

## 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*)  
fourthtrisanctuary.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 KATSOU LIS, MD** (*Virtual Psychiatry Medication Management*)  
Pine Rest Northeast Clinic Grand Rapids .....(866) 852-4001

**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**