

# **Community Resources: Maternal Mental Health**



Provided by  
Lone Peak Hospital Social Work Department  
11925 State Street, Draper, UT 84020  
801-545-8446

# Local and National Crisis Resources

If you feel unsafe or in danger, it is important to call 911 for emergency assistance.

Postpartum Support International (PSI) Help Line:

(800) 944-4773

Services are available in English and Spanish. On this HelpLine, you can text OR call to leave a confidential message at any time, and a trained and caring volunteer will return your call or text. Volunteers are available to listen, answer questions, offer encouragement and connect you with local resources as needed.

Text en Español: 971-203-7773

National Maternal Mental Health Hotline

1-833-852-6262 (TLC-MAMA)

24/7, free, confidential hotline for pregnant/new moms and their support system (including dads!). They offer support in English and Spanish, and have interpreter services in over 60 languages. Call or text.

University Of Utah Neuropsychiatric Unit Crisis Line

Call: (801) 587-3000

Free confidential support, including a mobile crisis team (MCOT), who are able to come to a residence when needed.

National Suicide Prevention Lifeline

Call or text: 988

Provides 24/7, free and confidential services for people who are in a suicidal crisis or emotional distress.

Crisis Text Line

Text: "HOME" to 741-741 at anytime, from anywhere in the United States. A trained counselor will respond on a secure platform.

## Crisis Hospitals

If you are in a crisis and feel you need additional support, please visit your local/nearest emergency room or call 911.

Huntsman Mental Health Institute (HMHI)

Services: HMHI provides comprehensive mental health services and psychiatric care, including acute (immediate) mental health issues or crises to individuals on an inpatient basis. During the hospital stay, the goal of HMHI providers is to monitor patients for safety, clarify/determine diagnoses, and create a treatment plan and medication schedule (if appropriate). If you are experiencing/noticing any of the following, please contact HMHI immediately, or call 911

Address: 501 Chipeta Way, Salt Lake City, UT 84108

Phone: (801) 583-2500

LDS Hospital Access Center

Services: The Access Center is an Intermountain Healthcare walk-in center for individuals experiencing a mental health crisis. During your visit, you can expect treatment from licensed behavioral professionals, who will determine and ensure placement at the appropriate level of care, while reducing overall care costs.

Address: 324 9th Avenue, Salt Lake City, Utah 84143

Phone: 801-408-8330

# Local & Virtual Support Groups

## Afterbirth Postpartum Support Group

Time: Second Friday of each month from 2:00pm-3:50pm

Location: 1255 N 1200 W, Orem, UT 84057

Contact: 801-229-1181

Afterbirth is a safe space to process experiences and challenges in the postpartum period, including but not limited to, postpartum mood disorders, grief and loss, relationship issues, birth trauma, family transitions, and self-care. Groups facilitated by Rachel L. Brown, CSW. The nursery at the Family Support and Treatment Center will be available for childcare upon reservation to facilitate group attendance. The nursery has capacity for up to 20 children. Please visit their Facebook group for more details: <https://www.facebook.com/events/736590296477465/>

## Circles of Support

Time: Last Tuesday of each month from 11:00am-12:00pm

Location: South Redwood Public Health Center- 7871 S 1825 W, West Jordan, UT 84088

Contact: HKunz@slco.org

A free support Group for any mom or pregnant woman that struggles with anxiety, depression, or other mental health concerns. Join a licensed social worker and other women like you in learning to use mindfulness and other coping skills to handle the specific challenges that come with being a mom.

## The Man Cave- A Man's Group for Perinatal Years

Time: This group will meet on the 2nd Wednesday of each month at 8:00pm, with an additional quarterly meet up.

Location: Zoom online conferencing (Video call optional)

Registration: Call 801-305-3171 to speak to our Client Care Coordinator, or submit an online request to [info@thehealinggroup.com](mailto:info@thehealinggroup.com)

A monthly online meet up for men to improve their ability to support their partner and new baby through understanding postpartum depression and anxiety.

## The Healing Group Postpartum Wellness Group

Time: Wednesday's from 12:30pm-1:30pm

Location: The Healing Group- 6772 S 700 E, Midvale, UT 84047

Contact: 801-305-3171

Offers support at no charge for women who are at risk of or are experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Please call or email for more information.

## Free Virtual Support Groups for Moms

Time: 9:00-10:30am via zoom on Thursday's.

Location: zoom

Contact: email [rippleeffectcounseling.com](mailto:rippleeffectcounseling.com) for link

Free virtual support groups for moms held weekly. This group is designed to connect you to other new moms and help provide support.

# Local & Virtual Support Groups

Intermountain Medical Center

Time: Tuesday's at 1:30pm

Location: IMC Gardner Women's Center

Contact: 801-507-7544

Offers support at no charge for women who are at risk of or are experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Please call or email for more information. Contact Allyson Browning LCSW, [allyson.browning@gmail.org](mailto:allyson.browning@gmail.org).

## LDS Hospital Mommy & Me - New Mothers Support Group

Time: Wednesday's at 10:00am-12:00pm

Location: LDS Hospital Education Center, 8th Ave., and C St, SLC, UT 84143

Contact: 801-466-1245

Classes cover a variety of topics concerning new mothering and features instruction from a nurse and certified lactation specialist. Open to any mom with a child under two years old.

## Mom's and Moods Support Group

Time: Monday's at 12:30pm-1:30pm

Location: 503 N 400 W, SLC, UT 84103

Contact: [jodinichol@gmail.com](mailto:jodinichol@gmail.com)

Mom's and Moods is a free weekly support group for all moms, especially those who are at risk or are struggling and experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Free childcare is provided.

## Mom's Support Group

Time: Wednesday's at 1:00pm

Location: group is offered virtually

Contact: 925-876-4282

Mom's Support Group is an online support group offered on Wednesdays at 1pm. If you are interested in attending, please email [admin@reachcounselingutah.com](mailto:admin@reachcounselingutah.com) or call number listed above. Babies welcome!

## Postpartum Support International Support Group

Time: Tuesday's at 10:30am-12:00pm

Location: Salt Lake City Regional Medical Center- 1050 E South Temple St, SLC, UT 84102

Contact: 801-707-1865

Offers support at no charge for women who are at risk of or are experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Please call for more information.

# Agencies & Programs

## Chapters and Seasons

[chaptersandseasons.com/](http://chaptersandseasons.com/)

801-203-0244

Provides counseling on perinatal mental health- including pregnancy challenges, postpartum challenges, birth trauma, pregnancy and infant loss, infertility, adoption and 3rd party reproduction.

## Roots & Branches Wellness

[rootsbrancheswellness.com/](http://rootsbrancheswellness.com/)

385-352-3251

Roots & Branches specializes in maternal mental health, couples therapy, and life transitions, as well as general wellness. Their team is perinatal mental health trained.

## Hunstman Mental Health Institute (HMHI)

[healthcare.utah.edu/hmhi/](http://healthcare.utah.edu/hmhi/)

801-583-2500

HMHI's services include outpatient, inpatient and free postpartum support/education groups and medication management. Individuals may seek treatment/services on perinatal mood and anxiety disorders, birth trauma, pregnancy loss, infertility, having a baby in the NICU, and much more.

## Serenity Recovery & Wellness

[serenityrw.com/](http://serenityrw.com/)

801-984-0184

Serenity Recovery & Wellness is an outpatient treatment center (with an intensive outpatient program) dedicated to empowering and facilitating healing for mothers during the pregnancy and postpartum periods. They treat postpartum depression, prenatal depression, postpartum anxiety, perinatal OCD and trauma.

## Ripple Effect Counseling

[rippleeffectcounseling.com/](http://rippleeffectcounseling.com/)

801-259-7321

Ripple Effect Counseling offers a variety of resources through her practice, including a free online support group, individual counseling, book club, "The Mommune" group, and more.

## Reach Counseling

[reachcounselingutah.com/](http://reachcounselingutah.com/)

801-446-3515

Reach Counseling offers support to individuals 3 and up- couples and families. They also offer specialize treatment in postpartum depression, anxiety and other mood related disorders. Their treatment include general outpatient, as well as an intensive outpatient program option.

# Individual Therapists

Deborah Bentley, PhD.	(801) 265-3109
Amy-Rose White, LCSW	(541) 337-4960
Tara Tully, LCSW, CNM	(801) 783-5263
Mary Stanley, MA, ATR	(801) 305-3171
Kristin Hodson, LCSW	(801) 305-3171
Monica Ashton, LCSW	(801) 305-3171
Reva Cook, LCSW	(801) 305-3171
Ashleigh Baldwin, LCSW	(801) 305-3171
Emily Freeze, LMFT	(317) 893-3732
Lyndsey Proctor, LCSW	(801) 701-3603
Camille Hawkins, LCSW	(385) 245-2707
Jamie Hales, LCSW	(801) 824-0827
Anj Lineback, LCSW	801-259-7321

# Medication Management Providers

Tiffany Meyer, PMHNP	(385) 380-4243
Joni Lybbert, DNP, PMHNP	(801) 823-4501
Mandy Christensen, CNM, PMHNP	(801) 756-9635
Garrett Jeffries, MSN, PMHNP	(385) 489-1816

**Provider information was retrieved from [www.psychologytoday.com/us](http://www.psychologytoday.com/us). To find a specialized provider in your area, visit their website.**



# PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



## SYMPTOMS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with baby



Loss of interest, joy or pleasure in things you used to enjoy



Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself



## TREATMENT OPTIONS

Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet

Bright light therapy

Yoga

Relaxation techniques

## RISK FACTORS



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

# Mental health tools during pregnancy and after birth



Utah Department of  
**Health & Human**  
Services

**S**

**Sleep:** Aim for four to six hours of sleep in a row, at least three nights a week. Ask a family member or friend to give the first feeding of the night so you can get enough rest.

**U**

**Understand:** Counseling with a trained maternal mental health professional prevents and treats mental health issues. Learn more by calling *Help Me Grow* at 801-691-5322, or by visiting *MaternalMentalHealth.utah.gov* to find help.

**N**

**Nutrition:** Take a prenatal vitamin through one year postpartum. Avoid caffeine and sugar when possible. Include protein and unsaturated fats at every snack and meal. Drink 8 to 12 cups of water each day (64 to 96 ounces).

**S**

**Support:** Share your feelings with a trusted friend or family member, or find a support group online or in-person. Search for local support groups on *MaternalMentalHealth.utah.gov*. Ask for help with baby care – getting an hour each day to yourself is essential.

**H**

**Humor:** Make time for silliness and joy each day. A funny movie, time with friends, or tickling your children can all improve your mood. If laughing seems impossible, it is time to seek more support.

**I**

**Information:** Take the Edinburgh Postnatal Depression Scale monthly for a year postpartum to track your mental health. Call your provider if your score is 10 or above, or if you marked anything other than “never” on question 10 about self-harm.

**N**

**Nurture:** Care for yourself through: nature, spiritual practices, music and art, meditation, dates with friends, etc. Schedule weekly time in your calendar to do things you enjoy outside of motherhood.

**E**

**Exercise:** Walking 10-20 minutes a day can help your body, mind, and spirit heal and stay emotionally healthy. You can also try yoga or stretching if your provider gives you the go-ahead.

Created in partnership with the Utah Department of Health and Human Services and Postpartum Support International Utah

To find Utah-based support groups, a counselor/therapist, or any other maternal mental health professional, visit: *MaternalMentalHealth.utah.gov*



# Maternal Mental Health Programming

Charlie Health's virtual IOP offers a curated maternal mental health program for perinatal and postpartum clients. This program includes evidence-based groups and personalized individual therapy designed to treat the unique needs of clients struggling with perinatal mood and anxiety disorders (PMADs) and/or postpartum depression (PPD).

We know that new moms are busy, tired, and often feel isolated. That's why we offer:

- Flexible scheduling
- Entirely virtual access
- 20+ free family support groups
- Group session with other new moms and parents
- Individual therapists who specialize in PPD and PMADs
- Comprehensive family therapy

Reach out today:

[www.charliehealth.com](http://www.charliehealth.com)

(866) 491-5196

[outreach@charliehealth.com](mailto:outreach@charliehealth.com)





The  
Mommune

*Feeling stress and disconnected?  
You are not alone!*

*\$30  
Per Month*

*Venmo  
Rippleeffectcounseling*

*What's Involved?*  
*-Group Chat -  
Workshops -Monthly  
Activities  
-Virtual Support Group  
every Thursday*

*For more information please  
Email [rippleeffectcounseling@gmail.com](mailto:rippleeffectcounseling@gmail.com)*



# Free Online Support Groups

800-944-4773 | [postpartum.net](http://postpartum.net)



## *Mood & Mental Health Support for Moms/Birthing People*

- Bipolar Support for Perinatal Moms & Birthing People
- Birth Trauma Support
- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Mood Support for Moms
- Military Moms
- Perinatal Mood Support for Returning Members Only
- Perinatal OCD Support for Moms
- Pregnancy & Postpartum
- Psychosis Support for Survivors (Moms & Birthing People)
- Pregnancy Mood Support Group
- Birth Moms Support Group
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Mindfulness for Pregnant & Postpartum Parents

## *Post - Abortion Support*

- Post-Abortion Support

## *Parenting*

- Adoptive & Foster Parent Support for the Early Years
- NICU Parents
- Pregnant & Postpartum Parents of Multiples
- Queer & Trans Parents Support Group
- Single Perinatal Parent Support
- Support of Parents of One to Four-Year-Old Children
- Support for Parents of High Needs Babies
- Dads Group
- Perinatal ADHD Support Group
- Support for Families Touched by Postpartum Psychosis

## *Spanish Groups*

- Grupo de apoyo gratuito papas
- Grupo de Apoyo para el Embarazo
- Grupo de Apoyo para el Posparto
- Grupo de Apoyou para Padres con Ninos con Necesidades Especiales
- Grupo de Apoyo "Peridida y Duelo"
- Grupo de Apoyo Perinatal
- Grupo de Apoyo "Retos de la Crianza"
- Grupo de Apoyo "Retos de la Fertilidad"
- Grupo para Madres
- Independientes

## *BIPOC Groups*

- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Black Moms in Loss

## *Loss & Grief Support*




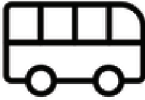






- Black Moms in Loss
- Early Pregnancy Loss Support for Moms
- Fertility Challenges
- Parenting After Loss
- Pregnancy After Loss Support
- Pregnancy After Stillbirth & Early Infant Loss
- Pregnancy & Infant Loss Support for Moms
- Pregnancy & Infant Loss Support for Parents
- Stillbirth & Infant Loss Support for Parents
- Termination for Medical Reasons
- Pregnancy and Parenting After Termination for Medical Reasons

# Maternal resource guide

## Guía de recursos para madres

## Connect to the help you need

An online guide to services that support women who are pregnant, postpartum, and parenting. This features over 900 free or low cost resources across Utah including:

<b>Housing</b>		<b>Food, formula &amp; diapers</b>	
<b>Healthcare</b>		<b>Transportation</b>	
<b>Mental health &amp; substance use</b>		<b>Legal assistance &amp; integration support</b>	
<b>Intimate partner violence</b>		<b>Employment &amp; financial assistance</b>	
<b>Midwife &amp; doula services</b>		<b>Childcare &amp; parenting resources</b>	

## To get started, scan a QR code...

### About this guide

Developed by Utah Women and Newborns  
Quality Collaborative

This guide was created to increase access to  
resources in Utah.

[mihp.utah.gov/uwnqc](https://mihp.utah.gov/uwnqc)

English:



Español:



or visit <https://mihp.utah.gov/maternal-resource-guide-utah>