

Local Mental Health Resources

Compass Perinatal Peer Support	Weekly in-person meetings in Salem, one on one support	971.301.2678 www.compasspps.com
Motherheart Counseling	Jennifer Ungarwulff, MS, LPC	104 N. First Street Suite 12 Silverton, OR 97381 503.258.1494 jennifer@motherheartcounseling.com
NAMI Yamhill County(National Alliance on Mental Illness)	Support group schedule available online, groups in person in Newberg and McMinnville.	schulmanrob@yahoo.com 503.434.6350 https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?local=0011Q000022G8LDQA0
NAMI Oregon	List of all Oregon county NAMI groups and meeting schedules. Some in person, some online.	https://namior.org/local-nami-chapters/
Balance Center for Children and Families	Bilingual mental health services, Latino culturally conscious. Takes OHP and many insurance.	11740 SW Warner Ave. Tigard, OR, 97223, US 503.596.2222 info@balanceforfamilies.com
Belle Ame Therapy	Women centered counseling in Portland.	www.belleametherapyllc.com
OHSU Center for Women's Health	Women's health and perinatal mental health and other resources.	https://www.ohsu.edu/womens-health/perinatal-mental-health

Online Mental Health Resources and Other Helpful Websites

- Providence Beginnings - support for people birthing at a Providence location:
<https://www.providence.org/locations/or/providence-beginnings#tabcontent-1-pane-2>
- Well Mama - mental support for parents, offers support groups and help through texting: <https://www.wellmama.help/get-support/>
- WIC Works Resource System - has info on perinatal mental health and links to resources:
<https://wicworks.fns.usda.gov/resources/maternal-mental-health>
- SAMHSA - Behavioral Treatment Services Locator:
<https://findtreatment.samhsa.gov/>
- Therapy For Black Girls - Online space dedicated to encouraging the mental wellness of Black women and girls:
<https://therapyforblackgirls.com/>
- Black Female Therapists - A platform committed to removing the stigma of mental health in the Black community:
<https://www.blackfemaletherapists.com/>
- Postpartum Support International - headquarters are in Portland, lots of resources available: <https://www.postpartum.net/>
- Multnomah County Racially/Culturally specific behavioral health resource list:
<https://www.multco.us/behavioral-health/culturally-specific-behavioral-health-resources>