

Johns Creek Pediatrics Postpartum Resource List

Healthcare Providers

A list of psychiatrists, therapists, and other healthcare providers in Georgia with specialized training, experience, and/or interest in perinatal mood and anxiety disorders:

Psychiatrists and Therapists:

Northwest Behavioral Medicine
11755 Point Place, Suite A-1
Roswell, GA 30076
(P) 770.667.1264 (F) 770.667.2238

Northside Behavioral Health
Services
1140 Hammond Drive NE
Suite J-1075
Atlanta, GA 30328
404.851.8960 or 404.851.8050

Focus Forward
Robyn Watts, M.A., Psy.D., LCP
5975 Parkway North Boulevard
Suite 300 D
Cumming, GA 30040

Other Organizations:

A list of support groups, fitness facilities, and other organizations in Georgia that promote self-care and support among pregnant and/or postpartum women.

Peer support (in-person, telephone, online, etc.)

- Atlanta Postpartum Support Group: Meet with other moms who have recovered from or are currently experiencing a challenging pregnancy or postpartum period. Contact information: <http://www.meetup.com/PPDAtlanta/> or 914.261.8182
- Parent to Parent of Georgia: Peer support, resources, referrals, and training for parents of children with disabilities or special healthcare needs. Contact information: <http://www.p2pga.org/> or 1.800.229.2038
- Project Healthy Moms Warmline: Phone in to the free Project Healthy Moms Warmline or email us to contact a survivor of a perinatal mood/anxiety disorder who can provide emotional support and suggest appropriate resources. Please a message when you call the Warmline and you will get a response as soon as possible. Contact information (English): 678.904.1966 or PHM@mahageorgia.org
Contact information (Spanish): 678.904.1966 press 1 or PHMayuda@mhageorgia.org

Other postpartum resources:

- Postpartum Progress: A blog created by Katherine Stone that offers help and hope from women who've been there, providing an unflinching yet hopeful look at getting through postpartum depression, postpartum anxiety, postpartum OCD, postpartum psychosis, and antenatal depression/anxiety. <http://www.postpartumprogress.com/>
- Beyond Postpartum: A blog created by Amber Koter-Puline that offers insight into personal experience dealing with perinatal mood disorders as well as to share research and information related to pregnancy and the postpartum period. <http://www.beyondpostpartumblog.com/>
- Georgia Crisis and Access Line: A hotline staffed with professional social workers and counselors 24/7 who assist callers with urgent and emergency needs in areas of mental health, developmental disability, or addictive disease.
- Those callers who need more routine services are directly connected with the agency of their choice and given a scheduled appointment. 1.800.715.4225 or <http://bhlweb.com/tabform/>
- Med PPD: A website developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD). One part of the site, *Mothers and Others*, contains information for women with PPD as well as for their friends and families. <http://www.mededppd.org/mothers/> (English) or <http://www.mededppd.org/sp/default.asp> (Spanish)
- Mental Health America of Georgia: MHA of Georgia is the state's leading nonprofit organization dedicated to helping all Georgians live mentally healthier lives through education, outreach, and advocacy. Project Healthy Moms (PHM), an important initiative of MHA of Georgia, strives to increase awareness, identification, treatment, and support of perinatal mood disorders in Georgia, while also reducing the stigma associated with them. www.mhageorgia.org

- Postpartum Support International's Warmline: A toll-free telephone number anyone can call to get basic information and resources. The Warmline is answered Monday – Friday 8:00 AM – 4:30 PM (PST). The PSI Warmline is not a crisis hotline and does not handle emergencies.
1.800.944.4773 or <http://www.sbpep.org>
- Catholic Charities: The community-based outpatient mental health and counseling services focus on the challenges families and individuals face in dealing with life transitions, unexpected tragedies and mental health issues. The goal is to help clients gain the skills to effectively manage their issues and to eliminate the impact those issues are having on the client's life.
404.733.3527 (English) or 404.885.7443 (Spanish)
<http://www.catholiccharitiesatlanta.org/services/clinical-services/>
- PEP: Postpartum Education for Parents: A free telephone services that provides confidential one on one support from trained volunteers, parents just like you. From basic infant care to breast or bottle feeding issues to postpartum adjustment, the Warmline can be a great source of general parenting information and support.
1.805.564.3888 or <http://www.sbpep.org>