

# Indiana Resources for Perinatal Mood Disorders

## PSI Volunteer Coordinators

### **BIRDIE MEYER**

Perinatal Mood Disorders Program  
Indiana University Women's Health Services  
Telephone: 317-363-4622 TEXT OR CALL  
Email: [bmeyer@postpartum.net](mailto:bmeyer@postpartum.net)

### **SARA POLLARD**

Mental Health Consultant  
Nurse-Family Partnership®  
Telephone: 317-296-3190  
Email: [rnssp74@netzero.net](mailto:rnssp74@netzero.net)

### **KATHY JAMES**

**Mishawaka**  
Telephone: 574-850-0478 TEXT OR CALL  
Email: [kathyjameslcsw@yahoo.com](mailto: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](mailto:Bmeyer2@iuhealth.org)  
**317-962-8191**

#### **Franciscan St. Francis Health**

Jan Link, MS, LMFT, LCSW, LCAC  
Support Groups meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at 11am  
610 E. Southport Rd. Suite 100  
**317-782-6503**

## **Indiana Resources for Perinatal Mood Disorders**

### **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

[clfarth@hendricks.org](mailto:clfarth@hendricks.org)

## **NOBLESVILLE**

Group meets the 1<sup>st</sup> and 3<sup>rd</sup> 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

## **Indiana Resources for Perinatal Mood Disorders**

### **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

## Indiana Resources for Perinatal Mood Disorders

### MISHAWAKA

**KATHY JAMES, LCSW**

Mishawaka

Email: [kathyjameslcsw@yahoo.com](mailto:kathyjameslcsw@yahoo.com)

### SOUTH BEND

Fee: None

Telephone: [574-647-3243](tel:574-647-3243)

Phone support and referrals

### VALPORAISO

**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](tel:219.742.4149)

### KOKOMO

**Perinatal Mood and Anxiety Disorders Support Group**

2<sup>nd</sup> and 4<sup>th</sup> 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](tel:765.456.5655)

[morganj@stjoseph.stvincent.org](mailto:morganj@stjoseph.stvincent.org)

# Indiana Resources for Perinatal Mood Disorders

## 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](mailto: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](http://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](http://stmarys.org/class)

## PAOLI

### **The Village**

IU Health Paoli Hospital at the Sprout Café

2nd and 4<sup>th</sup> 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](mailto:ecibirth@gmail.com)

## **Indiana Resources for Perinatal Mood Disorders**

### **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](mailto:jhill15@iuhealth.org)

[www.postpartum.net](http://www.postpartum.net)    1-800-944-4PPD (4773)

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