciafreeman.com
Website: <http://www.parentsandpartners.com/>

- Sally Herbert, MD
Atlanta, GA
404-842-0070
- Vicki Leopold, LCSW
170 Broadmoor Drive
Fayetteville, GA 30215
770- 461-0284
- Kevin McPherson, M.D.
Psychiatrist
Columbus Psychological Associates
2325 Brookstone Centre Parkway
Columbus, GA
706-653-6841
www.columbuspsychological.com
- Mandy Mercer, LMSW, Director of Development for South Western GA
75 Piedmont Ave., NE, Suite 910
Atlanta, GA 30303
404-420-3202 (office)
229-854-1790 (mobile)
mmercerc@ihrcorp.com
- 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
3091 East Shadowlawn Ave
Atlanta, GA 30305
For appointments, please call: 907-378-6972
Office: 404-846-0699
www.growhealchange.com
Elizabeth@growhealchange.com
- Shana Pittman, LPC
One Decatur Town Center
150 E. Ponce de Leon Avenue, Suite 350
Decatur, GA 30030
770-361-6833

Email: shana@spcounseling.net

Website: <http://www.spcounseling.net/>

- Julie Rand, MD
Peachtree Psychiatric Professionals
3500 Piedmont Road NE, Suite 775
Atlanta, GA 30305
404-351-2008
- Tara Samples, MC, LPC, NCC
10 Wilson Road
Stockbridge, GA 30281
770-506-9575 x111
Email: tarasamples@yahoo.com
Website: <http://www.agrowthplace.com/Our%20Staff.htm>

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
Email: 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
Email: MobleySte@sjchs.org
- Joanne Patterson, RN, MSN
Project Healthy Moms Warmline Facilitator, Mental Health America of Georgia
Georgia State Co-Coordinator, Postpartum Support International
404-849-5466
Email: joannemcdougal@msn.com
- Didi St. Louis, MD
Northside Women's Specialists
980 Johnson Ferry Rd NE, Suite 620
Atlanta, GA 30342
404-255-2057

- Kaprice Welsh, CNM
Northside Women's Specialists
980 Johnson Ferry Rd NE, Suite 620
Atlanta, GA 30342
404-255-2057

****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****

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

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

- *Atlanta Postpartum Support Group (Atlanta, GA)*
Peer support group for women who are dealing with or have recovered from postpartum reactions and mood issues, including depression, anxiety, obsessive compulsive disorder, post traumatic stress disorder, insomnia, panic disorder, and baby blues.
914-261-8182
[Website](#)
- *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
[Website](#)
- *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
1-800-933-9896 ext. 234 (toll-free)
Email: PHMhelp@mhageorgia.org
- *Postpartum Support International-Georgia Resources (Throughout Georgia)*

Website

- *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.
[Call in instructions and call schedule](#)
- *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.
Website: <http://regrouptherapy.com/>

Other online and telephone-based resources

- *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.
[Website](#)
- *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.
[Website](#)
- *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

[Website](#)

- *Med 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.
[Website \(in English\)](#)
[Website \(in Spanish\)](#)
- *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.
[Website](#)
- *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)
[Website](#)
- *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
[Website](#)

Fitness facilities targeted to perinatal women

- *Decatur Yoga and Pilates*
431 West Ponce de Leon Ave.

Decatur, GA 30030

404-377-4899

[Website](#)

- *Oh Baby! Fitness*
Various locations in metro Atlanta
678-528-1390
[Website](#)
- *Peachtree Yoga Center*
6050 Sandy Springs Circle
Atlanta, Georgia 30328
404-847-9642
[Website](#)
- *Stroller Strides*
Perimeter Mall
4400 Ashford-Dunwoody Rd.
Atlanta, GA 30346
(888) 232-2397
[Website](#)
- *The Little Gym of Duluth*
3170 Peachtree Industrial Blvd.
Suite 110
Duluth, GA 30097
[Website](#)
- *The Little Gym of Smyrna*
1295 West Spring St., Suite 200
Smyrna, GA 30080
770-434-6661
[Website](#)

Other organizations (including 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.*
Powder Springs, GA
770- 778-4886
[Website](#)
- *Balance Atlanta Family Chiropractic*
360 Pharr Rd.
Lower Level 101
Atlanta, GA 30305
404-261-4848
[Website](#)
- *Catholic Charities*
680 W. Peachtree St. NW
Atlanta, GA 30308
404-885-7274 (se habla español: 404-885-7443)
[Website](#)
- *CenterPoint Prenatal Massage*
3050 S. Atlanta Rd.
Smyrna, Georgia 30080
404-867-5543
[Website](#)
- *Care: Childcare*
[Website](#)
- *COMIZIA Care Inc.*
2183 Sara Ashley Way
Lithonia, GA 30058
404-428-1472
[Website](#)
- *Happy Baby Solutions*
Baby Nurses
404-592-2858
[Website](#)
- *La Leche League of GA*
Breastfeeding support

[Website](#)

- *Labor of Love Doula and Childbirth Services, Inc.*
2100 Riverside Parkway
Suite 119
Lawrenceville, GA 30043
770-241-2078

[Website](#)

- *Lumina Birth*
404-964-1319

[Website](#)

- *Placenta Encapsulation Specialists*

[Website](#)

- *Pregnancy Massage Center*
1164 N. Highland Ave.
Atlanta, GA 30306
678-462-2173

[Website](#)

- *Ready Birth*
2412 Coosawattee Drive NE
Atlanta, GA 30319
404-812-0774

[Website](#)

- *SafeHouse Outreach*
Atlanta and Tucker
1-800-900-4787

[Website](#)

- *Sweet Dreams, LLC*
2605 Little John Circle
Cumming, GA 30040
770-780-2997

[Website](#)

- *TLC Sitters of Atlanta*

[Website](#)

- *The Wellpath Center*
3590 Cherokee Street, Suite 401
Kennesaw, GA 30144
770-218-1166
[Website](#)

**** 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****

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