



PRE & POSTNATAL MENTAL HEALTH RESOURCES

Postpartum Support International

Find a therapist near you who
specializes in Perinatal Mood and Anxiety Disorder

The Center for Postpartum Depression
Chestnut Hill, PA
215-247-1200

Maternal Wellness Center
Hatboro, PA
215-649-9916

Jessica Dashevsky, MS, LPC, PMH-C
267-401-3018
JessicaDasPsych@gmail.com

(sliding scale available)

LaSalle Community Psychological Services
<https://www.lasalle.edu/clinical-psychology-psy-d/training-clinic/>
215-951-1006
Sliding scale of payment

Oshun Family Center
Supporting Mental Health in the Black Community
267-808-2329

Shanna Williams, LCSW, Doula, CLC
S.W. Doula.
Supports Black Maternal Mental Health
(LGBTQIA+ friendly)

Women's Behavioral Health
Sarah Noble, MD / LGBTQIA+ pride program clinician
215-456-9850

Inna Z. Conboy, MD
ConboyPsychiatry@gmail.com
267-214-9678
*Does not accept insurance

Leah Andreoni, MA, LMFT
Rising Sun Therapy, LLC
484-925-3349

Stephanie Heck, MD
Germantown, PA
215-991-5848

Julia Ruane, LCSW
JRuaneLCSW@gmail.com
267-946-0655

The Postpartum Stress Center
ALL VIRTUAL
610-525-7527

Mindful-well.org
Nonprofit providing quality, affordable mental health
services to vulnerable populations.

Jill Curtiss, Family Therapist
Einstein Behavioral Health
1200 Tabor Rd. Philadelphia, PA 19141
215-456-9850

Psychiatric Nurse Practitioner
Brianna Dawson, MSN, PMHNP-BC
BehavioralWellnessForWomen.com / 610-551-0550

Legacy Counseling
1369 Old York Road Abington, Pa 19001
215-326-9232
mylegacycounseling.com

Jamie Steiner Psychotherapy.
1420 Walnut St., #1010, Philadelphia, PA 19102
215-910-4852 (In person and virtual)

Middle Ground Psychology.
Molly Norman, PsyD
drmollynorman@gmail.com