

Maternal Mental Health Programming

Charlie Health's virtual IOP offers a curated maternal mental health program for perinatal and postpartum clients. This program includes evidence-based groups and personalized individual therapy designed to treat the unique needs of clients struggling with perinatal mood and anxiety disorders (PMADs) and/or postpartum depression (PPD).

We know that new moms are busy, tired, and often feel isolated. That's why we offer:

- Flexible scheduling
- Entirely virtual access
- 20+ free family support groups
- Group session with other new moms and parents
- Individual therapists who specialize in PPD and PMADs
- Comprehensive family therapy

Reach out today:

www.charliehealth.com

(866) 491-5196

outreach@charliehealth.com

