

Perinatal Mental Health Resources

National Resources

Crisis Text Line

- Text "HOME" to 741741

National Maternal Mental Health Hotline

- Call or text 1-833-852-6262

National Suicide Prevention Hotline

- Call 988 or 1-800-273-TALK (8255)

Postpartum Support International

- 24/7 Hotline: 1-800-944-4PPD (4773)
- Text "Help" to 800-944-4773
- Text en Español: 971-203-7773
- <https://www.postpartum.net/>
- Online Support Meetings: [postpartum.net/get-help/psi-online-support-meetings](https://www.postpartum.net/get-help/psi-online-support-meetings)

Virtual Resources

Canopie

- App-based support provides a personalized program with techniques to manage stress, anxious thoughts and low mood.
- Free for all DC residents and for caregivers experiencing financial difficulties
- Android and IOS: <https://www.canopie.app/>

Peanut

- Free platform to connect with other women at a similar stage in life during pregnancy and motherhood to build community and find support.
- Apple or Android: peanut-app.io Spanish: <https://www.peanut-app.io/es>

Postpartum Support International

- Free virtual support groups on multiple topics and targeting specific interests and populations such as mindfulness, NICU Parents, Dad Support, Black Moms Connect, Queer and Trans Parent, etc.
- [postpartum.net/get-help/psi-online-support-meetings](https://www.postpartum.net/get-help/psi-online-support-meetings)

Shades of Blue- I.N.S.P.I.R.E. Support Groups

- Free virtual support groups for people of color
- Group categories include: Pregnant and Postpartum, Teen Moms, Single Moms, Loss At Any Stage, LGBTQ+, General Mental Health, Teen and Young Adults
- <https://www.shadesofblueproject.org/online-support-groups>
- Complete Crown Assessment to register for groups: www.shadesofblueproject.org/crown-assessment

UCLA Mindful

- Online mindfulness videos and audio recordings. Available in English, Armenian, Cantonese, Farsi, Filipino, French, Hindi, Japanese, Korean, Mandarin, Mixtec, Russian, Spanish, Vietnamese and American Sign Language
- uclahealth.org/marc/mindful-meditations
- Free app: uclahealth.org/programs/marc/free-programming-resources/ucla-mindful-app

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

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Perinatal Mental Health

Local Resources in the DMV

Allay Foundation

- Provides financial assistance to pay for mental healthcare, Allay does not provide mental health services.
- Eligibility: women who are pregnant or have children and are experiencing financial difficulties paying for mental health care
- contact@allayfoundation.org
- <https://www.allayfoundation.org/get-help>

Breastfeeding Center Support Groups

- Groups offered: New Dads, Expectant Dads, Navigating Perinatal Stress, Working from Home, Families and Expectant Parents of Color, Feeding and Postpartum (0-4months), Feeding and Postpartum (4-12 months), Feeding and Postpartum with Toddlers (1year+), LGBTQIA+ Prenatal and LGBTQIA+ Postpartum.
- Most classes and groups are free or covered by insurance. (DC Medicaid, Aetna, Blue Cross Blue Shield, Carefirst, United Healthcare/ GEHA). Financial Assistance is available for classes.
- For the calendar and to sign up: breastfeedingcenter.org/classcalendar

Postpartum Wellness

- Provides individual therapy. Serves Washington, D.C., Maryland and Virginia. Commercial insurance accepted: Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna, Tricare and United Healthcare.
- 703-772-5097
- Info@postpartumwell.com
- <https://postpartumwell.com/>

Postpartum Support International Provider Directory

- Search tool for therapy and psychiatry providers who training or interest in providing mental health care to pregnant and parenting people. Providers are responsible for updating their listings and specify if they accept insurance and what location they practice in.
- <https://psidirectory.com/>

Seven Starling

- Personalized care plan focused on pregnancy, postpartum, parenthood, miscarriage and loss with individual and group therapy as well as in-app exercises.
- Therapists are licensed in Maryland, Virginia and Washington, D.C. Commercial insurances accepted: Carefirst, BCBS, Cigna, Anthem, United Healthcare, or self-pay \$95/session. There is a limited amount of financial assistance for people without participating insurance.
- Call or Text: 508-202-1011
- support@sevenstarling.com
- <https://www.sevenstarling.com/>

Washington, D.C., Crisis Resources

Adult Mental Health Clinic

- Provides linkage to longitudinal mental health providers; On-site pharmacy to fill prescriptions; Medicaid and persons without insurance.
- 35 K St. NE, Washington, DC 20002
- Same Day Urgent Care; Walk-ins with no appointment: 8:30 a.m.-3 p.m.
- 202-442-4202

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Washington, D.C., Crisis Resources

Comprehensive Psychiatric Emergency Program

- 24/7 emergency psychiatric services and observation beds for individuals over 18.
- 1905 E St. SE, Washington, DC
- Main: 202-673-9319
- Crisis: 202-673-6495

DC Community Response Team

- 24/7 mobile clinician team
- 202-673-6495

Washington, D.C., Perinatal Non-Crisis Resources

George Washington University Hospital 5

Trimesters Clinic

- Counseling and Psychiatry. Accepts all DC Medicaid. Does not accept private insurance, sliding scale available. \$60 intake, \$20 follow up appointments.
- 2120 L St. NW, 6th Floor
Washington, DC 20037
- 202-741-2888, ask to schedule with the 5 Trimesters Clinic

Medstar Georgetown University Hospital Women's Mental Health Program

- Offers counseling and psychiatry. Accepts all DC Medicaid, Commercial insurances: BCBS, Carefirst, United Healthcare and Aetna
- 202-944-5400
- [medstarhealth.org/services/womens-mental-health](https://www.medstarhealth.org/services/womens-mental-health)

Mamatoto Village

4315 Sheriff Rd. NE, Washington, DC 20019

- Expectant and postpartum birthing persons in Washington, DC or Prince George's County. Services include labor support with community birth workers and doulas, prenatal breastfeeding classes, one-on-one lactation consultations and breastfeeding groups. The Mothers Rising Home Visitation Program focuses on wellness and support during pregnancy through the first three months after birth and includes counseling.
- Participating insurances for doula services: AmeriHealth, CareFirst Community Health Plan DC, Medstar Family Choice DC and HSCSN. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 202-248-3434
- info@mamatotovillage.org
- Referral: mamatotovillage.org/pregnancy-postpartum/
- mamatotovillage.org

Medstar Washington Hospital Center

- Women's Mental Health Clinic primarily serves women who received prenatal care or delivered at Washington Hospital Center. Services are embedded in the OBGYN clinic.
- Afterglow: Virtual Postpartum Support Group 6 week therapeutic group for birthing parents Thursdays from 10:30 a.m.-12 p.m.
- Request referral from OBGYN provider.
- WOBHAppointmentScheduling@medstar.net

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Perinatal Mental Health

Washington, D.C., Perinatal Non-Crisis Resources

Mary's Center Perinatal Mental Health Program

- Provides therapy and psychiatry services. Primarily serves families already receiving medical or social services through Mary's Center although the program can assist with linkage to therapy or psychiatry services. Prenatal and postpartum support groups are open to all.
- DC and MD clients only. Accepts DC and MD Medicaid, sliding scale and private insurance.
- 202-420-7157
- English: Tuesday 12-1 p.m.
- Spanish: Thursday 11 a.m.-12 p.m.
- Referral: maryscenter.org/behavioral-health/other-specialties-and-services/perinatal-mental-health/
- Home visiting program referral should be submitted through form to determine eligibility <https://forms.office.com/pages/responsepage.aspx?id=00ibc9fwFEuME9CnUr9Q-FUM-HIBPIR-Mj8aRjUrORqdUNjA1NFRURkU1QjINvkZMOU9VN0xDVIE0NC4u&web=1&wdLOR=c5221384E-EE52-DD40-BF4A-E0A43B22B5BA>

Parent Infant Early Childhood Enhancement Program (PIECE)

- 821 Howard Rd. SE, Washington, DC 20020
- Department of Behavioral Health Program that provides individual therapy, Parenting Groups and Child Behavior Management groups, Family Therapy, Art and Play Therapy and Psychiatry services to pregnant and parents of young children. Accepts DC Medicaid.
- 202-682-1838 (Ms. Woodberry handles referrals for postpartum mental health)

Washington, D.C., General Non-Crisis Resources

DC Access Helpline

- Mental health clinician available 24/7 with referral to mental health provider through DC core agencies. Intake appointments often set within days of calling.
- 1-888-793-4357

Anchor Mental Health (Catholic Charities)

- Provides therapy and psychiatry services. Accepts DC Medicaid, Medicare and Carefirst Blue Cross Blue Shield commercial insurance.
- 1001 Lawrence St. NE
Washington, DC 20017
- 202-635-5953
- catholiccharitiesdc.org/acs/

Community of Hope Emotional Wellness Program

- Provides therapy and medication management. Open to all DC residents; All DC Medicaid plans and Medicare accepted; sliding scale/reduced cost available. Bring insurance card and identification.
- 202-540-9857, select option 4
- Open intake hours to meet with a therapist and schedule a counseling appointment:
- **Family Health and Birth Center**
2120 Bladensburg Rd. NE, 2nd Floor
Washington DC 20018
Friday: doors open at 1 p.m., last slot at 4 p.m.
- **Conway Health and Resource Center**
4 Atlantic St. SE, 2nd Floor
Washington, DC 20032
Wednesday: doors open at 8:15 a.m., last slot at 11 a.m.
- <https://www.communityofhopedc.org/healthcare/emotional-wellness>

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Perinatal Mental Health

Washington, D.C., General Non-Crisis Resources

Elaine Ellis Center of Health

- Clinic that provides mental health services integrated with adult, pediatric and obstetrical care. Accepts DC Medicaid.
- 1627 Kenilworth Ave. NE
Washington, DC 20019
- 202-803-2340
- Monday–Thursday: 9 a.m.–6 p.m.
- Friday: 9 a.m.–2 p.m.
- First Saturday of each month: 9 a.m.–2 p.m.
- eechealth.com

La Clínica Del Pueblo

- Bilingual group individual and couples therapy. Psychiatry and substance use treatment programs are available. Services in DC and Maryland. DC and MD Medicaid accepted. Sliding scale for uninsured.
- 2831 15th St. NW, Washington, DC 20009
- 202-462-4788
- <https://lcdp.org/programs-and-strategies/mental-health-substance-use>

Maryland Family Resource

- Provides therapy, psychiatry, substance use treatment and case management. Services available in the office or in home. Accepts some forms of DC Medicaid, MD Medicaid and some commercial insurance.
- 903 Brightseat Rd., Landover, MD 20785
- 301-333-2980
- mfrinonline.com

Metropolitan Family Connect

- Accepts DC Medicaid, Amerihealth, Medstar Family Choice, Carefirst Community Plan, HSCSN, Maryland Medicaid, Aetna, BCBS, Cigna, Magellan and United Healthcare
- 202-368-0378
- Complete intake forms: metrofamconnect.com/new-client-intake
- metrofamconnect.com

Unity Health Care

- Provides therapy and psychiatry. Primarily serves patients receiving services through Unity. Referral through OBGYN or pediatrician. Accepts DC Medicaid, Medicare and commercial insurance. Sliding scale for free or discounted fees for persons who are uninsured.
- 202-469-4699
- unityhealthcare.org/services

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Perinatal Mental Health

Maryland Crisis Resources

If your county is not listed below, call the Maryland Crisis Hotline at 1-800-422-0009 or 988.

Anne Arundel County Crisis Services

- 410-768-5522

Baltimore City Crisis Hotline

- 410-433-5175

Baltimore County Crisis Hotline

- 410-931-2214

Calvert County Crisis Hotline

- 1-877-467-5628

Montgomery County Crisis Hotline

- 240-777-4000

Prince George's County Crisis Hotline

- 301-864-7130

You can also walk into the Crisis Center 24/7 located at 1301 Piccard Drive, Rockville MD 20850, which provides services to all Montgomery County residents regardless of age or insurance status.

Maryland Perinatal Non-Crisis Resources

Bloom Health Centers

- Provides therapy and medication management. Telehealth appointments in Maryland and Virginia and in-person appointments in Columbia, Arlington, Gaithersburg and Towson.
- Insurance: Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna, Johns Hopkins EHP, Kaiser, Maryland Medicaid and Virginia Medicaid.
- 667-668-2566
- Info@bloomhealthcenters.com
- <https://www.bloomhealthcenters.com/services/psychiatry/womens-health/>

Mamatoto Village

- 4315 Sheriff Rd. NE, Washington, DC 20019
- Labor support Community Birth Workers and Doulas; Breastfeeding support including prenatal breastfeeding classes, one-on-one lactation consultations and breastfeeding groups.
- Mothers Rising Home Visitation Program focuses on wellness and support during pregnancy through the first three months after birth and includes counseling.
- Eligibility: Expectant and postpartum birthing persons residing in Prince George's County who have DC Medicaid. There are a limited number of pro-bono spaces for people who are uninsured or do not have DC Medicaid.
- 202-248-3434
- info@mamatotovillage.org
- Referral: mamatotovillage.org/pregnancy-postpartum
- mamatotovillage.org

Postpartum Support Group-Perinatal Mood Disorders Clinic

- Free, virtual peer support group facilitated by Johns Hopkins. Do not need to be a Johns Hopkins patient to participate.
- 703-772-5097
- Thursdays 11 a.m.-12 p.m., except holidays
- Email ssuther3@jh.edu to receive Zoom link
- <https://www.hopkinsmedicine.org/psychiatry/patient-information/bayview/adult/perinatal-mood>

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- DC and MD clients only. Accepts DC and MD Medicaid, sliding scale and private insurance.
- 202-420-7157
- English: Tuesday 12-1 p.m.
- Spanish: Thursday 11 a.m.-12 p.m.
- Referral: maryscenter.org/behavioral-health/other-specialties-and-services/perinatal-mental-health/
- Home visiting program referral should be submitted through form to determine eligibility <https://forms.office.com/pages/responsepage.aspx?id=00ibc9fwFEuME9CnUr9Q-FUM-HIBPIR-Mj8aRJUrORqdUNjA1NFRURkU1QjINvkZMOU9VN0xDVIE0NC4u&web=1&wdLOR=c5221384E-EE52-DD40-BF4A-E0A43B22B5BA>

Maryland General Non-Crisis Resources

Maryland Medicaid

- For any person with a Medicaid plan in Maryland, you can get scheduled with a behavioral health provider by calling Optum Maryland Health
- 1-800-888-1965
- maryland.optum.com

Community Behavioral Health

- Locations in Caroline, Dorchester, Howard, Kent, Queen Anne's, Somerset, Talbot, Wicomico and Worcester Counties. Accepts Maryland Medicaid. Online Enrollment.
- 844-224-5264 Ext 104
- intake@communitybehavioralhealth.net

Elaine Ellis Center of Health

- Clinic that provides mental health services integrated with adult, pediatric and obstetrical care. Accepts Maryland Medicaid.
- 1001 Rhode Island Ave. College Park, MD 20740
- 301-441-1605
- Monday-Thursday: 9 a.m.-6 p.m.
- Friday: 9 a.m.-2 p.m.
- Third Saturday of each month: 9 a.m.-2 p.m.
- eechealth.com

Greater Baden Medical Services

- Clinic that provides mental health services integrated with adult, pediatric and obstetrical care. Accepts Maryland Medicaid
- 1442 Addison Rd. S, Capitol Heights, MD 20743
- Monday- Saturday: 8 a.m.-9 p.m.
- 301-888-2233
- gbms.org

La Clínica Del Pueblo

- Bilingual group, individual and couples therapy. Psychiatry and substance use treatment programs are available. Accepts Maryland Medicaid. Sliding scale for persons who are uninsured.
- 2970 Belcrest Center Dr., Suite 301 Hyattsville, MD 20782
- 240-714-5247
- <https://lcdp.org/programs-and-strategies/mental-health-substance-use>

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Perinatal Mental Health

Maryland General Non-Crisis Resources

Maryland Family Resource

- Provides therapy, psychiatry, substance use treatment and case management. Services available in the office or in home. Accepts some forms of DC Medicaid, MD Medicaid and some commercial insurance.
- 903 Brightseat Rd., Landover, MD 20785
- 301-333-2980
- mfrinonline.com

Metropolitan Family Connect

- Accepts DC Medicaid, Amerihealth, Medstar Family Choice, Carefirst Community Plan, HSCSN, Maryland Medicaid, Aetna, BCBS, Cigna, Magellan and United Healthcare.
- 202-368-0378
- Complete intake forms: metrofamconnect.com/new-client-intake
- metrofamconnect.com

Pro Bono Counseling

- Individual, family and couple's counseling. Bilingual therapy is available. Free for persons who are uninsured and those who are financially eligible. Maryland residents only.
- English: 410-825-1001
- Spanish: 410-816-4221
- probonocounseling.org
- <https://www.probonocounseling.org/en-espanol/busque-ayuda-ya/>

Virginia Crisis Resources

- Alexandria: 703-746-3400
- Arlington: 703-228-5160
- Fairfax-Falls Church: 703-573-5679
- Loudon: 703-573-5679
- Prince William: 703-792-7800 ext. 2
- For a complete list of Virginia's Community Services Boards, please visit dbhds.virginia.gov/contact/need-help

Inova Psychiatric Assessment Center (IPAC) Urgent Care Clinic

- The Inova Psychiatric Assessment Center (IPAC) is an immediate care, behavioral health only clinic currently available via telemedicine appointments.
- 571-623-3500
- Limited in-person appointments available Monday-Friday, 8 a.m.-4 p.m.
- IPAC is currently not accepting walk-in appointments of any nature.

Virginia Perinatal Non-Crisis Resources

Bloom Health Centers

- Provides therapy and medication management. Telehealth available in Maryland and Virginia and in-person appointments in Columbia, Arlington, Gaithersburg and Towson.
- Insurance: Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna, Johns Hopkins EHP, Kaiser, Maryland Medicaid and Virginia Medicaid
- 667-668-2566
- Info@bloomhealthcenters.com
- <https://www.bloomhealthcenters.com/services/psychiatry/womens-health/>

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Virginia Perinatal Non-Crisis Resources

INOVA Women's Mental Health Program

- Women's Mental Health Program can be referred by OBGYN if that provider is part of the INOVA Health System. Outpatient Adult Mental Health is open to all.
- Accepts Virginia Medicaid (Aetna Better Health, Anthem HealthKeepers, United Healthcare Community Plan, Optima Health, Virginia Premier), Medicare, Tricare and commercial insurance: Johns Hopkins, United Healthcare Carefirst, Blue Cross Blue Shield, Aetna, Anthem.
- 571-623-3542
- <https://www.inova.org/our-services/perinatal-mental-health>

Postpartum Support Virginia

- 24/7 Warm Line: 703-829-7152
- Text: 540-698-1277
- En Español: 757-550-4234
- info@postpartumva.org
- postpartumva.org/support-groups

The Perinatal Project

- Provides therapy, psychiatry and Transcranial Magnetic Stimulation (TMS). Telehealth and in-person at locations in Arlington, Aldie and McLean. Some providers are licensed to practice in Maryland and DC.
- Accepts commercial insurance: Blue Cross Blue Shield, Cigna, United Healthcare, Anthem and Kaiser.
- 571-248-7472
- theperinatalproject.com

A Planted Tree

- Virtual therapy and in-person at offices in Norfolk and Roanoke
- Accepts Virginia Medicaid: Anthem HealthKeepers Plus, Aetna Better Health, United Healthcare Community Plan, Optima Health and commercial insurance: Aetna, Anthem and United Healthcare Optum.
- atreeplanted.org

Virginia General Non-Crisis Resources

Central Virginia Health Services (CVHS)

- Provides mental health treatment integrated with adult, pediatric and obstetric care.
- 1965 Jefferson Davis Hwy. Fredericksburg, VA 22401. Additional locations across Central Virginia.
- 540-735-0560
- <https://cvhsinc.org/patients/services/behavioral-health>

Greater Prince William Health Center

- Provides mental health treatment integrated with adult, pediatric and obstetric care. Accepts Virginia Medicaid.
- 4379 Ridgewood Center Dr., Suite 102 Woodbridge, VA 22192
- 9705 Liberia Ave., Suite 201 Manassas, Virginia 20110
- 17739 Main St., Suite 130, Dumfries, VA 22026
- 703-680-7950
- <https://www.gpwhealthcenter.org/behavioral-health/>

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Virginia General Non-Crisis Resources

HealthWorks for Northern Virginia

- Provides mental health treatment integrated with adult, pediatric and obstetric care. Accepts Virginia Medicaid.
- 163 Fort Evans Rd. NE, Leesburg, VA 20176
- 1141 Elden St., Third Floor, Herndon, VA 20170
- 11484 Washington Plaza W, Reston, VA 20190
- 703-443-2000
- <https://hwnova.org/service/behavioral-health/>

INOVA Behavioral Health Services

Provides mental health and substance use treatment.

- **Merrifield Center**
8221 Willow Oaks Corporate Dr., Suite 425
Fairfax, VA 22031
703-289-7599
- **Executive Park**
8500 Executive Park, Suite 202
Fairfax, VA 22031
703-852-7020
- **Mount Vernon**
6910 Richmond Hwy., Suite 110
Alexandria, VA 22306
703-660-8100
- **Loudoun**
19C Fort Evans Rd., Leesburg, VA 20176
703-737-2110
- Appointment scheduling: 571-623-3500
- <https://www.inova.org/our-services/inova-behavioral-health-services/programs-and-services/adult-mental-health-services>

Mental Health America of Virginia Warm Line

- 1-866-400-MHAV (6428)
- Monday-Friday: 9 a.m.-9 p.m.
- Saturday, Sunday and Holidays: 5-9 p.m.
- Spanish: Friday, Saturday: 5-9 p.m.
- Text /Chat Support: Wednesday, Friday & Saturday: 5-9 p.m.

Neighborhood Health

- Provides mental health treatment integrated with adult, pediatric and obstetric care. Several locations in Alexandria, Arlington and Annandale. Accepts Virginia Medicaid.
- 703-535-5568
- <https://neighborhoodhealthva.org/our-services/>

Virginia Medicaid

- Public behavioral health services in Virginia are provided through Community Services Boards (CSBs).
- To get help accessing these services in your area, contact your local CSB: dbhds.virginia.gov/contact/need-help
- You can also call Department of Behavioral Health and Developmental Services at 804-786-3921.

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

