

Postpartum Resource List

Please talk to your doctor before making an appointment with a specialist. We can direct you to the right practice for you and send records to facilitate care.

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:

Holistic Wellness Practice Courtney Daniels, LCSW, PMH-C 400 Prospect Place Alpharetta, GA 30005 (P) 470.231.5355 www.holisticwellnesspractice.com	Northside Behavioral Health Specialty Services 6105 Peachtree Dunwoody Road Building F. Suite 155 Atlanta, GA 30328 (P) 404.851.8960 (F) 678.320.0383 www.northside.com/behavioralhealth
Psych Atlanta 11755 Point Place, Suite A-1 Roswell, GA 30076 (P) 770.667.1264 (F) 770.667.2238	

Disclaimer: We have compiled these lists as a resource for our patients. We are happy to facilitate the referrals. Johns Creek Pediatrics is not responsible for the care you receive from anyone on our referral lists.

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.

- **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
- **Postpartum Support International's Chat with the Expert:** Postpartum Support International hosts free live sessions every week, including Wednesday chats for moms and Monday chats for dads. During these sessions you can talk with a PSI expert about resources, symptoms, options, and general information about perinatal mood and anxiety disorders from the privacy of your own phone. There is no need to pre-register or give your name. These sessions, facilitated by licensed mental health professionals, are informational only and open to anyone with questions and concerns.
Contact information: <https://www.postpartum.net/>
- **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/>
- **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 <https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

Updated: 2/1/2022

- 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
- 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)
<https://catholiccharitiesatlanta.org/counseling-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. 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.
805-564-3888 (English)
805-852-1595 (Español) or <http://www.sbpep.org>