

# Perinatal Mental Health Resources

## How to find a therapist and/or medication provider in Virginia

- Contact your insurance company for a list of covered providers.
- Search the PSI (Postpartum Support International) directory to find a provider with perinatal mental health experience. | <https://psidirectory.com/>
- Search the PSVA (Postpartum Support Virginia) directory find a provider with perinatal mental health experience. | <https://postpartumva.org/support-directory/>
- Determine whether your local Community Services Board offers these services. CSBs in Virginia maintain 24-hour/day mental health crisis hotlines, provide services to adults with substance use disorders and in some localities provide adult outpatient therapy and medication management. Contact your CSB for detailed information.

**DIRECTORY BY LOCALITY** | <https://vacsb.org/csb-bha-directory/>

## Additional Resources

### SUPPORT GROUPS:

- Postpartum Support Virginia | <https://postpartumva.org/support-groups/>
- Postpartum Support International | <https://www.postpartum.net/get-help/>

### PERINATAL MENTAL HEALTH WARM LINES:

- Postpartum Support Virginia (24/7 peer led support)
  - Call **703.829.7152**
  - Text in English **540.698.1277**
  - Texto en Español **757.550.4234**
- Postpartum Support International
  - Call **1.800.944.4773**  
(English and Spanish)
- National Maternal Mental Health Hotline
  - Call or text **1.833.943.5746**  
(Interpreter services available in 60 languages)

### LOCAL RESOURCES:

- Homeless Crisis Line **804.972.0813**
- Regional Intimate Partner Violence Hotline **804.612.6126**
- Alive RVA Warm Line **833.473.3782**
- **211 Virginia** for connection to additional local resources

## IN A CRISIS

### Suicide and Crisis Lifeline:

- Call or text **988**
- Chat **988lifeline.org**

### Veterans Crisis Line:

- **988** then press 1



## 24-HOUR CSB HOTLINES

CHESTERFIELD	804.748.6356	HENRICO/CHARLES CITY/NEW KENT	804.727.8484
CITY OF RICHMOND	804.819.4100	GOOCHLAND	804.556.3716
HANOVER	804.365.4200	POWHATAN	804.598.2697
EMPORIA	434.634.2020	REGION TEN LOUISA	540.967.2880
DISTRICT 19: Colonial Heights, Hopewell, Petersburg	804.862.8000	MIDDLE PENINSULA - NORTHERN NECK	800.542.2673
RAPPAHANNOCK: Caroline, King George, Spotsylvania, Stafford, City of Fredericksburg	540.373.6876	COLONIAL: James City County, Poquoson, Williamsburg and York County	757.378.5555