

## MATERNAL MENTAL HEALTH & WELLNESS RESOURCES

**HONEY FOR MOMS** (*Maternal mental health, individual therapy, new mom's groups, infant feeding support*)

honeyformoms.com

3138 Hilton Road

Ferndale, MI 48220 ..... (248) 232-2555

**FOURTH TRI SANCTUARY** (*Postpartum support, private nap and nursing areas, infant bathing stations, pre and post-natal yoga and movement sessions, infant assistance*)

fourthtrisancuary.com

23520 Woodward Ave

Ferndale MI 48220 ..... (248) 581-4265

**DETROIT COUNSELING COLLECTIVE** (*Maternal mental health, miscarriage, infertility, child loss, couples therapy, EMDR therapy for trauma processing. Mostly virtual appointments*)

detroitcounselingcollective.com

**HEALING HOME COUNSELING GROUP** (*Post-partum depression/anxiety; infertility; fetal loss; family adjustment; and relationships*)

31600 Telegraph Rd Ste 280

Bloomfield Hills MI 48025 ..... (248) 792-8093

**UNIVERSITY OF MICHIGAN PERINATAL AND REPRODUCTIVE PSYCHIATRY CLINIC**

(*Medication management in pregnancy and postpartum period, can be virtual*)..... (734) 764-0231

**BIRMINGHAM MAPLE CLINIC** (*Large group with multiple therapists with a variety of specializations, medication management available, multiple insurances accepted*)

2075 West Big Beaver Rd Ste 520

Troy, MI 48084 ..... (248) 646-6659

**ROCHESTER CENTER FOR BEHAVIORAL MEDICINE** (*Large group with multiple therapists with a variety of specializations, medication management available, multiple insurances accepted*)

441 South Livernois Ste 100

Rochester Hills MI 48307 ..... (248) 608-8800

**HILLARY FOLLIS, LMSW** (*Maternal mental health counseling*)

74 West Long Lake Road Ste 100

Bloomfield Hills MI 48304 ..... (248) 761-7084

**KATERINA KATSOULIS, MD** (*Virtual Psychiatry Medication Management*)

Pine Rest Northeast Clinic Grand Rapids..... (866) 852-4001

**BETSY CURRAN, LCSW** (*Talk therapy, in person and virtual*)

Bloomfield Hills, MI ..... (248) 900-3587

**ARTEMIS REPRODUCTIVE PSYCHIATRY** (*Medication management in Pregnancy and Postpartum*)

Dr. Nina Ross, MD ..... (248) 595-7416

www.artemispsychiatry.com

**POSTPARTUM SUPPORT INTERNATIONAL** (*over 50 free virtual support groups including: postpartum mood disorders, birth trauma support, NICU parents, Queer parent support group*)

www.postpartum.net

## NATIONAL MATERNAL MENTAL HEALTH HOTLINE

60 Language translator services available

**TEXT OR CALL: 1-800-TLC-MAMA**

**SUICIDE HOTLINE: CALL OR TEXT 988**