Postpartum Maternal Health Resources:

Serenity

Locations: Riverton, Lehi and Payson Email: Frontdesk@serenityrw.com

Phone: 801-984-0184

Have therapist and outpatient intensive postpartum depression recovery program

• Meet 3 times a week for 3 hours.

- Encouraged to bring infant.

FREE SUPPORT GROUP:

Every Monday evening from 6-7PM. Call or text 801-305-3171.

Free support group for husbands. Called "The Man Cave" at The healing Group.

Nami Utah:

Online support groups

Can call 801-323-9900

Support Groups:

The Healing Group: wonderful group of therapist that specialize in perinatal disorders.

Text or call 801-305-3171

University of Utah Free postpartum group:

Help online, via zoom. Second and fourth Wednesday of the month at 12PM.

To register or get more info email Maternalmentalhealth@hsc.utah.edu

Meets Online, get together social events if desired. this group will meet on the 2nd Wednesday of each month at 8PM, with an additional quarterly meet up. Call or text 801-305-3171.

Paid groups:

-Postpartum therapy group. 8 weeks held with a licensed therapist. Online. Cost $25/week, or $200 when paid in advance. Call or text 801-305-3171.

ONLINE SUPPORT:

Postpartum Support international:

1-800-9440-4773- Volunteers are trained moms who have dealt with anxiety and depression. Support, resources, and information are FREE and confidential. Messages are returned within 24 hours.

1-833-842-6262 Free and confidential for moms and families, before during and after pregnancy.

Erikson Fussy baby network

1-888-431-2229. Provides support and advice for parents regarding infant fussiness, crying and sleep issues. [www.erikson.edu/fussy-baby-network](http://www.erikson.edu/fussy-baby-network)

University Of Utah Neuropsychiatric Unit Crisis Line: 801-587-3000. Free confidential support, including a mobile crisis team able to come to a residence when needed.

Family Haven **FREE nursery for everyone.** Call and they can take your kids and give you a break!

Ages 0-11 yrs old

Phone: 801-229-1181

Maternal Mental Health Referral Network

Maternalmentalhealth.utah.gov

Can look of resources in your area.

Therapist resources:

Alliance behavioral psychiatrist

Lehi office 1-2 weeks

2135 W Main Street suite B 207

Lehi office

Also have an orem office

801-224-3014

Aspen Wellness Therapy

Orem and Draper locations

801-224-1103

Bristol health orem

Psychiatrist and therapist

(801) 903-5903- can text or call

BYU comprehensive clinic,

Work with interns- therapy.

801-422-7759

Little Peace of Hafen

801-260-2016

Pleasant Grove

 OCD ANXIETY CENTER

Orem & South Jordan

866-304-4227

Fax: 844-927-4835

Roots & Branches Wellness

-Perinatal Mental Health, Anxiety, Depression, Grief and Trauma.

Lehi

Call or text 385-352-3251

Rootsbrancheswellness.com

Sego Lilly counseling

PG and Spanish Fork

385-202-4089

Utah Valley Counseling

Therapist only

801-407-4134, text or call.

Utah valley psychiatry and counseling

801-357-7525

395 W cougar blvd Provo

Podcasts:

-Sad Mom's Joni Lybbert

-Mom and mind Ketayune Kaeni, Psy,D,

-ONE by Danit Gidderns & Emily Jankowsk

Books:

Good Mom's Have Scary Thoughts by Karen Kleimen