

*Your guide to*  
**Maternal Mental  
Health Resources**



**Support for women and their families**

Mental health assistance  
during pregnancy and after birth



**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 manageable and sometimes preventable conditions, and your physician can work with you to prevent or treat them.



**YOU ARE NOT ALONE!**

Did you know up to **1 in 5** women will experience depression/anxiety during pregnancy or after birth?

## Getting Started

Support groups, free online courses, and counseling are often the first steps to help you. This guide contains a sampling of resources available. Many providers now offer telehealth visits, if you prefer this please ask.

### Postpartum Support International (PSI) Warmline 800.944.4773

For basic information, support, and resources. Leave a message seven days a week, and a volunteer will return your call.

### Local PSI Coordinators, Northern Nevada

Local coordinators will answer questions and help direct you to local care. You can call or text, and they will reply as soon as possible.

**Ashley Hanna-Morgan, LCSW, PMH-C** 775.391.0781  
**Caitlyn Wallace, LCSW, PMH-C** 775.453.4149

### National Suicide Prevention Hotline 800.273.8255

24/7 emergency hotline.

## 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.



**Afterglow Support Group/Curriculum** (\$25/session) 775.391.0781  
ashleyhannamorgan.com/support-groups

**Perinatal Mental Health Support Group** (free) 775.525.8103  
thrivewellnessreno.com

**Postpartum Support International** (free) 800.944.4773  
postpartum.net/get-help/psi-online-support-meetings.

## Free Online Courses

Offered in English and Spanish, these courses prepare women for emotional changes during and after pregnancy by providing education and tools to help prevent postpartum depression. They provide great information about mental health for all moms and babies. We especially encourage those at risk for postpartum depression to take a class.

### Mothers and Babies Course emb.health

You can complete online modules on your own time.

### The ROSE Program postpartumsc.org/rose

Facilitator-led classes via Zoom. Four courses are scheduled during pregnancy and one during postpartum. Small groups and individual lessons are available. Complete the registration form online on the ROSE Program website to be contacted with the course schedule.

### Additional Resources

Postpartum Support International	postpartum.net
Postpartum Support Center	postpartumsc.org
NV Maternal Child Health Coalition	nvmch.org
Maternal Mental Health (NOW)	maternalmentalhealthnow.org
Ashley Hanna-Morgan, LCSW, PMH-C	ashleyhannamorgan.com

## Carson City Therapists

**Community Counseling Center** 775.882.3945

cccofcarsoncity.org

Accepts NV Medicaid and most private insurances

**Serenity Mental Health** 775.841.6050

serenitymentalhealth.org

Accepts NV and Anthem Medicaid, Silver Summit, and sliding scale and pro bono

**Center for Psychological Wellbeing** 775.884.3600

psychwellbeing.com

Accepts many private insurances and fee for service

## Reno Perinatal Specialized Therapists

**Thrive Wellness** 775.525.8103

thrivewellnessreno.com

Accepts most insurances

**Memor Health** 775.827.2400

memorhealth.com

Accepts most insurances

**Quest Counseling** 775.786.6880

questreno.com

Accepts all Medicaid plans and most private insurances

**Ashley Hanna-Morgan** 775.391.0781

ashlevhannamorgan.com

Accepts Hometown Health Plan

**Desert Bloom Wellness** 775.453.4149

desertbloomwellnessnv.love

Accepts Optum, Hometown Health, Prominence, cash and sliding scale

**Megan Kornbluth** 530.580.8848

megankornbluth.com

Accepts Anthem and NV fee for service Medicaid, many private insurances, and sliding scale

## Perinatal Mental Health Nurse Practitioner

**Andrea Thompson, APRN** 775.525.8103

thrivewellnessreno.com

Accepts most insurances

YOU ARE **NOT** ALONE!



**Carson Medical Group**

CarsonMedicalGroup.com

775.883.3636

