Indiana Resources for Perinatal Mood Disorders

PSI Volunteer Coordinators

BIRDIE MEYER
Perinatal Mood Disorders Program
Indiana University Women’s Health Services
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Email: bmeyer@postpartum.net

SARA POLLARD
Mental Health Consultant
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KATHY JAMES
Mishawaka
Telephone: 574-850-0478 TEXT OR CALL
Email: kathyjameslcsw@yahoo.com

SUPPORT GROUPS

The following groups offer support at no charge for women who are at risk of or are experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Please call or email for more information.

INDIANAPOLIS

Indiana University Health
Birdie Gunyon Meyer, RN, MA
Support Groups weekly during the day
Call for Registration
Bmeyer2@iuhealth.org
317-962-8191

Franciscan St. Francis Health
Jan Link, MS, LMFT, LCSW, LCAC
Support Groups meets the 1st and 3rd Wednesdays at 11am
610 E. Southport Rd. Suite 100
317-782-6503
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**St. Vincent**
Call for group locations and times

**St. Vincent Carmel Women’s Center**
13420 N. Meridian Street
Carmel, IN 46032
317.582.7150

**St. Vincent Women’s**
8111 Township Line Road
Indianapolis, IN 46260
317.415.7676

**St. Vincent Primary Care Center**
8414 Naab Road
Indianapolis, IN 46260
317.338.7516

**Community Health Network**
“*You are not alone*”: Postpartum Support Group
When: Every Tuesday from 12:30pm-1:30pm
Where: Community North Hospital, Classroom 4004
No cost, registration is not required. You are welcome to bring your baby and/or partner.
For more information contact Melissa Gill, MSW, RBC, LCSW (317) 621-9628

**DANVILLE**

**Hendricks Regional Health Danville**
Catherine Farthing, MSW, LSW
Jenni Russell, MSW, LSW
Telephone: 317-718-0418
cfarth@hendricks.org

**NOBLESVILLE**

Group meets the 1st and 3rd Wednesdays of every month
10 AM to noon in the lower level of the women’s pavilion (in the dad’s retreat) at Riverview Hospital
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GREENFIELD

Meeting at Hancock Regional Hospital
In the Bariatric Classroom, located on the lower level
Every Wednesday, 6-7:30pm
317-649-4221

FORT WAYNE

Lutheran Hospital Fort Wayne
Fee: none
Telephone: 260.435.7069
Michelle DeArmond RN BS, IBCLC

Mama Moods Group
Every Tuesday at 5:30pm
Transportation and Childcare for 2 years and under available
1025 W. Rudisill
(206) 469-4076

LAFAYETTE

Support group
2nd and 4th Tuesday of every month from 10am-11:30am
Franciscan Community Education Center (formerly Kathryn Weil Center)
Fee: none
Telephone: 765-449-5133

MONTGOMERY

Let There be Light
Creating hope and connections for women struggling with unexpected emotional symptoms
during or after pregnancy.
Second Tuesday of Every Month
Location: Providence Mennonite Church
4738 US-50 Montgomery IN 47558
Call our warmline: (812) 254-8620 x 1347 with questions
Child care available
Light Refreshments
Led by Women’s Health Center, Nurses of the Daviess Community Hospital
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MISHAWAKA

KATHY JAMES, LCSW
Mishawaka
Email: kathyjameslcsw@yahoo.com

SOUTH BEND

Fee: None
Telephone: 574-647-3243
Phone support and referrals

VALPORAI SO

FB Page: Beyond the Baby Blues NWI
Beyond the Blues; NWI Peer Support Group
Natalie Ladra
Telephone: 219-331-1945

CROWN POINT FB Page: Beyond the Baby Blues NWI

Beyond the Baby Blues Peer Support Group
1st Monday of the Month at 6pm
Childbirth Melodies
138 S. Main St. Suite 200  Crown Point, IN 46307
For more information, call Celeste Chapko at 219.742.4149

KOKOMO

Perinatal Mood and Anxiety Disorders Support Group
2nd and 4th Mondays at 2pm
St. Joseph Education Center
615 St. Joseph Dr.
Julie Morgan, RN, IBCLC, ICCE
St.Joseph Hospital
1907 W. Sycamore St.
Kokomo, IN 46901
Phone: 765.456.5655
morganj@stjoseph.stvincent.org
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EVANSVILLE

Moms Support Circle
The Women’s Hospital
Fee: none
Meets first Tuesday morning and third Tuesday evening of every month (pre-registration is required, please call or sign up online)
Telephone: 812-842-4275
Email: maternalcareeducators@deaconess.com
The Women’s Hospital
4199 Gateway Blvd, Newburgh, IN 47630
Babies under age 1 welcome
Additional information www.deaconess.com/calendars/community-calendar, then type Moms Support Circle or select support groups category

First Tuesday Perinatal Mood & Anxiety Support Group
St. Mary’s Hospital for Women & Children
Fee: none
Miranda Wahnsiedler MSN, AGCNS, RNC-OB, Group Facilitator
Telephone: 812-485-6016 for more information
Meets every Thursday (except holidays) @ 12-1pm and 5-6pm
Hospital for Women & Children Gift Conference Room
3700 Washington Ave Evansville, IN 47750
Babies/significant others are welcome
Additional information on times and locations stmarys.org/class

PAOLI

The Village
IU Health Paoli Hospital at the Sprout Café
2nd and 4th Tuesdays of the month—Babes in arms welcome
Call 812-723-7979 for information and Support

MUNCIE

Mothers Unite
Every 3rd Tuesday@Northwest YMCA
6:30-8pm
Childcare FREE for members/$5 for non-members
Contact: Nicole Kaplan 765-313-8089 ecibirth@gmail.com
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BLOOMINGTON

Support Group is first and third Tuesday of every month
7pm-8pm
IU Health Bloomington Hospital Chapel
Contact: Jessica Hill, RN  812-353-4791  jhill15@iuhealth.org

www.postpartum.net   1-800-944-4PPD (4773)

You are not alone, You are not to blame, With treatment-You will be well