

## RESOURCE LIST OCTOBER 2022

### WEBSITES:

**Postpartum Support International:** <https://www.postpartum.net/>

**Online Support Groups through PSI:** <https://www.postpartum.net/get-help/psi-online-support-meetings/>

### HELPLINES & HOTLINES:

**PSI Helpline:** 1-800-944-4773

- Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages during business hours. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

**National Maternal Mental Health Hotline:** 1-833-9-HELP4MOMS

- The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:
  - Phone or text access to professional counselors
  - Real-time support and information
  - Response within a few minutes, 24 hours a day, 7 days a week
  - Resources
  - Referrals to local and telehealth providers and support groups
  - Culturally sensitive support
  - Counselors who speak English and Spanish
  - Interpreter services in 60 languages

**National Suicide Prevention Hotline:** 1-800-273-TALK (8255)

- Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationwide; available 24/7

### MENTAL HEALTH PROFESSIONALS:

**Find a therapist who specializes in perinatal mental health -** <https://psidirectory.com/>

- Search by location
- Search by specialties (abortion/pregnancy termination; grief; infertility; NICU; perinatal loss; termination for medical reasons; etc.)

### LOCAL THERAPISTS:

**Adeline Holter, LCSW, LAC, PMH-C**

Viewpoint Therapy

[adeline@viewpointtherapy.com](mailto:adeline@viewpointtherapy.com)

(303) 927.9310

45 NW Greeley Avenue Bend, OR, 97701

[www.viewpointtherapy.com](http://www.viewpointtherapy.com)

Certified in Perinatal Mental Health and is the Central Oregon coordinator for Postpartum Support International (PSI).

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**Jess Walther, LPC, CADCI, PMH-C**, Owner at Resolution Counseling Northwest

[jess@resolutioncounselingnw.com](mailto:jess@resolutioncounselingnw.com)

(541) 527.2599

2260 NE Hwy 20 Ste 610 PMB#: 365, Bend, OR 97701

[www.resolutioncounselingnw.com](http://www.resolutioncounselingnw.com)

Certified in perinatal mental health; specializing in birth trauma, the NICU experience, and perinatal OCD.

**Jennifer Weeks, LPC**, Owner at Jennifer Weeks Counseling

[jenniferweekslpc@gmail.com](mailto:jenniferweekslpc@gmail.com)

(541) 480.9443

1104 NE Revere Ave, Bend, OR 97701

Providing compassionate and empowering maternal mental health care in a safe and nonjudgmental space; located close to Pregnancy Resource Centers of Central Oregon.

ADDITIONAL THERAPISTS IN OREGON:

**Amanda Smith, LPC**, Owner at Amanda Smith, LPC

[amanda@amandalureesmithlpc.com](mailto:amanda@amandalureesmithlpc.com)

(541) 513.2164

89733 Armitage Rd, Eugene, OR 97408

[www.amandalureesmithlpc.com](http://www.amandalureesmithlpc.com)

Providing individualized counseling for postpartum depression, anxiety, rage, and birth trauma.

**Megan Coggins, LPC** at Life Discovery Counseling

[megan@lifedcs.com](mailto:megan@lifedcs.com)

(971) 808.2686 ext. 700

8800 SE Sunnyside Rd, Suite 122-S, Clackamas, OR 97015

[www.lifedcs.com](http://www.lifedcs.com)

Will come along side you during this time and help you find meaning, purpose, and healing to have the life you desire both for you and your family; offers Christian counseling.

**Amy L. Harris, Psy.D., PMH-C**, Owner/Licensed Psychologist

[amyharrispsyd@gmail.com](mailto:amyharrispsyd@gmail.com) (preferred method of contact)

(503) 336.3633

2521 SE 41st Ave Suite 6, Portland, OR 97202

Certified in perinatal mental health; extensive experience working with infertility and pregnancy loss.

**Geraldine Kuphal, LMFT**, Owner/Licensed Marriage and Family Therapist

[geraldine.kuphal@gmail.com](mailto:geraldine.kuphal@gmail.com)

(503) 310.8620

1706 Northwest 24th Avenue, Portland, OR 97210

[www.kuphalmft.com](http://www.kuphalmft.com)

Takes OHP; Spanish-Speaking

**Sarah Zuber, LCSW, PMH-C** at Verve Counseling

[sarahzuberlcsw@gmail.com](mailto:sarahzuberlcsw@gmail.com)

(503) 799.7836

3300 NW 185th Ave., #306, Portland, OR 97229

## RESOURCE LIST OCTOBER 2022

[www.vervecounseling.com](http://www.vervecounseling.com)

Certified in perinatal mental health.

### OTHER HELPFUL RESOURCES:

**Compassionate Friends:** <https://www.compassionatefriends.org/>

- Provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**Exhale:** <https://exhaleprovoice.org/>

- An After-Abortion Hotline 1-866-439-4253

**Glow in the Woods:** <http://www.glowinthewoods.com/>

- Discussion forum and helpful posts for parents who have lost a baby.

**Grief Watch:** <https://griefwatch.com/>

- A publisher and manufacturer of bereavement books and materials used by families and professionals around the country.

**Miscarriage Matters:** <https://www.mymiscariagematters.org/>

- Community of parents who have experienced the loss of our child/children, willing to offer our friendship and a listening ear.

**Rachel's Gift:** <https://www.rachelsgift.org/>

- Provides support and guidance for caregivers and families enduring pregnancy and infant loss.

**Return to Zero:** <https://rtzhope.org/>

- Provides compassionate and holistic support for people who have experienced unimaginable loss during their journey to parenthood.

**SHARE:** <https://nationalshare.org/>

- Mission to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit.

**Star Legacy Foundation:** <https://starlegacyfoundation.org/support-groups/>

- Virtual grief support groups for family members who have experienced pregnancy or infant loss.

**The Tears Foundation:** <https://thetearsfoundation.org/>

- Seeks to compassionately lift a financial burden from families who have lost a child by providing funds to assist with the cost of burial or cremation services. Also offers parents comprehensive bereavement care in the form of grief support groups and peer companions.