



Minnesota
Mental Health Clinics

Request a Visit

 651-454-0114

 intake@mnmentalhealth.com



Center for Perinatal & Reproductive Mental Health

Passionate, evidenced-based mental health care for individuals navigating fertility, pregnancy, postpartum, and the early parenting period.

1/5
birthing people
experience
**Perinatal
Mood &
Anxiety
Disorders**

Appx.
75%
go untreated,
despite contact with
healthcare
providers

How can we support you?



Screening & Assessment

Standardized mental health screenings and brief clinical evaluations at key prenatal and postpartum visits.



Group Therapy & Psychoeducation

Weekly support groups and monthly psychoeducation sessions focused on perinatal mental health topics.



In-House Perinatal Mental Health Services

Individual and group therapy provided at MMHC, with plans to expand into intensive outpatient programming.



Perinatal Intensive Outpatient Services

Structured group therapy, care coordination, and individual support several times a week. Tracks are tailored to pregnancy/postpartum or fertility/loss.

Why choose MMHC for your reproductive mental health?

Integrated Care, Reduced Barriers

Our embedded model reduces stigma and improves access by integrating care directly into familiar medical setting

Evidenced-based, Compassionate Support

Services are informed by trauma-informed practices and current best practices in perinatal mental health

End-to-End Reproductive Support

Continuous care across the entire reproductive journey from family planning through early childhood

Whole-family & System Support

Future expansion includes support for partners, caregivers, and extended family systems.

 We're here to help you get started. 