

Postpartum Support Virginia

Medical Professionals

Updated July, 2014



Psychiatrists are medical doctors who can perform a full diagnosis, including ordering testing to screen conditions such as thyroid changes or anemia and prescribing medication.

Psychologists, counselors, and social workers provide talk therapy, a key component in treating postpartum mood disorders. These individuals can provide counseling, information, and resources, but they cannot prescribe or monitor medication.

Trust your instincts.

If you think something is wrong, it probably is.

If you think you need help, you probably do.

Medical professionals play an important role in assisting women with postpartum depression. New mothers can talk with their obstetrician / gynecologist, family practitioner, or pediatrician. These doctors can help rule out underlying medical conditions – such as thyroid changes and anemia – that can occur during or following pregnancy. Mental health professionals can assist with counseling and medication when necessary.

Postpartum Support Virginia does not endorse or recommend the use of any specific medication or treatment modality, nor does it recommend or endorse any of the medical professionals listed herein. These individuals have either expressed an interest in working with women with postpartum mood disorders or are recommended by one of the members of the peer support groups. Individuals with medical, mental, or personal issues are strongly urged to seek advice from physicians and/or mental health professionals.

Please contact Postpartum Support Virginia at info@PostpartumVA.org if you would like to be added to the list or if you have feedback about any of these medical professionals.

NORTHERN VIRGINIA

PSYCHIATRISTS	PSYCHOLOGISTS	COUNSELORS	SOCIAL WORKERS
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