



PREGNANCY & POSTPARTUM MENTAL HEALTH SUPPORT

Telehealth and in-person sessions at our Church Hill clinic are available.



In partnership with the Virginia Health Care Foundation (VHCF), we are providing mental health support for pregnant and postpartum (up to 12 months postpartum) individuals.



WE CAN PROVIDE SUPPORT WITH:

- Managing emotional wellbeing, including stress, anxiety, and depression
- Finding tools to build long-term resilience and coping skills
- Processing trauma
- Communication and connection with partners, family, and support systems
- Providing a safe, nonjudgmental space to talk about fears, worries, or challenges

For more information, visit
childsavers.org/itav



TO SUBMIT A REFERRAL
REQUEST, PLEASE SCAN
THIS QR CODE OR CALL
804-644-9590

