

Maternal Mental Health Care Available Across Virginia






Are you pregnant or postpartum and feeling overwhelmed, anxious, sad, lonely or confused? You are not alone. 1 in 8 mothers in Virginia face maternal mental health challenges.

It Takes a Village

Low or No Cost Mental Health Counseling is Available

The organizations below are part of **It Takes a Village (ITAV)**. The organizations accept Cardinal Care (Medicaid), commercial health insurance and offer a sliding fee scale if you do not have insurance. Call or email to make a counseling appointment. Say you are pregnant or postpartum and provide insurance information. If you are uninsured, you will be asked a few questions to determine eligibility for a discounted fee.

Make an In-Person or Telehealth Appointment at Any Organization

	<p>A Tree Planted Collective</p>	<p>Roanoke 540-701-3704</p>
<p>Augusta Resources for Resilience, Opportunity, and Wellness</p> 	<p>ARROW Project</p>	<p>Staunton 540-255-0972</p>
	<p>ChildSavers</p>	<p>Richmond 804-644-9590</p>
	<p>Health Brigade Accepts Medicaid and uninsured only No commercial insurance</p>	<p>Richmond 804-773-7310 itav@healthbrigade.org</p>
	<p>The Up Center</p>	<p>Suffolk 757-354-3819 outpatientcounseling@theupcenter.org</p>
	<p>The Women's Center</p>	<p>Fairfax 571-385-1625</p>



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