

BALTIMORE RESOURCES FOR PERINATAL MENTAL HEALTH CARE

Not sure where to start? The perinatal mental health providers listed below take Maryland Medicaid. Places that don't accept MA but can prescribe medication or are Black-owned/run are also listed. You or your patient should contact each directly to determine availability.



CHRYSLIS HOUSE HEALTHY START
 Baltimore, MD [21215]
www.chrysalishouses.org/ch-healthy-start

Services	Other (Residential Treatment Only)		
Medication Management?	✗	Black-Owned or Run?	✗
Payment	Accepts Maryland Medicaid		
How to Get Services	Call 410-483-8870 or email dtribble@chrysalishouses.org (Director) or troberts@chrysalishouses.org (Intake)		



DMC EMPOWERING HEALTH SERVICES
 Baltimore, MD [21218]
www.dmcehealth.com

Services	Individual/Family Therapy; Group Therapy; Medication Management; Other		
Medication Management	✓	Black-Owned or Run?	✓
Payment	Accepts Maryland Medicaid		
How to Get Services	Call 410-235-5620 or submit online at dmcehealth.com/blank-page-1		



GRACEFULLY BALANCED PERINATAL COUNSELING, LLC
 Catonsville, MD or VIRTUAL or in-home
www.gbperinatalcounseling.com

Services	Individual Therapy		
Medication Management	✗	Black-Owned or Run?	✓
Payment	Some Private Insurances Accepted		
How to Get Services	Schedule online: https://jenifer-lanore.clientsecure.me/		



JOHNS HOPKINS BAYVIEW PERINATAL MOOD DISORDERS CLINIC
 Baltimore, MD [21224] or VIRTUAL
<https://www.hopkinsmedicine.org/psychiatry/patient-information/bayview/adult/perinatal-mood>

Services	Individual/Family Therapy; Support Group(s)		
Medication Management	✓	Black-Owned or Run?	✗
Payment	Accepts Maryland Medicaid		
How to Get Services	Call 410-550-0104 to speak to Intake Specialist		



JOHNS HOPKINS REPRODUCTIVE MENTAL HEALTH CENTER
 Baltimore, MD [21205] or VIRTUAL
<https://www.hopkinsmedicine.org/psychiatry/specialty-areas/moods/clinic-rmh>

Services	Medication Management; Other (Evaluation)		
Medication Management	✓	Black-Owned or Run?	✗
Payment	Accepts Maryland Medicaid		
How to Get Services	Email acraig14@jhmi.edu or call 410-502-7449		



KARIM COUNSELING PLLC
 VIRTUAL ONLY (Serving Maryland)
karimcounseling.org

Services	Individual Therapy; Group Therapy		
Medication Management	✗	Black-Owned or Run?	✓
Payment	Out-of-Network; Sliding scale and pro-bono individual therapy slots available		
How to Get Services	Call 571-749-9845 or email skarim@karimcounseling.org		



KYLA CARE

VIRTUAL ONLY (Serving Maryland)
www.kylacaretherapy.com

Services	Individual Therapy; Support Group(s)		
Medication Management	✗	Black-Owned or Run?	✓
Payment	Accepts Maryland Medicaid		
How to Get Services	Email llwilliams@kylacaretherapy.com		



NURTURED WELL, LLC

Towson, MD [21204] or VIRTUAL
<https://nurtured-well.com>

NURTURED WELL, LLC
 Women's Mental Health

Services	Medication Management; Other		
Medication Management	✓	Black-Owned or Run?	✗
Payment	Out-of-Network		
How to Get Services	Call 410-324-6490 or email jeng@nurtured-well.com		

SINAI PERINATAL DEPRESSION & ANXIETY OUTREACH PROGRAM

VIRTUAL ONLY (Serving Baltimore)
lifebridgehealth.org/main/pre-and-post-natal-depression



Services	Support Group(s)		
Medication Management	✗	Black-Owned or Run?	✗
Payment	Support Group is FREE		
How to Get Services	Call 410-601-7832 or email aradion@lifebridgehealth.org		



THE BLOOM COLLECTIVE

Baltimore, MD [21218]
<https://bloominbaltimore.com/>

Services	Individual Therapy		
Medication Management	✗	Black-Owned or Run?	✓
Payment	Out-of-Network		
How to Get Services	Call 443-961-4990 or schedule online at thebloomcollectivebaltimore.as.me/DiscoveryCall		



THE CENTER FOR TRAUMA, STRESS, AND ANXIETY, LLC

Nottingham, MD or Bel Air, MD
www.ctsatherapy.com

Services	Medication Management		
Medication Management	✓	Black-Owned or Run?	✗
Payment	Some Private Insurances Accepted		
How to Get Services	Call 443-567-7037, ext. 1		



THE RUMINA CENTER FOR POSTPARTUM WELLNESS

Baltimore, MD [21210] or VIRTUAL
<https://ruminacenter.com>

Services	Support Group(s); Medication Assessment		
Medication Management	✓	Black-Owned or Run?	✗
Payment	Some Private Insurances Accepted		
How to Get Services	Schedule online at bfden.intakeq.com/booking or call 410-929-2455		



UNIVERSITY OF MARYLAND MEDICAL CENTER, MENTAL HEALTH & PREGNANCY

Baltimore, MD [21201] or VIRTUAL
umms.org/ummc/health-services/psychiatry/services/postpartum-depression

Services	Individual/Family Therapy		
Medication Management	✗	Black-Owned or Run?	✗
Payment	Accepts Maryland Medicaid		
How to Get Services	Call 410-328-3522 or email nicole.leistikow@gmail.com		



WOMB ROOM

Baltimore, MD [21211] or VIRTUAL
www.wombroom.mom

Services	Individual Therapy; Group Therapy; Support Group(s)		
Medication Management	✗	Black-Owned or Run?	✗
Payment	Some support groups are free; some private insurances accepted for therapy		
How to Get Services	Register online at wombroom.mom/mom-support-groups		