

## LOCAL THERAPISTS

Current listing of local perinatal specialized therapists  
[psidirectory.com](http://psidirectory.com)

Local therapists and accepted insurance plans  
[psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)

### **Thrive Wellness, Reno**

provides interdisciplinary care for PMADs  
(perinatal mood and anxiety disorders)

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

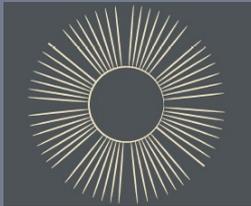
775.525.8103

### **Mallory Behavioral Health Crisis Center**

775 Fleischmann Way

Carson City, NV 89703

775.445.8889 Toll free: 800.283.7671



# You are not alone.

NATIONAL SUICIDE AND CRISIS HOTLINE

# 988



For more information, see our *Guide to Maternal Mental Health Resources* online.  
[CarsonMedicalGroup.com](http://CarsonMedicalGroup.com) 775.883.3636



# Your Quick Guide to

## MATERNAL MENTAL HEALTH RESOURCES



Carson Medical Group

# THE IMPORTANCE OF MATERNAL MENTAL HEALTH

Your mental health is just as important to you and your baby as your physical health. Depression and anxiety are real and very treatable conditions. You do not have to suffer in silence. Your physician can work with you to prevent or treat them. Free online classes, support groups, and counseling are often the first steps for prevention or healing. This guide contains a sampling of available resources. Many mental health providers now offer telehealth visits as well.

## Preparation

Talk with your OBGYN to determine if you are at higher risk for a perinatal mental health disorder (PMHD). We encourage ALL patients and especially those at risk to take a mental health class. These courses prepare expectant parents for emotional changes during and after pregnancy by providing education and tools to help prevent and manage PMHDs.

## FREE ONLINE COURSES

### Postpartum Planning for Expectant Parents

<https://www.postpartum.net/postpartum-planning-for-expectant-parents/>

Free two hour class focusing on the parents' emotional wellbeing during the postpartum period. Education, discussion, review of a postpartum plan, and resources. Main topics: postpartum physical recovery, partner support, self-care, support networks, lactation and emotional wellbeing, and perinatal mental health disorders.

### Nevada PMHD Training

[nvmch.org/pmhds](http://nvmch.org/pmhds)

Free 60 minute training online during pregnancy or after. Helps with warning signs and recognition of perinatal mental health disorders (PMHDs) Register online.

*Did you know?*

Up to one in five people will experience depression/ anxiety during pregnancy or after birth.

You are not alone. Carson Medical Group is here to help.

## SUPPORT GROUPS

Many support groups are held via Zoom or other virtual meeting platforms. These groups are led by trained professionals and attended by women just like you. Some are scheduled at regular intervals and follow a curriculum, and others are open format. If you try one and it doesn't fit, consider another, or try an online course or counselor.

### POSTPARTUM SUPPORT INTERNATIONAL (FREE)

Multiple online support groups to fit your schedule and your needs  
[postpartum.net/get-help/psi-online-support-meetings](http://postpartum.net/get-help/psi-online-support-meetings)  
800.944.4773

## Where To Start If You're Feeling Overwhelmed



### Talk with your OBGYN

Request a CMG Maternal Mental Health Resource Guide



### Call the Postpartum Support International Helpline

For basic information, support, and resources. This is a good starting point if you don't know where to begin.  
Call or text "HELP" 800.944.4773



For additional resources and links visit [postpartum.net](http://postpartum.net)