Perinatal and Postpartum Mental Health

For more information or to set up an appointment with Julia Canino, LPC contact her at Julia@PittsburghPCIT.com or 412-212-6469

Perinatal Mental Health (PMH) impacts not only the pregnant person, but the entire family. PMH symptoms can include mood changes, low self-esteem/guilt, energy that doesn't restore, sleep difficulty, suicidal thoughts, and excessive worry about the child. It is important to know help is available. If you, or someone you know, is looking for resources and support Pittsburgh PCIT and Counseling is now offering *virtual* individual sessions.

We do not accept Medical Assistance (UPMC for You) or CHIP

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