

PERINATAL RESOURCES SHARING...

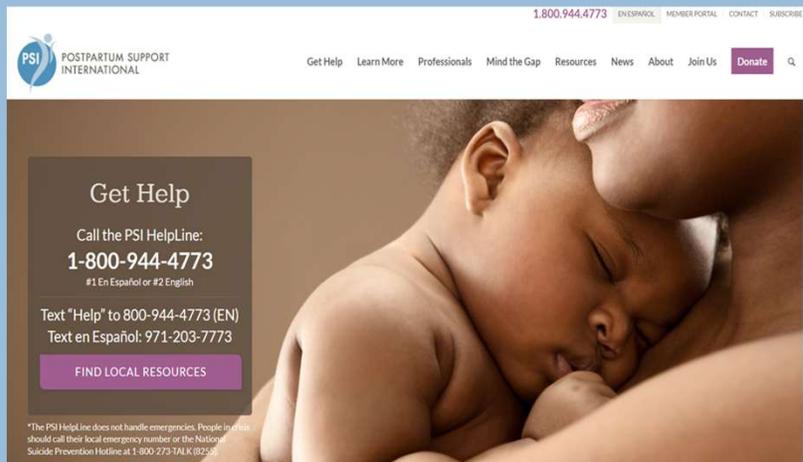
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POSTPARTUM SUPPORT INTERNATIONAL

Accessing PSI Coordinators

Finding support groups

Using the PSI Directory



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CONNECT WITH A LOCAL PSI VOLUNTEER

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[Get Help](#) [Get Involved](#) [For Professionals](#) [About](#)

Get Help

If you, or a loved one, is suffering with perinatal mood disorders, you've come to the right place. Contact one of our local PSI Volunteers, who will help guide you through the process of finding a professional near you with expertise and experience in treating perinatal mood disorders. Whether you are searching for a therapist within your insurance network, a medication prescriber knowledgeable in prescribing during pregnancy and lactation, or looking for a local peer support group, we are here to help.

Find a local PSI Volunteer:

To connect with one of the Local PSI Volunteers in your area, complete this form and they will reach out to you within 48 hours.

[Connect with Local Volunteer](#)

[♥ CT Support Groups](#)

[🔗 Other Resources](#)



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PSI SPECIALIZED COORDINATORS



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SPECIALIZED SUPPORT COORDINATORS



PSI offers support, information, and resources to a wide range of specialized populations listed below. We have developed specialized coordinators in response to a growing number of requests from families. Specialized

Get Help

[Overview](#)

[In An Emergency](#)

[PSI Support Services](#)

- [PSI HelpLine](#)
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- [Chat with an Expert for Moms](#)
- [Chat with an Expert](#)
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NATIONAL MATERNAL MENTAL HEALTH HOTLINE



Are you a new parent - or about to be - and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

**For emotional support and resources
CALL OR TEXT 1-833-TLC-MAMA (1-833-852-6262)**

**Free – Confidential – 24/7
60+ Languages**

<https://nchb.hrsa.gov/national-maternal-mental-health-hotline>



YOU ARE NOT ALONE. YOU ARE NOT TO BLAME. WITH HELP, YOU WILL BE WELL.

PSI-CT CHAPTER

About

Resources

Events

Membership

Donate





The Perinatal Day Program

Institute of Living

Keeping parents and babies together during treatment

Kaitlyn "Kate" Fagan, LCSW, CEIM, PMH-C

Hartford HealthCare 
Institute of Living

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Intensive Outpatient Program (IOP)

An **8-week group-based** treatment program for **pregnant and postpartum** birthing parents who may be struggling with their mental health, including:

- Bonding with their baby
- Maintaining relationships
- Balancing competing demands

Treatment Structure:

- 3 hours of groups per day
- 3 days per week
- Patients are encouraged to bring their new infants to treatment with them

This program is a higher level of care from standard outpatient services

**We accept most major commercial insurances, and Medicaid and Medicare*

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Who We Treat

We treat **MODERATE TO SEVERE PMADs**, as indicated by most recent EPDS score and care providers' evaluations

PMADs stand for **Perinatal Mood and Anxiety Disorders**. These are a group of mental health conditions that can affect individuals during pregnancy (perinatal period) or in the months following childbirth (postpartum period). PMADs impact **1 in 5 mothers** and **1 in 10 fathers** during this vulnerable time. They are the most common complication of childbirth.

The main types of PMADs include:

- Postpartum Depression (PPD)
- Postpartum Anxiety (PPA) and Panic Disorder
- Postpartum Obsessive-Compulsive Disorder (OCD)
- Postpartum PTSD (Post-Traumatic Stress Disorder)
- Perinatal Bipolar Disorder
- Perinatal Psychosis

Patients who need additional support but do not meet inpatient hospitalization level of care may be more appropriate for the Perinatal Day Program, depending on clinical presentation

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What We Offer

- Group therapy
 - Groups will have about 8 participants, but may range from 6-10
- Medication management
 - Patients will have a full psychiatric evaluation on admission day by a reproductive psychiatrist and follow up as needed
- Individual meetings with the group clinician
 - Patients will meet with the lead clinician upon admission and periodically as indicated to set and adjust treatment goals, orient to the program and strategize on how to fully utilize group.
 - There is **no formal individual therapy** offered in the program, but patients are encouraged to continue seeing their individual therapist in the community alongside the IOP treatment
- Family meetings
 - Offered with significant others or other important support persons to address short-term needs as clinically indicated
- Program Schedule
 - Groups are offered on Tuesdays, Thursdays, and Fridays from 10:15am-2pm with a break for lunch

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PATRICE JONES, PA, IBCLC

LACTATION SERVICES OF SOUTHINGTON

lactationservicesofsouthington.com
860-385-1655

Supporting families from Pregnancy through the First Year

When do we meet families?

- Prenatally
- Early weeks
- Throughout the first year

What is our role?

- Comfort parents who are unsure and overwhelmed
- Walk alongside parents on this journey
- Make feeding feel manageable and calm

What do we help with?

- Breastfeeding
- Bottle Feeding
- Pumping
- Combo Feeding

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MOST PARENTS DON'T NEED MORE INFORMATION...

- They need reassurance!

- Feeding a baby is learned. It's not instinctive for most families.
- Many parents leave the hospital with questions and little hands-on support.
- When feeding feels hard, confidence drops quickly.
- Our work is about listening, observing, and offering practical guidance.
- When parents feel reassured, everything else improves.

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WHY FAMILIES TRUST US

Experience | Time | Compassion

40 years of experience working professionally with newborns

25+ years of experience as an IBCLC

Extended, unrushed visits – in office or virtually

Early support and prevention

Close collaboration and reduced anxiety

Early support improves outcomes



Our goal is simple:

To help families feel confident and supported during a critical season of early childhood.

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CT's Pregnancy & Postpartum Tobacco Cessation Program

Offered through the CT Quitline and National Jewish Health

Provides free, tailored support to help women quit tobacco during pregnancy and after childbirth.

Services include:

- 9 telephone coaching sessions with a dedicated female Tobacco Cessation Coach (5 during pregnancy, 4 postpartum)
- Nicotine replacement therapy (with physician consent)
- Personalized My Quit Journey© workbook and educational materials
- Text, email, online resources, and two-way chat
- Monetary incentives for completed calls

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