



Center for Reproductive Mental Health (CRMH)

Specialized mental health care for every reproductive and early parenting journey.

About the Center for Reproductive Mental Health (CRMH)

At the Center for Reproductive Mental Health, a specialty clinic from Minnesota Mental Health Clinics, we provide **specialized, integrated mental health care across the reproductive lifespan.**

Our trauma-informed, evidence-based approach is designed to meet you where you are – whether you are planning, trying to conceive, pregnant, postpartum, navigating loss, or adjusting to early parenting.

Our embedded, collaborative model helps reduce stigma and improve access by coordinating care with your broader care team whenever possible.

We support all family-building journeys, including adoption, surrogacy, foster care, and non-biological parenting, along with the mental health challenges that can arise along the way.

Services & Support from MMHC's CRMH:



Specialty Services

We offer screenings, evaluations, and IOP services to help women receive the support they need for their reproductive mental health.



Therapy & Group Support

Individual or group therapy focused on perinatal and reproductive mental health across all stages of life.



Insurance Accepted

Including Medicare, Medicaid, and most commercial insurers such as Aetna, HealthPartners, Cigna, UHG, BCBS, and more.



Ready to Get Started?



📞 651-615-2641

✉️ contactus@mnmentalhealth.com

🌐 mnmentalhealth.com/CRMH