

Perinatal & Postpartum Mental Health Resources

Pregnancy & Postpartum Support Minnesota Helpline

612-787-PPSM (7776)

Or visit their website at www.ppsupportmn.org for a list of recommended providers by location.

Mental Health Providers:

We have provided a few options of mental health providers in the Twin Cities but we recommend visiting www.ppsupportmn.org for a full list of providers in your area.

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| Nystrom & Associates (multiple locations) 651-628-9566 or www.nystromcounseling.com | Mindful Families (Edina) 612-486-2956 or www.mindfulfamielstherapy.com |
| Psychotherapy & Healing Associates (multiple locations) 612-296-3800 or www.phawellness.com | Life Development Resources (Lakeville) 952-898-1133 or www.lifedrs.com |
| Prairie Care (multiple locations) 888-9-prairie or https://www.prairie-care.com | Iris Reproductive Mental Health (Burnsville) https://www.irisrepro.com |

Resources:

Postpartum Support International: A national organization providing support and education for moms and dads struggling with mental health. Please visit their website at www.postpartum.net for additional resources.

Jenny's Light: A local organization providing support and education for families struggling with mental health. Please visit their website at jennyslight.org for additional information.

National Institute of Mental Health: <https://medlineplus.gov/postpartumdepression.html>

Mother-Baby Programs:

These programs are designed to provide more intensive therapy and resources for moms who need them. Babies less than 12 months of age are welcome to join.

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| Mother-Baby Program at Hennepin County Medical Center (Minneapolis) 612-873-6262 or http://www.hennepinhealthcare.org/specialty/psychiatry/mother-baby-program | Mother-Baby Intensive Outpatient Group at Nystrom & Associates (Eden Prairie) 952-746-2522 or https://www.nystromcounseling.com/our-services/mother-baby-intensive-outpatient-program |
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It is your responsibility to verify your insurance coverage with these providers prior to being seen.