

Perinatal Mental Health Provider List

Perinatal Mental Health Agencies				
Agency	Location	Contact Info	Insurance	Comment
Bedford Behavioral Health	55 North Rd Suite 220, Bedford , MA 01730	P: (781) 275-0099 F: (781) 275-1170 W: bedfordbehavioralhealth.com	Dr. Norris does not accept insurance. Other providers accept: AllWays Partners Health, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, Harvard Pilgrim (HPHC), Optum, Oxford, Tufts, United Behavioral Health, UnitedHealthcare Sliding scale fee	Medication Management Mental health agency with a wide range of approaches and specialties, including pregnancy, prenatal, and postpartum.
Center for Perinatal Wellness	Easthampton, MA Telehealth Only	P: (413) 203-1300 W: cpw.care	Aetna, Allways HP, Beacon (BMC, Fallon, NHP), BCBS, GIC, Health N.E., Tricare, Optum (UBH, HP), Tufts Commercial, Value Options. Sliding Scale: \$85- \$150/session	Medication Management Individual, couples and family therapy, in addition to groups for Pregnancy, PPD/Anxiety, and Loss. Specialists in adjustment to parenthood, infertility, postpartum depression and anxiety, OCD and panic. Some therapists have experience with birth trauma, infertility, in-law issues, post-adoption adjustment and blended families.
Creative Coping	200 Great Road, Suite 256A, Bedford , MA 01730	P: (781) 214-0226 E: info@creative-coping.com W: creative-coping.com	Aetna, Blue Cross Blue Shield, Optum, United, UBH, UMR, Harvard Pilgrim, Allways/MassGeneral Brigham, Tufts Commercial Plans, Health Plans Inc., Point32Health	Telehealth and in-person Julia specializes in anxiety, depression, parenting, communication, co-parenting, postpartum, & sleep. She is a former Early Intervention Specialist. Alison specializes in transition to parenthood, anxiety, depression and parenting
The Leggett Group	4238 Washington St, Ste 316, Roslindale , MA 5 Edgell Rd, Ste 32, Framingham , MA	P: (857) 273-2123 W: theleggettgrouptherapy.com	AllWays Health, BCBS, Beacon (BMC, Fallon, Group Ins Co), Cigna, Com Psych, HP, Health Plans Inc, Oxford, UBH, UHC, Tufts HMO, PPO, Spirit & Nav	Telehealth and in-person • Medication Management Specialists in individual therapy, couples therapy, perinatal mental health, parenting support, older adolescents, substance abuse services, Mindfulness Practice/CBT, and Professional Workplace Services
Luminary Counseling	282 Central St Acton , MA 01720	P: 978-472-0224 E: Office@luminarycounselingma.com W: luminarycounselingma.com	Aetna, Blue Cross Blue Shield, Harvard Pilgrim, Optum/United, Tufts, Out of Network - contact for rates	Telehealth and In-Person • Medication Management Wide range of specialties including co-parenting skills, marriage and couples counseling, postpartum, women's health, life transitions, anxiety, and depression
Lightwork Therapy & Recovery	Woburn Location 300 Tradecenter Dr, Ste 2640 Braintree Location 10 Forbes Rd #250e	P: (617) 545-0076 E: info@lightworktr.com W: lightworktr.com	Verify insurance on website	A mental health agency by women for women that provides a nurturing environment where women can address challenges such as anxiety, depression, trauma, PTSD, stress and burnout, postpartum mental health challenges, among other conditions. Substance use recovery

Rooted Counseling Services	200 Littleton Road, Suite 4, Westford 1 Meetinghouse Rd, Unit 1, Chelmsford	P: 978-303-8902 E: info@rootedcs.org W: rootedcounselingservices.com	Aetna, Blue Cross Blue Shield (including out-of-state plans), Carelton, Cigna, Fallon, Harvard Pilgrim Health Insurance, United Health Care, Optum, Mass General Brigham, and Tufts (including Tufts Medicaid), Wellpoint. Out-of-network rate is \$130 per visit	Telehealth and In-Person • Medication management Counseling services specializing in children and adolescences, anxiety, depression and maternal mental health
Strong Roots Counseling	1387 Washington St, 2nd floor, West Newton , MA 02465	P: (857) 304-4025 E: care@strongrootscounseling.com W: strongrootscounseling.com	Aetna, BCBS, Tufts plans, Optum, AllWays, MBG Health Partners, Health Equity, RSI, UMR, United Behavioral Health, Surest, Choice Strategies, HR Concepts, London Health	Telehealth and in-person • Medication Management English, Spanish, Russian Providers trained to support individuals and couples with perinatal issues, as well as pregnancy loss and infertility

Mental Health Providers				
Clinician	Location	Contact Info	Insurance	Comment
Arsenault, Amanda LCSW	20 Hope Ave Suites 105, 211, & 312 Waltham , MA 02453	P: (617) 918-7484 E: amandaa@hopeavetherapy.com W: hopeavetherapy.com/amandaa	No insurance	Telehealth and in-person
Beauchamp, Jessica LICSW, PMH-C Adv.	9 Cornerstone Sq., B-400-337 Westford , MA	P: (978) 228-3703 E: beauchampcounseling@gmail.com W: beauchampcounseling.com	Blue Cross Blue Shield, Carelton Behavioral Health	Telehealth Certified in CBT for Perinatal Emotional Complications Experienced in depression, anxiety, trauma- and stress related concerns, grief, identity-related issues
Beck, Jamie , LMHC, BCPC, ATR	215 Boston Post Road, Building B Sudbury , MA 01776	P: (617) 221-5612 E: jkbecktx@gmail.com W: jkbecktherapy.com	No insurance. Can issue a "superbill" for PPO plans. Free phone consult \$175 for 50-minute session	Telehealth and in-person Women and anxiety spectrum disorders (brought on by medical or environmental issues); Loss during pregnancy or upon delivery; struggling with parenting living children while grieving their loss and working through their fear of getting pregnant again. Individ. therapy & expressive therapy groups
Begin, Frederique LICSW	81 Commonwealth Ave Concord , MA 01742	P: (978) 413-9118 E: fbeg@mac.com W: begintherapy.org	In-Network (psychotherapy only) BCBS, United Behavioral Health, Harvard Pilgrim Out of Network Tufts, Cigna, Aetna, and others Self-pay and Sliding Scale	Bilingual Dutch Individual & couple's therapy for postpartum adjustment issues, parenting, anxiety, bipolar, PTSD, history of abuse or adoption. Certified holistic psychotherapy incorporating pet therapy, neurofeedback, solution-focused, CBT, more
Bomboardieri, Merle	76 Bedford St Lexington , MA	P: (781) 862-1662 E: merle@mindmed.com	BCBS	Individual and couple's therapy. Decision-making process and transition to parenthood; infertility; loss; perinatal

LICSW	Telehealth	W: mindmed.com		emotional complications. Founder, Boston Single Mothers by Choice. Certified in hypnotherapy & trauma
Brooks, Rebecca LICSW, PMH-C	Acton, MA Telehealth Only	P: (978) 776-3317 E: Rebecca.brooks@hushmail.com W: rebeccabrookstherapy.weebly.com	BCBS	Specialist in cognitive-behavioral therapy. Treats prenatal & postpartum depression & anxiety, as well as generalized, health & social anxiety, phobias, panic, body dysmorphia, ADHD & depersonalization. EFT training for couple's work. Certified in CBT and Perinatal Mental Health. Trained in ERP for OCD
Brown, Lauren Psy. D., PMH-C Adv	81 Commonwealth Ave, Suite 8 Concord, MA 01742	P: (978) 369-3297 E: drbrown@concordtherapy.com W: concordtherapy.com	No Insurance	In-person Practice focused on helping women and their partners recover from prenatal/postpartum anxiety & depression, traumatic labor & childbirth, pregnancy loss & infertility.
Colozzo, Amy LICSW, PMH-C	7 Winn St Woburn, MA	P: (781) 365-9440 E: amy@colozzolicsw.com W: amycolozzo.com	BCBS, Optum (United, Mass General Brigham), Aetna Initial Session: \$175 55 min Session: \$150	Telehealth and in-person Specialist in postpartum support & counseling, and the transition to parenthood. Certified in Perinatal Mental Health using CBT, solution-focused, motivational interviewing and mindfulness for depression, anxiety, OCD, PTSD, bipolar
Dolorico, Maria M.Ed., PMH-C Adv	Boston, MA Telehealth	P: (617) 869-4310 E: maria@mariadolorico.com W: mariadolorico.com	No insurance Sliding scale fee \$175 hourly fee	Specializes in treatment for BIPOC individuals. Certified in Perinatal Emotional Health and Lactation Counseling. Trained in trauma/violence, narrative and interpersonal therapies, mind/body & CBT techniques. Board Certified Coach working with individuals & couples
Foley, Jessica LMHC, PMH-C	36 Beaver St Waltham, MA 02453	P: (617) 877-0071 E: jfoley@jessicafoley.com W: jessicafoley.com	Out of network provider \$300-\$350/session	Telehealth and in-person for MA residents Telehealth only for CT, FL, CA, & AZ residents Online and group therapy specializing in transition to parenthood. Pregnancy, prenatal, postpartum mental health, history of abuse, trauma, weight issues. LGBTQ allied. Uses "Brainspotting" techniques for trauma
Freid, Jodie LMHC	12 West Central St., Suite 6, Natick, MA 01760	P: (508) 433-0028 E: jodielfreidlmhc@gmail.com W: jodielfreidlmhc.com	BCBS, Anthem, United Behavioral Health, United Health Care, Mass General Brigham, Out of Network	Telehealth and in-person for MA residents Telehealth only in RI and CT Postpartum Stress Center & Postpartum Support International training. Specializes in maternal mental health. PPD, OCD, anxiety, bipolar, stress management skills, life transitions & relationship skills, birth trauma. Sleep disorders training
Fritts, Barbara Ph.D, PMH-C	23 Water St, Suite 105, Holliston, MA	P: (508) 505-4473 E: drbarbarafritts@gmail.com W: drfritts.com	No insurance \$180/session	In-person "Great with PTSD, specialized in PPD/PPA." Perinatal specialist with expertise in anxiety, trauma, bipolar, depression, LGBTQ, couples. Walking trail therapy

Garber, Karen LICSW, CEIS, IMHM-E	Winchester, MA 01890	P: (781) 265-2619 W: Psychology Today	BCBS, sliding scale, out of network \$180/ individual session \$250/ couple session	Telehealth and in-person Certified by Postpartum Support International & in Infant Mental Health, Karen prioritizes clients with perinatal mood & anxiety disorders. Trauma-informed therapist assists clients in developing healthy relationships
Horgan, Mallory LMHC	Telehealth only across MA	P: (978) 307-7004 E: mallory@malloryhorganLMHC.com W: moonflowertherapy.com	BCBS, Optum, Harvard Pilgrim, United Select few sliding scale slots \$125/hour	Specializes in perinatal depression, anxiety, stress, panic, life transitions. Helps new parents struggling with pressure and chaos of parenthood and postpartum with talk and expressive therapy techniques
Insoft, Andrea LICSW, National Association of Perinatal Social Workers	1193 Walnut Ste 6, Newton Highlands, MA 02461	P: (617) 694-6846 E: andreaensoft@gmail.com W: awinsoft.info	In network for most PPOs \$150- 200/session Sliding scale fee	In-person Individual therapy, consultations and support groups for PPD, anxiety, pregnancy loss/after loss, mothering after mother loss. Experience with trauma/PTSD, premature or medically compromised infants, history of childhood abuse/neglect
Issokson, Deborah Psy. D	332 Washington St (Route 16), Ste. 125, Wellsley Hills, MA 02481	P: (617) 314-9571 E: info@reproheart.com W: reproheart.com	BCBS MA and most out-of-state, Cigna, Magellan, Medicare, Harvard Pilgrim, Tufts Health Plan, United Behavioral Health \$190/session	In-Person Specialist in prenatal and postpartum mood and anxiety disorders. Experience counseling women with a history of childhood abuse, stillbirth, abortion, miscarriage, infant death. Provides individual and couples counseling.
Johnson, Megan LICSW	585 Mass Ave Acton, MA 01720	P: (617) 549-2726 E: stowtherapist@gmail.com W: meganjohnsontherapist.com	Will bill any insurance \$120/session, sliding scale	In-person Practice specializing in perinatal mood disorders, infant/parent psychotherapy, parent coaching. Experience with parenting high-needs babies, those feeling worried or challenged by the demands of parenthood, traumatic births
Karl, Paula LICSW	797 Washington St, Ste 3, Newton, MA 02460	P: (408) 561-6919 W: Psychology Today	BCBS, Harvard Pilgrim, Optum, Tufts, United Healthcare UHC UBH, out of network \$150/session	Telehealth and in-person Practice is centered on perinatal mood complications, including paternal depression, loss, infertility, anxiety, paternal depression. Trained in CBT & mindfulness for maternal depression
King, Gina LICSW	4 Strawberry Hill Rd Acton, MA 01720	P: (978) 264-2951 E: ginaking440@gmail.com W: ginakinglicsw.com	BCBS, Medicare, Tufts, United Healthcare, Harvard Pilgrim, AllWays Health, Aetna, Cigna	In-Person Individual therapy and couples counseling. Uses CBT, DBT mindfulness & Reiki to help with anxiety, depression & other mood disorders, parent guidance, stress management, trauma
Lawee, Karen LICSW	76 Bedford St. Ste. 17, Lexington, MA 02420	P: (781) 864-6630 E: karen@karenlawee.com W: karenlawee.com	BCBS Out of network \$150/session	Telehealth and in-person Infant-Parent Institute training for mom-infant therapy, which can be provided at home (additional cost). Individual therapy for PPD, trauma, adoption-related issues, work/life balance, loss.
Mahoney, Ashley LMHC, PMH-C	Newburyport, MA Telehealth	P: (978) 482-7233 E: ashley@arisewellness.org W: arisewellness.org	Out of network provider Starting at \$150 for 45 min	Expertise in perinatal mood and anxiety disorders, work-life decisions and all the emotions that come with motherhood. EMDR intensives available. LGBTQA+ welcome

Marchioni, Susan LMHC, PMH-C	Telehealth Only	P: (617) 694-8752 W: maternalmentalhealthandwellness.com	\$175/hour Sliding scale may apply	Anxiety and depression during pregnancy, postpartum anxiety/panic/OCD, postpartum depression
McGee, Meghan LICSW	73 Princeton St, Ste 314, Chelmsford , MA 01863	P: (617) 780-5627 E: resilience.counseling.now@gmail.com W: resilience-counseling.net	Out-of-network provider \$200/session	In-person and Telehealth PTSD, Perinatal Mental Health, Supporting New Parents, Vicarious Trauma- Working with First Responders, Depression, Anxiety, Mood Disorders, Women's Issues, Relationship Issues, Family Conflict, Life Transitions
McGuigan, Kathy LICSW, PMH-C	Franklin, MA Providence, RI	P: (401) 356-3369 E: kmtherapyformoms@gmail.com W: Psychology Today	Accepts BCBS Out-of-network \$110/session Sliding scale	Telehealth for MA and RI residents and in-person Specializes in pregnancy, prenatal, postpartum, depression, and anxiety
O'Brien, Heather LICSW	190 Groton Rd, Ste 230, Ayer , MA 01432	P: (978) 796-5054 W: mcmentalhealth.com	BCBS, Tufts Health Plan, Harvard Pilgrim, Aetna, MBHP Out-of-network	Telehealth and in-person Experience as an Adoption SW, Early Intervention Clinician, and working with pregnant and postpartum caregivers, including teen parents, People of Color, parents of children with developmental challenges, immigrants, and LGBTQIA+ folks. Strengths-based, trauma-informed, non-judgmental philosophy using CBT, motivational interviewing & other effective therapeutic strategies.
Powers, Carrie LICSW	101 Mechanic St. Gardner , MA 01440	P: (978) 571-9505 E: carriepowers@gmail.com W: carriepowers.com	Accepts BCBS and Tufts \$100-130/session	Infant/Parent Mental Health trained. Parenting with depression, pregnancy and postpartum depression and anxiety. Relationships, chronic illness, bipolar, PTSD. Early intervention background
Robinson, Mandi LICSW	Telehealth Only	P: (508) 286-7690 E: mandi@wellnessforwomen counseling.com W: wellnessforwomencounseling.com	Accepts BCBS and Optum Sliding scale \$130/session	Mandi addresses the range of maternal mental health issues that can occur during the transition to motherhood including anxiety, depression and feelings of isolation or anger throughout the perinatal period.
Sarantopoulos, Liz LICSW	322 Boston Post Rd, Ste 208, Sudbury , MA 01776	P: (617) 221-5315 E: liz.sarantopoulos@yahoo.com W: lizsarantopoulos.com	BCBS, Harvard Pilgrim, Tufts, United Behavioral, Mass General Brigham, and any PPO plan (with out-of-network benefits) \$200 initial evaluation &175/session	Telehealth and in-person Morning, afternoon & evenings. Specialist in perinatal emotional complications (anxiety, depression, OCD), adoption, life transitions, pediatric medical social work, work/life balance, traumatic birth experiences.
Shea, Jennifer LICSW	324 Littleton Rd, Unit 2B Westford , MA 01886	P: (978) 238-9294 E: jennifershealicsw@gmail.com W: jennifershealicsw.com	BCBS, Tufts Commercial, Harvard Pilgrim, Optum Out-of-network \$165 initial evaluation \$125/session	Telehealth and in-person Specializes in pregnancy, prenatal, postpartum, trauma, women's issues, stress, grief, life transitions. Free phone consult. Strength-based approach, mindfulness, CBT. PSI trained.

Shuman, Lisa LICSW	40 Grove St, Ste 430, Wellsley , MA 02482	P: (857) 342-3268 W: Psychology Today	Anthem, Blue Care Network, BCBS, Empire BCBS, Harvard Pilgrim, Optum, Tufts, United Healthcare UHC UBH Out-of-network \$173/session \$200/couples	Telehealth and in-person Individual & couples therapy and coaching for depression, anxiety, relationship challenges, life stressors and transitions; parenting & postpartum, women's issues. Refers to local psychopharmacologist for medication management
Smith, Jessica LICSW	Licensed in MA, NH, and PA	P: (617) 299-1043 E: jsmithparenting@gmail.com W: parentsupports.net	Most insurance accepted	In-person and virtual Cognitive Behavioral Therapy Postpartum and parenting support
Smith, Kelly LICSW, PMH-C	5 Crystal Pond Rd, Ste 250, Southborough , MA 01772	P: (508) 418-6608 E: kelleysmith@collectivecounselingcenter.com W: collectivecounselingcenter.com	Aetna, BCBS, and Tufts Commercial Out-of-network \$190 initial evaluation \$160/session \$225 couples initial eval \$185/ session	Telehealth and in-person Specializes in perinatal mood and anxiety disorders, as well as grief & loss, trauma, PTSD and life transitions. Trained in Emotionally Focused Couples Therapy for couples.
Stone, Melissa Psy. D.	332 Washington St Wellesley , MA 02481	P: (857) 271-5645 E: mstone@melissastonepsyd.com W: melissastonepsyd.com	BCBS Out-of-network \$250/session	Solutions-focused psychotherapy addressing perinatal depression/anxiety, chronic pain/medical conditions, infertility, and relationship transitions.
Wisch, Betsy LMHC	30 Domino Dr Concord , MA 01742	P: (978) 391-9943 W: Psychology Today	Out-of-network \$225/session	Telehealth and in-person Individual & couples therapy. Trauma-informed treatment. Certified in Sensorimotor therapy. Relationships and parenting. Former First-time Moms Group facilitator. Trained in EMDR and Mindfulness, Yoga
Wolpow, Suzan LMHC, IFS Therapist	1111 Rear Sherman St Cambridge , MA 02140	P: (617) 441-0758 E: yourclearvoice@msn.com W: yourclearvoice.com	BCBS, MBHP, and Tufts \$120-\$180/session	In-person only Individual & couple's therapy. Specialist in women's issues that arise related to motherhood, postpartum adjustment & pregnancy loss. Life balance/work struggles. Certified in Internal Family Systems therapy.

Counseling Agencies Accepting MassHealth

Agency	Location	Contact Info	Insurance	Comment
Advocates	Offices in Framingham, Harvard, Lawrence, Marlborough, Peabody, Plymouth, Waltham, Whitinsville, and Worcester	Main Office: P: (508) 628-6300 W: advocates.org	MassHealth and most private insurances	Telehealth and in-person • Medication Management Advocates offers a wide range of services for patients and their families including: addiction recovery, care management, counseling and psychiatry, mobile crisis intervention, youth and family counseling, and much more. Visit their website for more information.

Eliot Community Human Services	Behavioral Health Centers located in Danvers, Lynn, Everett, and Concord	Danvers: (888) 769-5201 Lynn: (800) 988-1111 Everett: (781) 388-6200 Concord: (978) 369-1113	Accepts most insurance, including MassHealth and Tricare	Multi-disciplinary team provides a full range of clinical & support services. Psychopharmacology services provided to counseling patients as necessary. Individual, couples & family therapy. Batterer Intervention Program & extensive substance use recovery services available
MetroWest Behavioral Health Center	380 Massachusetts Ave Acton, MA 01729	P: (978) 264-3553 F: (978) 263-3498 E: slallier-casal@jri.org	All Mass Health Behavioral Health Plans, including MBHP, Allways Health, Beacon BMC, Beacon Fallon, and Tufts Together. And most commercial plans	Offers a broad range of therapeutic approaches to help meet the goals of children, adolescents, adults, and families navigating behavioral health needs. MBHC provides individual and family therapy, parent/caregiver consultation, trauma evaluations, and training and support to community partners
Northeast Health Services	Many locations throughout MA	Phone: (339) 529-8684 Website: nehs.transformationsnetwork.com	MassHealth and most private insurances	Telehealth and in-person • Medication Management NEHS offers a full suite of outpatient mental health services, including individual and group therapy, , psychological testing and evaluation, first-episode psychosis treatment, children and adolescents treatment, transcranial magnetic stimulation therapy, mental health telehealth services, and Spravato treatment.
The Counseling Center at MOC	49 Nursery Lane Fitchburg, MA	P: (978) 785-5343 E: counselingcenter@mocinc.org	Accepts most insurance including MassHealth	Telehealth and in-person • Medication Management Spanish Speaking providers available. Services for anxiety, depression, trauma, substance use, recovery from domestic violence. Art & play therapists for children. Weekly support group for 30+ women.

Psychopharmacology Providers				
Clinician	Location	Contact Info	Insurance	Comment
Bocchino, Elise PMHNP-BC	Telehealth Only	P: (339) 209-0672 W: Psychology Today	BCBS, Harvard Pilgrim, MGB Health Plan, Optum, United Healthcare UHC UBH	Specializing in perinatal mental health, guiding those that require medication management while trying to conceive, during pregnancy, and postpartum
Brooks, Alexis MD	369 Pleasant St Northampton , MA 01060	P: (413) 269-8701 W: Psychology Today	BCBS	in practice for more than 25 years, and have expertise in mood and anxiety disorders, ADHD, OCD, panic disorder, pain, sleep issues, as well as other conditions. I also treat psychiatric conditions in the peripartum period.

Costello, Lauren PMHNP	Telehealth Only	P: (339) 225-9692 E: lcostellonp@gmail.com W: lcostellonp.wixsite.com/website	BCBS of MA, Optum, AllWays Health Partners, UnitedHealth and Harvard Pilgrim	Psychiatric/mental health NP with experience working with pregnant and breastfeeding mothers. Strives to find the lowest dose of effective medications
Garbarino, Christie PMHNP-BC	4238 Washing St, Ste 316, Roslindale MA 02131 Telehealth	P: (857) 273-2123 E: theleggettgrouptherapy.com	AllWays Health, BCBS, Beacon (BMC, Fallon, Group Ins Co), Cigna, Com Psych, HP, Health Plans Inc, Oxford, UBH, UHC, Tufts HMO, PPO, Spirit & Nav	Diagnostic evaluations, medication management and individual psychotherapy offered in Roslindale and Framingham. Outside referrals welcome for prescribing
Goodman, Janice PhD, RN, PMHCNS-BC, PMHNP-BC	491 North Avenue Wakefield, MA 01880	P: (781) 775-4963 E: drjanicegoodman@gmail.com W: drjanicegoodman.com	BCBS. AllWays Health, Tufts, Cigna, Harvard Pilgrim Healthcare, United Behavioral Health, Aetna, out-of-network	Therapy, mindfulness. Psychopharmacology. Specialist providing services to pregnant & postpartum women, mothers of young children
Granese, Andrew PMHNP-BC	323 Boston Post Rd, Ste 4C, Sudbury, MA 01776	P: (978) 261-7640	BCBS and Tufts	Psychopharmacology services
Hilsinger, Ellen MD	35 Bedford St, Ste 17, Lexington, MA 02420	P: (781) 863-5225	No insurance	Psychopharmacology services during pregnancy and postpartum. Former director of BIDMC Repro. Psychiatry
Kaplowitz, Lori M.D.	92 Banks Street (Back entrance) Cambridge, MA, 02138	P: (617) 441-0942 E: lorikaplowitzmd@gmail.com W: lorikaplowitzmd.com	Not in network for any ins. plans. Can directly bill Tufts & HP PPO/POS plans	Trained in Perinatal Psychiatry at MGH, & founder of Women's Mental Health Liaison Service at Mt. Auburn. Med. Mgt. may be in collaboration w/psychotherapy or can collaborate with patient's existing therapist
Mayer, Laura MD Women's Wellness Initiative	502 Bullock's Point Ave Riverside, RI 02915	P: (617) 712-2925 E: drmayer@womenswellnessinitiative.org W: lauramayermd.com	Free consult United HC, BCBS, Harvard Pilgrim for medication mgt. only Psychotherapy is out of pocket only \$425/session	Telehealth (or in person in R.I.) Bilingual Spanish Reproductive psychiatrist specializing in medication management and psychotherapy during pregnancy, postpartum, infertility, perinatal loss, PMDD
Moon Mental Health Linda Kim, MD Jen Sweet, MD	Telehealth Only	P: (510) 214-2065 E: hello@moonmentalhealth.com W: moonmentalhealth.com/	No insurance	Practice provides tailored care by clinicians specializing in women's mental health including perinatal anxiety and mood challenges such as bipolar, major depression, SAD, dysthymia. All certified in perinatal mental health by PSI
NE Center For Healthy Minds Several Providers	Walpole, Acton, East Falmouth, MA	Walpole P: (508) 734-5893 Acton P: (978) 679-1200 E Falmouth P: (508) 388-7493	Bills all primary insurance (not Tricare)	Diagnostic & psycho- pharmacology services for patients receiving therapy services at N.E. Mental Health
White, Leslie APRN, PMHNP-BC, PMH-C	Telehealth Only	P: (413) 203-1300 E: emilie@cpw.care W: cpw.care	Aetna, Allways HP, Beacon (BMC, Fallon, NHP), BCBS, GIC, Health N.E., Tricare, Optum (UBH, HP), Tufts Commercial,	Medication management and counseling as well as alternatives to conventional medications as

			Value Options. Sliding Scale Intake Assessment: \$300 Follow-up: \$250/session	needed. I will work with your existing therapist for medication support.
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Support Groups		
<p>First Connections 179 Great Road, Suite 104A, Acton, MA P: (978) 429-8284</p>	<p>Free Serves families located in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Hanscom Air Force Base, Littleton, Lincoln, Maynard, Sudbury, and Westford</p>	<p>First Year of Life Support Group</p> <ul style="list-style-type: none"> - Parents in the postpartum year can join this group to get support for their own emotional wellbeing, recovery, and transition into parenthood; baby's development; feeding and sleep support; and community resources - Meets Thursdays 9:30-11am via zoom with 1 Thursday per month in person - Email efiorini@jri.org to register <p>Playgroup</p> <ul style="list-style-type: none"> - New groups every 3 months - Email lmatthews@jri.org for openings <p>Parent & Family Consultations</p> <ul style="list-style-type: none"> - One-on-one consultations for parents
<p>Center for Early Relationship Support at JF&CS 1430 Main Street Waltham, MA P: (781) 647-5327 E: info@jfcsboston.org</p>	<p>Free • Online and in-person Contact Leslie Pucker at lpucker@jfcsboston.org</p>	<p>• Weekly Support Groups for Parents of Newborns • Spanish-Speaking Support Group • Grandparents Support Group • Parents of Toddlers Support Group • New Adoptive Parents Support Group • Fragile Beginnings Support Group • “This Isn’t What I Expected” Support Group • Pregnancy Support Group • Mothering Without a Model • Mothering After Mother Loss • Circle of Security Parenting</p>
<p>Postpartum Support International P: (503) 894-9453 E: groups@postpartum.net W: postpartum.net</p>	<p>Free • Online</p>	<p>PSI offers 50+ virtual support groups ranging from postpartum mental health to loss to fertility challenges and so much more. Many groups are tailored to serve specific communities, including: • moms and birthing people • dads • Asian, South Asian, Pacific Islander or Asian Americans • Black, Indigenous, People of Color • deaf parents • military moms • queer and trans parents</p> <p>Spanish-language support groups</p>