



# The New Jersey Regional Maternal Mental Health Resource Directory





# About the Directory

The New Jersey Postpartum Resource and Support Network (NJPRSN) Grantees collaborated to compile a list of mental health providers specializing in the treatment of perinatal mood disorders. This directory is organized by region and county for New Jersey residents.

While this list is updated periodically, it is important to remember the details within this directory may change including but not limited to insurance information, locations and contact information. Contact your insurance provider to find the most up-to-date details regarding insurance coverage for mental health services.

**If you are having a mental health emergency and need immediate assistance, please call 911 or 988, or go to the nearest Emergency Room. These resources are not intended for emergency use.**

*All website links in this directory, including those for providers, should be clickable.  
If a website link cannot be clicked, please copy and paste the link into your internet browser.*



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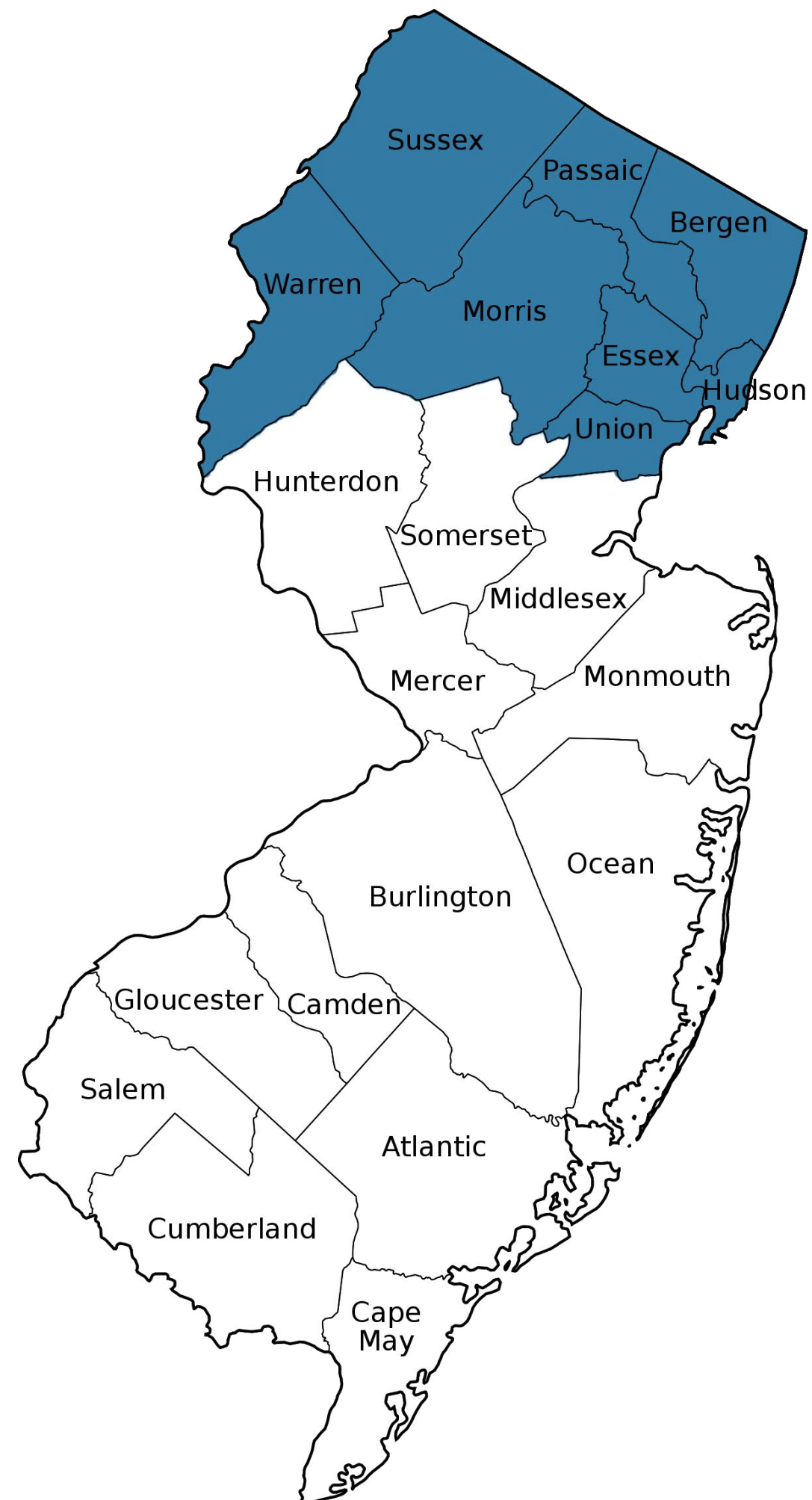
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# North Jersey

## Counties:

**Bergen, Essex, Hudson,  
Morris, Passaic, Sussex,  
Union and Warren**



# Psychiatrists

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website	Notes
Bergen	123 Psychiatry	800 Catalpa Avenue	Teaneck	973-600-5465	Aetna, Horizon Blue Cross Blue Shield (and other Blue Cross Blue Shield plans), Cigna, Empire, BeaconHealth/Value Options and United/Oxford	English, Spanish		<a href="http://www.123psychiatry.com">www.123psychiatry.com</a>	
Bergen	Hudson Psychiatric Associates	140 East Ridgewood Avenue, Suite 415	Paramus	201-222-8808	Aetna, Out of Network	English		<a href="http://www.hudsonpsych.com">www.hudsonpsych.com</a>	Other locations: Hoboken, Denville, Middletown
Bergen	Arista Psychological and Psychiatric Services	205 Robin Road (Paramus) 156 Sherwood Place (Englewood)	Paramus, Englewood	201-368-3700	Aetna, Blue Cross Blue Shield, Cigna, Horizon Blue Cross Blue Shield, Oxford, United Behavioral Health, UnitedHealthcare, Beacon/Value Options	English		<a href="http://www.counselingpsychotherapynjny.com">www.counselingpsychotherapynjny.com</a>	
Bergen	Center of Revitalizing Psychiatry	795 Main Street	Hackensack	201-380-2215	Most Major Insurance Plans	English		<a href="http://www.revitalizingpsychiatry.com/">www.revitalizingpsychiatry.com/</a>	
Hudson	Hudson Psychiatric Associates Linda Chuang, MD	36-42 Newark Street, Suite 301	Hoboken	201-222-8808	Aetna	English		<a href="http://www.hudsonpsych.com">www.hudsonpsych.com</a>	
Morris	Alma Kylee Gonzalez, PMHNP-BC, PMH-C	1850 Route 46	Ledgewood	862-259-5889	Aetna, All Savers, UnitedHealthcare, Allied Benefit Systems - Aetna, Carelon Behavioral Health, Inc., Christian Brothers Services - Aetna Cigna Health Scope - Aetna Meritain, Nippon, Optum, Oscar	English			
Morris	Roberta Dracxler Meaker, MD Perinatal Psychiatrist	300 Main Street, Suite 21	Madison	908-867-9092	Out of Network	English, Spanish		<a href="https://www.robetadracxlermd.com/">https://www.robetadracxlermd.com/</a>	
Passaic	Harmony Bay Wellness	623 Lafayette Avenue, Suite 102C	Hawthorne	855-765-6399	Aetna, AmeriHealth, Anthem, Blue Cross Blue Shield, Cigna and Evernorth, Empire Blue Cross Blue Shield, Horizon Blue Cross Blue Shield, Magellan, MultiPlan, Optum, Oxford, UMR, UnitedHealthcare UHC   UBH, Out of Network	English		<a href="https://www.harmonybaywellness.com/location/hawthorne-nj/">https://www.harmonybaywellness.com/location/hawthorne-nj/</a>	
Union	Westfield Psychiatric Group	577 Westfield Avenue	Westfield	908-975-0682	Self-Pay; Sliding Scale	English		<a href="https://www.westfieldpsychiatry.com/">https://www.westfieldpsychiatry.com/</a>	
Union	BrightMindsMD	11 Commerce Drive	Cranford	908-386-5517	Straight Medicare Plans, Commercial and Medicare Aetna Plans, Commercial Horizon Blue Cross Blue Shield of New Jersey Plans, Commercial Optum/UnitedHealth NJ plans, Nippon Life, Braven health & Cigna/Evernorth** (Dr. Samarendra Only)	English		<a href="http://www.brightmindsmd.com/">http://www.brightmindsmd.com/</a>	
Union	Elite Psychiatry	560 Springfield Avenue, Suite J	Westfield	201-749-3153	Self-Pay	English		<a href="https://elitepsych.org/">https://elitepsych.org/</a>	
Union	Cohesive Health and Wellness Ashley Blake Strongwater, DMSc, PA-C, CAQ- Psych, PMH-C	215 North Avenue West	Westfield	908-308-4500	Out of Network	English		<a href="https://www.cohesivehealthandwellness.com/faq">https://www.cohesivehealthandwellness.com/faq</a>	



# Nurse Practitioners

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website	Notes
Bergen	A Work of Heart Counseling & Wellness Erin Smith, LCSW, PMH-C	1 De Mercurio Drive, Suite 2	Allendale	201-390-8536	Out of Network	English		<a href="https://www.aworkofheartcounseling.com/FAQs-Insurance">https://www.aworkofheartcounseling.com/FAQs-Insurance</a>	
Morris	Postpartum Health & Harmony Laura Winters, LCSW, PMH-C	368 Main Street	Chatham	862-200-7218	Cigna, ComPsych, Blue Cross Blue Shield	English		<a href="https://www.postpartumhh.com/">https://www.postpartumhh.com/</a>	
Morris	Kylee Gonzalez, PMHNP-BC, PMH-C	1850 Route 46	Ledgewood	862-259-5889	Aetna, AllSavers, UnitedHealthcare, Allied Benefit Systems - Aetna, Carelon Behavioral Health, Inc., Christian Brothers Services - Aetna, Cigna Health Scope - Aetna, Meritain, Nippon, Optum, Oscar	English		<a href="https://secure.helloalma.com/providers/kylee-gonzalez/">https://secure.helloalma.com/providers/kylee-gonzalez/</a>	
Passaic	Evolution Medicine Dyana Thompson, PMHNP, PMH-C	Virtual	Wayne	973-936-8108	Blue Cross Blue Shield (on hold), Cigna, Evernorth	English		<a href="https://www.psychologytoday.com/us/psychiatrists/evolution-medicine-wayne-nj/1016706">https://www.psychologytoday.com/us/psychiatrists/evolution-medicine-wayne-nj/1016706</a>	Telehealth Only
Warren	Mind Light Dr. Adrienne Smith, Psychiatric Nurse Practitioner	114 South 2nd Street	Phillipsburg	908-339-8696	Cigna, Horizon Blue Cross Blue Shield (HMO & PPO), Most Blue Cross Blue Shield Plans, Aetna Commercial Plans (but not marketplace individual/family plans), UnitedHealthcare, Oxford, Oscar, Self-Pay	English		<a href="https://mindlightpsych.com/">https://mindlightpsych.com/</a>	
Union	Beatice Mebude	Virtual	Virtual	908-639-2343	Aetna, Horizon Blue Cross Blue Shield, Cigna, Quest Behavioral Health	English		<a href="https://care.headway.co/providers/beatrice-mebude?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=37851">https://care.headway.co/providers/beatrice-mebude?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=37851</a>	Telehealth Only
Union	Chioma Ugo-Ogbuewu	Virtual	Union	732-359-4895	Aetna, Oxford, United Medical Resources (UMR), UnitedHealthcare (UHC), Out of Network	English		<a href="https://www.psychologytoday.com/us/psychiatrists/chioma-ugo-ogbuewu-union-nj/1197057">https://www.psychologytoday.com/us/psychiatrists/chioma-ugo-ogbuewu-union-nj/1197057</a>	Telehealth Only

# Bergen County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding scale	Languages Spoken	In person, virtual or both?	Specialties (i.e. grief, trauma, etc)	Continuing Ed in Perinatal Mental Health	Website	Notes
Kristina Vande Vrede, PsyD, PMH-C	65 North Maple Avenue, Suite 301A	Ridgewood	973-963-7454	Aetna		English	In Person			<a href="https://psidirectory.com/listing/kristina-vande-vrede-psyd-pmh.html">https://psidirectory.com/listing/kristina-vande-vrede-psyd-pmh.html</a>	
Tara Harkins Psychotherapy	550 Kinderkamack Road, Suite 126	Oradell	973-963-7454	Aetna, Cigna, Horizon Blue Cross Blue Shield		English	In Person			<a href="http://www.counselingoradell.com">www.counselingoradell.com</a>	
123 Psychiatry	800 Catalpa Avenue	Teaneck	973-600-5465	Aetna, Horizon Blue Cross Blue Shield (and other Blue Cross Blue Shield plans), Cigna, Empire, BeaconHealth/Value Options, United/Oxford		English	Both			<a href="http://www.123psychiatry.com">www.123psychiatry.com</a>	
Joyce Taormina, LCSW	136 Broadway	Woodcliff Lakes	201-588-3711	Aetna, UnitedHealthcare, Oxford, Oscar, Cigna, Blue Cross Blue Shield		English	Virtual			<a href="https://www.psychologytoday.com/us/therapists/joyce-a-taormina-hillsdale-nj/752311">https://www.psychologytoday.com/us/therapists/joyce-a-taormina-hillsdale-nj/752311</a>	
CarePlus NJ/Maternal & Family Center	610 Valley Health Plaza	Paramus	201-975-5466	All Major Insurance Including Medicare and Medicaid		English, Spanish	Both			<a href="https://careplusnj.org/maternal-family-center-lp/">https://careplusnj.org/maternal-family-center-lp/</a>	
Healing Connections Counseling Center	79 North Franklin Turnpike, Suite 107	Ramsey	201-749-1750	Horizon Blue Cross Blue Shield (traditional and PPO plans), Horizon Blue Cross Blue Shield Managed Care Plans, Aetna		English	Both			<a href="https://www.healingconnectionsny.com/">https://www.healingconnectionsny.com/</a>	
CBH Care - Bergen County's Postpartum Treatment Center	25 East Salem Street (Hackensack) 516 Valley Brook Avenue (Lyndhurst)	Hackensack, Lyndhurst	201-646-0333 (Hackensack) 201-935-3322 (Lyndhurst)	Private Insurance, Managed Care, Medicare and Medicaid; Consumers Without Benefits Eligible for 12 Sessions at No Charge; <i>Speak Up When You Are Down</i> Provider	Self-Pay	English	In Person			<a href="https://www.cbhcare.com/postpartum-treatment-center">https://www.cbhcare.com/postpartum-treatment-center</a>	

# Bergen County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding scale	Languages Spoken	In person, virtual or both?	Specialties (i.e. grief, trauma, etc)	Continuing Ed in Perinatal Mental Health	Website	Notes
Arista Psychological and Psychiatric Services	205 Robin Road, Suite 320 (Paramus)	Paramus, Englewood, Ridgewood	201-368-3700 (Paramus) 201-226-1880 (Englewood) 201-568-0843 (Ridgewood)	Aetna, Blue Cross Blue Shield, Cigna, Horizon Blue Cross Blue Shield, Oxford, United Behavioral Health, UnitedHealthcare	Aetna, Horizon (and other Blue Cross Blue Shield plans), Cigna, Empire, BeaconHealth/Value Options, United/Oxford	English	Both			<a href="https://www.counselingpsychotherapynjny.com/about-us">https://www.counselingpsychotherapynjny.com/about-us</a>	
Alexandra Dimant, LCSW	Magnolia Avenue	Tenafly	917-208-8330	Aetna, Cigna, Optum/United Behavioral Health (UHC), Oscar		English, Russian	Both	Anxiety, Depression, PTSD, Phobias, OCD, etc. / EMDR, IFS		<a href="http://www.changethroughinsight.com/">www.changethroughinsight.com/</a>	
Ashley Czesak Therapy & Wellness, LLC	11-13 Sunflower Avenue, Suite 1040	Paramus	201-485-6011	Horizon Blue Cross Blue Shield, Aetna, UnitedHealthcare		English	Both			<a href="https://yourpathtoempowerment.com/about/ashley_czesak/">https://yourpathtoempowerment.com/about/ashley_czesak/</a>	
Michael Bleicher, LCSW	555 Cedar Lane	Teaneck	201-371-4420	Aetna, Allied Benefit Systems, Aetna Optum, Optum Live & Work Well (EAP), Oxford Health Plans, UHC Student Resources, UMR United Healthcare Shared Services, United Healthcare, United Healthcare Global		English	Both			<a href="https://www.psychologytoday.com/us/therapists/michael-bleicher-teaneck-nj/426750">https://www.psychologytoday.com/us/therapists/michael-bleicher-teaneck-nj/426750</a>	
Susanne Fuhrman, LCSW	65 North Maple Avenue, Suite 202	Ridgewood	201-995-7578	Cigna, Horizon Blue Cross Blue Shield of New Jersey, UnitedHealthcare, Aetna, MagnaCare, ComPsych		English	Both			<a href="http://www.ridgewoodhouseofwellness.com/">http://www.ridgewoodhouseofwellness.com/</a>	
Marian Couceiro, LCSW	Virtual	Waldwick	201-632-1573	UnitedHealthcare, Oxford, Oscar, Harvard Pilgrim, UnitedHealthcare Student Resources, UMR, Meritain, Aetna		English	Virtual			<a href="https://www.counselingwithmarian.com/">https://www.counselingwithmarian.com/</a>	
TMR Mental Health Care PC	835 Main Street	Hackensack	201-678-1802	Horizon Blue Cross Blue Shield, Aetna, CIGNA Evernorth, UHC/Oxford, 1199, Carelon, Medicaid, Medicare		English	Both			<a href="https://tmrmentalhealthcare.com/">https://tmrmentalhealthcare.com/</a>	
A Work of Heart Counseling & Wellness Kara Kushnir, LCSW, PMH-C	1 DeMercurio Drive (Allendale) 800 Kinderkamack Road (Oradell)	Allendale, Oradell	551-233-2310	No	Self-Pay; Sliding Scale	English	Both	Perinatal Mental Health, Postpartum Anxiety, OCD, Birth Trauma, Postpartum Depression, Traumatic Loss (infant loss, stillbirth, miscarriage etc), EMDR, I-CBT	EMDR for Perinatal Trauma with The Touchstone Institute	<a href="http://www.aworkofheartcounseling.com">www.aworkofheartcounseling.com</a>	
Alyssa Baron, LCSW, PMH-C	550 Kinderkamack Road, Bank Building, Suite 2	Oradell	201-248-1127	Out of Network	Self-Pay; Sliding Scale	English	Both	Infertility, Perinatal Mood and Anxiety Disorders (PMADs), Pregnancy Loss, TFMR	PSI Perinatal Mood Disorders: Components of Care, PSI Advanced Perinatal Mental Health Psychotherapy, Jones Infertility Conference	<a href="http://www.alyssabaron.com">www.alyssabaron.com</a>	



# Bergen County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding scale	Languages Spoken	In person, virtual or both?	Specialties (i.e. grief, trauma, etc)	Continuing Ed in Perinatal Mental Health	Website	Notes
Verdant Counseling Sharon Bale-Peña, LCSW, PMH-C	234 Madison Avenue	Wykoff	201-477-8011	No	Self-Pay; Sliding Scale	English	Both	Birth Trauma, Complex Trauma, Anxiety, Depression, Relationships	Perinatal Mental Health Certificate (PMH-C) EMDRIA EMDR Trained	<a href="https://verdantcounselingnj.com/">https://verdantcounselingnj.com/</a>	
Calma Counseling, Yaranil Ferrer, LCSW, PMH-C	661 Franklin Avenue	Lyndhurst	862-355-3594	Aetna	Self-Pay; Sliding Scale	English, Spanish	Both	Perinatal Mental Health and Perinatal Loss	PSI- PMADs and advanced psychotherapy training, Seleni Institute- Grief and Loss, When Survivors Give Birth Trauma Informed Care	<a href="http://www.calmacounselingnj.com">www.calmacounselingnj.com</a>	
Yael Sherne, LMFT	Virtual	Virtual	323-763-0637	No	Self-Pay	English	Both; Virtual for New Jersey Residents	Perinatal Mental Health, Infertility/IVF, Pregnancy Loss, Recurrent Pregnancy Loss, Pregnancy After Loss, Parenting, Relationship Issues/Couples Therapy, EMDR/Trauma	Taken both PSI Perinatal Courses (Foundational and Advanced), courses on Birth Trauma, and Highly Sensitive Parent	<a href="https://www.yaelshernetherapy.com/">https://www.yaelshernetherapy.com/</a>	
Triumph Therapeutic & Consulting Group, LLC. Stacy Triumph, MSS, MLSP, SSW, HSV, CST, CSWT, CSTIP, CFSW, CAIMHP, CCTP, PMH-C, LCSW	Virtual	Virtual	267-931-8824	Aetna, Aetna - Medicare, Carelon Behavioral Health, Cigna, EAP: Cigna, EAP: Optum, Horizon, Horizon - Medicare, Humana Medicare, Independence Blue Cross, Independence Blue Cross - Medicare, Oscar (Optum), Oxford (Optum), Quest Behavioral Health, UnitedHealthcare (Optum), Medicaid	Self-Pay; Sliding Scale	English	Virtual	Women's Issues, Depression, Maternal Mental Health Prenatal & Postpartum, Anxiety, Relationships, Sex & Intimacy, Trauma, Sexual Trauma, Infertility, Pregnancy Loss, Grief, Stress Management	Supporting Parents through Perinatal Loss (2 hours) on 6/14/23-The Health Federation of Philadelphia Advancing Racial Health Equity & Addressing Bias (1 hour) on 7/14/24-Quality Interactions Black Maternal Health: Overcoming Chronicity (1 hour) on 10/24/24-Community Health Center, Inc. MOD Awareness to Action: Dismantling Bias in Maternal & Infant Healthcare (3.5 hours) on 9/14/24-Quality Interactions Maternal Mental Health Intensive: Perinatal Loss & Grief (8 hours) on 4/22/24-Seleni Maternal Mental Health Intensive: Perinatal Mood & Anxiety Disorders (8 hours) on 4/25/24-Seleni Black Perinatal Mental Health (6 hours) on 4/26/24-Seleni Sexual Trauma with Pregnancy (1.5 hours) on 2/1/24-The Society for the Advancement of Sexual Health Recognizing & Responding to Implicit Bias in Maternal Health Care (1 hour) on 7/15/24-Quality Interactions PUSH for Empowered Pregnancy Trusted Pregnancy after Loss (10 hours) on 2/24/24-PUSH for Empowered Pregnancy Treating Postnatal Depression with Interpersonal Psychotherapy (3 hours) on 2/5/25-Mental Health Academy	<a href="http://www.triumphtcgroup.com">www.triumphtcgroup.com</a>	

# Bergen County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding scale	Languages Spoken	In person, virtual or both?	Specialties (i.e. grief, trauma, etc)	Continuing Ed in Perinatal Mental Health	Website	Notes
Alison Mindlin, LCSW, PMH-C	Virtual	Virtual	917-576-7557	Optum (United, Oxford, Oscar)	Self-Pay; Sliding Scale	English	Virtual	Postpartum Anxiety, Postpartum Depression, Perinatal Loss (ectopic pregnancy, TFMR, miscarriage, stillbirth), Postpartum Stress, Transition to Parenthood	Empty Cradle, Broken Heart: A Practitioner's Guide to Working with Bereaved Families, Special consideration for working with perinatal OCD, The Art of Holding Perinatal Women in Distress™, PSI/2020 Mom Certificate Webinar Series	www.alisonmindlin.com	
Laura Venuto, PsyD, PMH-C	Virtual	Virtual	540-583-6886	No	Self-Pay; Sliding Scale	English	Virtual	Maternal Mental Health, Anxiety, Life Transitions, Trauma, Depression	Advanced Certificate in Fertility & Reproduction Trained in Brainspotting SPACE - Parent training to support their anxious children	www.drlauravenuto.com	
Megan Hittner, LCSW, PMH-C	Virtual	Virtual	732-986-1822	No	Self-Pay	English	Virtual	Perinatal Mental Health, NICU, Birth Trauma, Postpartum Anxiety, Eating Disorders, Anxiety, Depression	Trainings through Seleni & PSI, and Others	https://www.mah-therapy.com	Offers a 3-session package of sessions at a discounted rate (10% off standard fee). This is a perinatal mental health package. Meet with client once in 3rd trimester, once 2-4 weeks postpartum and once around 3 months postpartum. There is also an option partner add-on session. We go over postpartum support, self-care, ways to tune in to mental health needs, warning signs, come up with a personalized care plan and referral list for any adjunct needs (such as PT, lactation consultant, prescribing provider, etc).
Rosemary Muñoz, LCSW, PMH-C	Virtual	Virtual	973-826-5455	Optum, Aetna, Cigna, Blue Cross Blue Shield of Massachusetts	Self-Pay; Sliding Scale	English, Spanish	Virtual	Infertility, Perinatal, Postpartum	PSI: MMH Prof Certificate Training, Acupuncture in intergrative perinatal care, Perinatal IPT, Introduction to EMDR, Perinatal OCD, Rebranding Maternity leave, CBT for anxiety, Acceptace and Comittmene therapy, Perinatal Cannabis, Introduction to Process-Based Therapy, CBT and Insomnia, Birth Trauma Recovery, Existential Intergrative Therapy, Mental Health Professional Basic Infertility, Understanding Family Systems 1, Understanding Family Systems 2, Psychodynamic Therapy part 1, Psychodynamic Therapy part 2	https://openpathcollective.org/clinicians/rosemary-munoz/	
Jennifer Leopold, LCSW, IBCLC	Virtual	Virtual	917-750-9708	No	Self-Pay	English	Both			https://talk2me-therapy.com/	
The Nesting Place	115 Pine Street	Ridgewood	201-623-3629	No	Self-Pay	English, Spanish	Both			http://www.thenestingplacenj.com/	

# Bergen County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding scale	Languages Spoken	In person, virtual or both?	Specialties (i.e. grief, trauma, etc)	Continuing Ed in Perinatal Mental Health	Website	Notes
Linda Klempler	175 Cedar Lane, Suite 3	Teaneck	201-692-9496	No	Self-Pay	English	Both		PMH-C	<a href="http://www.lindaklempler.net/1901.html">http://www.lindaklempler.net/1901.html</a>	
Tara Sager	135 County Road, Suite 2A2	Cresskill	201-575-1255	No	Self-Pay	English	Both			<a href="https://www.drparasager.com/contact.html">https://www.drparasager.com/contact.html</a>	
The Women's Wellness Center	110 Warren Avenue, Suite 1-2	HoHoKus	201-256-3870	Out of Network	Self-Pay	English	Both	Fertility Issues, Perinatal/Postpartum Anxiety, Stress and Depression, Adjustment to Motherhood	PSI Member	<a href="https://womenswellnessbergenco.org/#connect">https://womenswellnessbergenco.org/#connect</a>	
Susan Esserman, MSW, LCSW, PMH-C	Ridgewood	Ridgewood	201-218-5206	No	Self-Pay	English	Both		PMH-C	<a href="https://suanesserman.com/contact">https://suanesserman.com/contact</a>	
Amanda Wasserman	18 Sycamore Avenue	HoHoKus	551-214-1715	No	Self-Pay	English	Both		PMH-C	<a href="https://mindfullyaliveonline.com/amanda-wasserman-lcsw-pmh-c-narcissitic-abuse/">https://mindfullyaliveonline.com/amanda-wasserman-lcsw-pmh-c-narcissitic-abuse/</a>	
Susan Dowd Stone	Virtual	Closter	201-817-3776	No	Self-Pay	English	Virtual			<a href="http://susandowdstone.com/contact/">http://susandowdstone.com/contact/</a>	



# Essex County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Resolution Counseling Center	256 Broad Street, Suite 2E (Bloomfield) 96 Millburn Avenue (Millburn) 26 Journal Square, Suite 510 (Jersey City)	Bloomfield, Millburn, Jersey City	201-632-5554	Aetna, Horizon, Anthem Blue Cross Blue Shield, UnitedHealthcare, Optum, Oxford, Meritain, NY 1199 Plans; Specific Clinicians Accept United LCSW & LPC						<a href="http://www.resolutioncc.com">www.resolutioncc.com</a>	
Family Healing Center	98 Valley Way	West Orange	973-251-2874	Aetna, Horizon, Anthem Blue Cross Blue Shield, UnitedHealthcare, Optum, Oxford, Meritain, NY 1199 Plans; Specific Clinicians Accept United LCSW & LPC				Grief, Infertility		<a href="http://www.familyhealingcenternj.com">www.familyhealingcenternj.com</a>	
Amy Edelstein, LCSW, CEDS, PMH-C	1285 Broad Street, Floor 2	Bloomfield	201-981-9318	Out of Network Reimbursement						<a href="http://www.amyetherapy.com">www.amyetherapy.com</a>	VCCO court appointed
Mindsoother Therapy Center	Two West Northfield Road, Roosevelt Plaza	Livingston	862-200-7729							<a href="http://www.mindsoother.com">www.mindsoother.com</a>	
Judy Clyman	76 Grandview Avenue	North Caldwell	973-509-8195	Medicare, Horizon Blue Cross Blue Shield of New Jersey (traditional plans), Oxford, UnitedHealthcare, Out of Network Reimbursement				Pregnancy & Postpartum Depression, Trauma		<a href="http://www.drjudyclyman.com">www.drjudyclyman.com</a>	
Naa Adoley M. Pappoe		Bloomfield	862-256-5581	Self-Pay			Telehealth Only	Infertility, Women's Issues, Pregnancy & Postpartum (African American)		<a href="http://www.naapappoe.com">www.naapappoe.com</a>	
La Luna Counseling & Wellness Angela Mancini			732-943-6791	Aetna, Better Health, Horizon NJ, AmeriHealth, UHC, Signa, Blue Cross Blue Shield			Virtual	Grief, Infertility		<a href="http://www.lalunacounselingandwellness.com">www.lalunacounselingandwellness.com</a>	
Change of Mind Counseling		Montclair	609-217-3868	Aetna, Blue Cross Blue Shield, Out of Network, Self-Pay			Telehealth Only				
Christine M. Snyder, LCSW	150 River Road	Montville	201-248-5552	Out of Network, Self-Pay				Men's Therapy, Fathers Experiencing Perinatal Mood and Anxiety Disorders (PMADs), Infertility		<a href="https://snyderlcsw.com">https://snyderlcsw.com</a>	
Center for Perinatal Mood and Anxiety Disorders (PMAD) at Cooperman Barnabas Medical Center	315 East Northfield Road	Livingston	973-322-9501					Grief, Infertility		<a href="https://www.rwjbh.org/our-locations/specialty-centers/center-for-perinatal-mood-and-anxiety-disorders/">https://www.rwjbh.org/our-locations/specialty-centers/center-for-perinatal-mood-and-anxiety-disorders-/</a>	

# Essex County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Take Care of You, LLC			973-991-9906	Self-Pay		English	Both	Maternal and Infant Education (pregnancy & postpartum), Postpartum Planning & Preparation, Self-Care Support		<a href="https://www.takecareofyoullc.com/#/">https://www.takecareofyoullc.com/#/</a>	
Therapy Story	1285 Broad Street, Suite 2	Bloomfield	973-283-5516	Self-Pay		English	Both	Perinatal Mental Health, Couples, Families	Reproductive Justice: What Social Workers Need to Know	<a href="https://therapystory.net">https://therapystory.net</a>	Member of organizations focusing on women’s mental health or other relevant areas - ICEFT, NASW, PSI International
Perinatal Health Equity Initiative	280 South Harrison Street, Suite 311	East Orange	862-298-2812	Private Insurance, Medicaid, Self-Pay, Sliding Scale		English	Both	The Perinatal Health Equity Initiative is a grassroots community organization. We are dedicated to actively working towards eliminating healthcare disparities in Black infant and maternal health through advocacy, education, community engagement, research, collaboration and direct clinical support	PSI 2 Day course	<a href="https://perinatalequity.org/">https://perinatalequity.org/</a>	We don't provide direct care for perinatal mood disorders. We refer to a partner, Barbara Elaine. She also runs our support group DOPE mamas that meets once a month Thursdays.

# Hudson County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Resolution Counseling Center	349 3rd Street & 22 Wayne Street, Suite 1R	Jersey City	201-632-5554	Aetna, Meritain, Continental, Cigna, Horizon Blue Cross Blue Shield, Anthem, Empire, Medicare, 1199, Out of Network	Self-Pay	English	Both	Infertility & Postpartum, Grief & Loss		<a href="http://www.resolutioncc.com">www.resolutioncc.com</a>	Varies; therapists have different specialties
The Brown Therapist Mama Medha S. Kudaisya, LCSW	223 Bloomfield Street, Suite 118	Hoboken	347-708-5376	Aetna, Blue Cross Blue Shield	Self-Pay	English, Hindi, Bengali, Urdu	Both	Perinatal Anxiety, Depression, Rage, OCD, Infertility, Pregnancy and Infant Loss, Trauma including Birth Trauma, Termination for Medical Reasons	Postpartum Support International Components of Care & Advanced Psychotherapy, Infertility, TFMR: A Unique Grief, Perinatal EMDR, Perinatal OCD	<a href="http://www.browntherapistmama.com">www.browntherapistmama.com</a>	Certificate in Violence Against Women & Children, Perinatal Mental Health Certificate, EMDR certified
Inner Parent Therapy Emily Haberman, LCSW, PMH-C	Virtual	Virtual	908-336-4173	Aetna, Cigna, Carelon, UnitedHealthcare, Blue Cross Blue Shield, Optum, Oxford, Quest	Self-Pay; Sliding Scale	English	Virtual	Perinatal Anxiety & Depression, Parenting	Mothercentric Curriculum (IFS approach to motherhood), IPT for Perinatal Clients, PSI Perinatal Loss: Clinical and Supportive Care	<a href="http://www.innerparenttherapy.com">www.innerparenttherapy.com</a>	
Heights Psychotherapy Stephanie Arrington, LCSW, PMH-C	94 Bowers Street	Jersey City	201-548-3458	Out of Network	Self-Pay	English	Both	Perinatal Mood and Anxiety Disorders (PMADs)	PMH-C	<a href="https://www.heightspsychotherapy.com/">https://www.heightspsychotherapy.com/</a>	
First Light Therapy Allie Loeb, LCSW	258 Newark Street	Hoboken	201-581-0665	Out of Network	Self-Pay; Sliding Scale	English	Both	Fertility, Pregnancy, Postpartum		<a href="https://www.firstlighttherapynjny.com/">https://www.firstlighttherapynjny.com/</a>	
Mindful Power	51 Newark Street, 404 A	Hoboken	201-839-6873	No	Self-Pay	English	Both	Perinatal Mood and Anxiety Disorders (PMADs)		<a href="https://mindfulpower.net/">https://mindfulpower.net/</a>	



# Morris County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Postpartum Health & Harmony	368 Main Street (Chatham) 3175 Route 10, Building C, Suite 700 (Denville)	Chatham, Denville	862-200-7218	Cigna, ComPsych, Blue Cross Blue Shield, Out of Network	Self-Pay	English	Both	Infertility, Perinatal Mood and Anxiety Disorders (PMADs)		<a href="http://www.postpartumhh.com/">www.postpartumhh.com/</a>	
Emotional Wellness for Women and Mothers Shawn Portner, LCSW	17 Hanover Road, Building 100, Suite 110	Florham Park	973-946-8957	Aetna, Out of Network	Self-Pay	English	Both	Perinatal Mood and Anxiety Disorders (PMADs), Pregnancy Loss, Trauma		<a href="http://www.shawnportner.com">www.shawnportner.com</a>	
Erin Scott, LPC		Boonton	862-500-4754	Blue Cross Blue Shield, Cigna and Evernorth, Lyra EAP, Optum, Oscar Health , Oxford, UnitedHealthcare UHC   UBH		English				<a href="https://erin-scott.clientsecure.me/">https://erin-scott.clientsecure.me/</a>	
Postpartum Wellness Program at St. Claire's	25 Pocono Road	Denville	973-625-6000	Aetna, AmeriChoice, Amerigroup AmeriHealth, Beech Street, Cigna, Concern Plus, Consumer Health Network (CHN), Empire, First MCO, Great-West, Horizon, Horizon NJ Health, MagnaCare, Managed Health Network, MultiPlan, Oxford Health, PlansppoNEXT, Private Healthcare Systems, Qualcare, TRICARE, Value Options		English	Both	Perinatal Mood and Anxiety Disorders (PMADs)		<a href="https://saintclares.com/services/behavioral-health-services/post-partum-wellness-program/">https://saintclares.com/services/behavioral-health-services/post-partum-wellness-program/</a>	
Gardenstate Psychotherapy Valerie Concepcion, LCSW, PMH-C	1719 NJ-10 East, Suite 310	Parsippany	862-612-9504	No	Self-Pay; Sliding Scale	English	Both	Pregnancy, Postpartum, Infertility	PMH-C, SEP, EMDR, IFS, Somatic IFS, Certified Yoga Teacher	<a href="https://www.gardenstatepsychotherapy.com/">https://www.gardenstatepsychotherapy.com/</a>	NASW, PSI, Somatic Experiencing
Skylands Wellness	1850 US-46, Suite 3	Ledgewood	973-527-4539	Out of Network	Self-Pay	English	Both	Pregnancy & Postpartum, Infertility, Miscarriage & Infant Loss		<a href="https://skylandswellness.com/">https://skylandswellness.com/</a>	

# Passaic County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Paula Bardales, MSW, LCSW	Resolution Counseling Center	Jersey City	201-380-9112	Aetna, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Empire Blue Cross Blue Shield, Horizon Blue Cross Blue Shield, Meritain Health, Optum, Oxford, UMR, UnitedHealthcare UHC   UBH, Out of Network		English	Virtual			
Nancy Pandiscia, LCSW	15 Farview Terrace Suite 1, Paramus, NJ 07652	Clifton	201-509-4837	Horizon Blue Cross Blue Shield, Horizon NJ DIRECT, Out of Network		English	Both			<a href="https://www.psychologytoday.com/us/therapists/nancy-pandiscia-paramus-nj/445675">https://www.psychologytoday.com/us/therapists/nancy-pandiscia-paramus-nj/445675</a>
Jamie Coyne, LCSW	Virtual	Ringwood	201-419-6865	Aetna, Cigna and Evernorth, Optum, Oscar Health, Oxford, UnitedHealthcare UHC   UBH, Out of Network		English	Virtual			<a href="https://www.psychologytoday.com/us/therapists/jamie-coyne-ringwood-nj/421387">https://www.psychologytoday.com/us/therapists/jamie-coyne-ringwood-nj/421387</a>
Michelle Pichardo	1341 Hamburg Turnpike, Suite 1-5	Wayne	973-382-7521	Aetna, Horizon Blue Cross Blue Shield, Oscar Health, Oxford, UnitedHealthcare UHC   UBH, Out of Network	Yes	English	Both			<a href="https://www.psychologytoday.com/us/therapists/michelle-pichardo-wayne-nj/921242">https://www.psychologytoday.com/us/therapists/michelle-pichardo-wayne-nj/921242</a>
Joy Mental Fitness	101 Hudson St 21st fl, Jersey City, NJ 07302	Jersey City	201-896-7171	UnitedHealthcare UHC   UBH, Oscar Health, Oxford, Aetna, Cigna, Blue Cross Blue Shield (including Horizon, Anthem, etc.)	Yes	English	Both			<a href="https://www.joymental.com/faq/">https://www.joymental.com/faq/</a>

# Sussex County Therapists

Name	Address	City	Phone	Insurance Plans Accepted	Sliding Scale	Languages Spoken	In person, virtual or both?	Specialties?	Continuing Ed in Perinatal Mental Health	Website
Flora and Associates	17 Woodport Road, Suite 2A	Sparta	973-222-3030	Out of Network	Self-Pay	English, Spanish	Both	PMH-C	PSI	<a href="https://floraandassociates.com/about/insurance-information/">https://floraandassociates.com/about/insurance-information/</a>
Skylands Wellness	16 Church Street	Newton	973-527-4539	Out of Network	Self-Pay	English	Both	Pregnancy & Postpartum, Infertility, Miscarriage & Infant Loss		<a href="https://skylandswellness.com/">https://skylandswellness.com/</a>



# Union County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Nicole D. Swain, LPC, APS, ACT	899 Mountain Avenue, Suite 2D	New Providence	908-277-8900	Aetna, AmeriHealth, Blue Cross Blue Shield, Cigna, CHN - Consumer Health Network, Coventry Health Plans, First Health, Humana Medicare Advantage, Magnacare, Multiplan/PHCS, Oxford Healthplan, OSCAR, Qualcare, Tricare, UnitedHealthcare, Empire		English	Both			<a href="https://www.summithealth.com/doctors/nicole-swain-ma-lpc-ncc-act">https://www.summithealth.com/doctors/nicole-swain-ma-lpc-ncc-act</a>	*Must be an established patient with Summit Health on the medical side to use behavioral health services
Jennifer Perera, LCSW, PMH-C	499 Morris Avenue	Springfield	973-337-0586	Aetna, UnitedHealthcare	Self-Pay	English	Virtual	Perinatal Mood and Anxiety Disorders (PMADs), Infertility, Loss		<a href="http://www.intervalhealth.com">www.intervalhealth.com</a>	Other insurances via Headway and Employer Assistance Plans (Lyra, Modern Health and Spring Health)  Jennifer@intervalhealth.com
Jacqueline Wyka, PsyD, A-CBT	890 Mountain Avenue, 1st Floor	New Providence	908-277-8900	Aetna, AmeriHealth, Blue Cross Blue Shield, Cigna, CHN - Consumer Health Network, Coventry Health Plans, First Health, Humana Medicare Advantage, Magnacare, Multiplan/PHCS, Oxford Healthplan, OSCAR, Qualcare, Tricare, UnitedHealthcare		English	Both			<a href="https://www.summithealth.com/doctors/jacqueline-wyka-psyd-cbt">https://www.summithealth.com/doctors/jacqueline-wyka-psyd-cbt</a>	*Must be an established patient with Summit Health on the medical side to use behavioral health services
Sarah Strumeier LCSW, PMH-C	139 South Street, Suite 205 C	New Providence	201-905-2515	Lyra, Aetna, UnitedHealthcare, Oxford, Oscar, UMR, Horizon Blue Cross Blue Shield of New Jersey through Headway		English	Both	Perinatal/Postpartum Mood Disorders, Pregnancy Loss, Infertility	PMH-C	<a href="https://bekindcounselingservices.com/">https://bekindcounselingservices.com/</a>	hello@bekindcounselingservices.com
Kristina Cofone, LCSW PMH-C	141 South Avenue, Suite 101	Fanwood	908-312-0417	No	Self-Pay	English	Both	Perinatal Mental Health, Anxiety, Eating Disorders	PSI Trainings, Mom 2020 Renfrew Center Eating Disorders and Postpartum Mental Health, Postpartum Depression CEU	<a href="https://www.hopehealinghappinesscounseling.com/">https://www.hopehealinghappinesscounseling.com/</a>	Kristina@hopehealinghappinesscounseling.com
Rachel Christensen, LSW, LMSW		Scotch Plains	908-738-9539	No	Self-Pay	English	Both	Pregnancy Loss, Postpartum Adjustment Period, Couples, Families	PSI and Policy Center for Maternal Mental Health Certification Training	<a href="https://rachelhelps.com/">https://rachelhelps.com/</a>	
Erica Weber, LCSW Psychotherapy	220 Lenox Avenue, Suite 102	Westfield	908-458-0462	Out of Network	Self-Pay; Sliding Scale	English	Both	Perinatal Mood and Anxiety Disorders (PMADs)		<a href="https://www.ericaweberpsychotherapy.com/contact">https://www.ericaweberpsychotherapy.com/contact</a>	
Jeanne Marie Mirabella, MA, LPC, NCC, PMH-C, CLC	308 Springfield Avenue, Suite 4	Berkeley Heights	908-247-5477			English	Both	Perinatal Mental Health, DONA Birth and Postpartum Doula Training, National CLC Training and Certification	PMH-C	<a href="https://psidirectory.com/listing/jeanne-marie-mirabella-ma-lpc-ncc.html">https://psidirectory.com/listing/jeanne-marie-mirabella-ma-lpc-ncc.html</a>	
Melissa Cohen, LCSW	226 St. Paul Street	Westfield	908-372-0263	Out of Network	Self-Pay	English	Both	Perinatal Mental Health, Parenting		<a href="https://melissacohenlcsw.com/">https://melissacohenlcsw.com/</a>	melissacohenlcsw@me.com

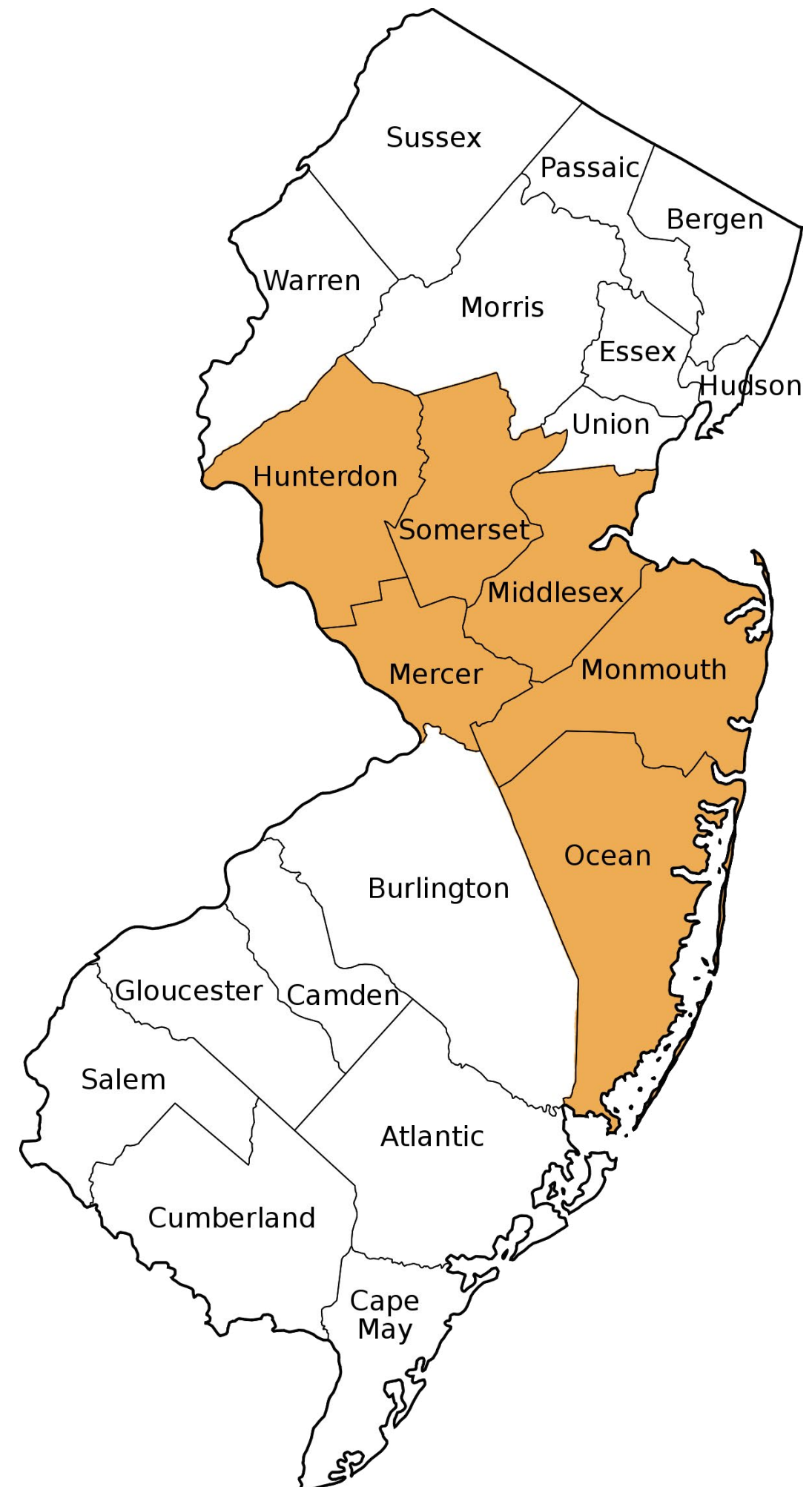
# Warren County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Attentive Psychotherapy & Counseling Center	1 Edgeview Drive, Suite 2B	Hackettstown	908-246-1480	Aetna, AmeriHealth, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Cigna and Evernorth, CompPsych, Empire Blue Cross Blue Shield, Highmark, Horizon Blue Cross Blue Shield, Independence Blue Cross, Konterra Group, Lyra Health, Meritain Health, Modern Health, Optum, Oscar Health, Oxford, United Medical Resources (UMR), UnitedHealthcare UHC   UBH, Wellspring EAP		English	Both			<a href="https://www.attentivepsychotherapy.com/">https://www.attentivepsychotherapy.com/</a>	
Loreal Donovan, LPC	Virtual	Hackettstown	908-379-3315	Aetna, Blue Cross Blue Shield, Cigna and Evernorth, Oscar Health, Oxford, UnitedHealthcare UHC   UBH, Out of Network	Self-Pay	English	Virtual			<a href="https://www.connectionmhcounseling.com/">https://www.connectionmhcounseling.com/</a>	
Jennifer Gilbert Psychotherapy Services, LLC	121 Shelley Drive, Suite 2B	Hackettstown	908-458-9685	Aetna, Empire Blue Cross Blue Shield, Horizon Blue Cross Blue Shield, Magellan, Cigna and Evernorth, Beacon Health options, Beech Street, Oxford, UnitedHealthcare UHC   UBH, Out of Network, Optum and Qualcare		English	Both				
Mary Lorraine Graham, MSW, LCSW	150 Mountain Avenue, Suite 2-12	Hackettstown	973-828-8305	Aetna, Blue Cross Blue Shield, Horizon Blue Cross Blue Shield, Magellan, Cigna and Evernorth, Beacon Health Options, Oxford, UnitedHealthcare, Out of Network, UMR		English	Both				
Clare Hoeckele, LPC	486 Schooleys Mountain Road	Hackettstown	908-850-4552	Cigna, Evernorth, UnitedHealthcare UHC   UBH, Horizon Blue Cross Blue Shield		English					
Danielle Smith, LCSW, PMCH-C Empowered Counseling	Virtual		862-701-2026	No	Self-Pay	English	Virtual	Postpartum	PMH-C	<a href="https://www.empoweredcounselingnj.com/">https://www.empoweredcounselingnj.com/</a>	Danielle@empoweredcounselingnj.com

# Central Jersey

## Counties:

Hunterdon, Mercer,  
Middlesex, Monmouth,  
Ocean and Somerset





# Psychiatrists

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website	Notes
Mercer	Saranga Bhalla, DO	357 Nassau Street	Princeton	609-285-5851	Out of Network	English		<a href="https://www.princetonmentalhealth.org/">https://www.princetonmentalhealth.org/</a>	
Mercer	Ricardo Fernandez, MD	12 Roszel Road, Suite A-103	Princeton	609-419-0123	Out of Network	English		<a href="https://www.drfernandez.org">https://www.drfernandez.org</a>	
Mercer	Dena Seifer Friedman, MD	Woodlands Professional Building, 256 Bunn Drive, Suite 6	Princeton	609-683-7111	Out of Network	English		<a href="http://www.denasfriedmanmd.com">www.denasfriedmanmd.com</a>	
Mercer	Dr. Koenig-Dzialowski	44 Nassau Street, Suite 365	Princeton	609-619-0163		English, Spanish, French			Specializes in eating disorders
Mercer	Pathway to Mentality	440 US Highway 130 South, Suite 11	Hightstown	609-913-2969	Aetna, Anthem Blue Cross Blue Shield, Cigna, Emblem, Medicaid, UnitedHealthcare	English	PMH-C		
Middlesex	Stephanie Stern, MD	320 Raritan Avenue, Suite 201	Highland Park	732-985-3500		English			
Monmouth	Robert C. Bransfield, MD	225 Highway 35, Suite 107	Red Bank	732-741-3263	Out of Network	English			
Monmouth	Michelle K. Calvosa, MD	24 Merchants Way, Suite 211	Colts Neck	732-409-3555	Out of Network	English		<a href="https://www.drcalvosa.com/">https://www.drcalvosa.com/</a>	
Monmouth	Shannon Parks, DO	55 Gilbert Street West, Suite 1103	Tinton Falls	732-477-2545	No	English		<a href="https://theparkscenter.com/">https://theparkscenter.com/</a>	
Monmouth	Julie Davelman, PhD	620 Tinton Avenue, Building A, Suite 203	Tinton Falls	732-460-1300	No	English		<a href="https://www.abramspychservices.com/">https://www.abramspychservices.com/</a>	One of specialties is maternal mental health
Statewide	Sadé D. Frazier, DO	Telehealth Only	Telehealth Only	Contact Through Website	No	English		<a href="https://www.drsadefrazier.com">https://www.drsadefrazier.com</a>	Provider of color

# Nurse Practitioners

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website	Notes
Hunterdon	Erin Fink, CNM, WHNP-BC, PMHNP-BC	24 Arnett Avenue, Suite 206	Lambertville	640-252-1122	Out of Network	English	Massachusetts General Reproductive Psychiatry Mentorship, Postpartum Support International Two-Day Training	<a href="https://unapologeticallythrivingCNM.com/">https://unapologeticallythrivingCNM.com/</a>	Email: <a href="mailto:info@uthriving.sprucecare.com">info@uthriving.sprucecare.com</a> ; Appointments available in the early morning and evening on weekdays; Erin has been a midwife in NJ for more than 10 years and is also a psychiatric nurse practitioner.
Mercer	Princeton Family Care Associates	12 Roszel Road, Suite A-103	Princeton	609-419-0123	Out of Network	English			Email: <a href="mailto:info@drfernandez.org">info@drfernandez.org</a>
Mercer	Pathway to Mentality	440 US Highway 130 South, Suite 11	Hightstown	609-913-2969	Aetna, Anthem Blue Cross Blue Shield, Cigna, Emblem, Medicaid, UnitedHealthcare	English	PMH-C		
Middlesex	Stephanie Stern, MD	320 Raritan Avenue, Suite 201	Highland Park	732-985-3500		English			
Monmouth	Denise K. Allen, APN, CNS	20 Bingham Avenue, Suite 2	Rumson	732-977-8805	All Insurance Plans	English			Sees patients Tuesdays, Wednesdays and Thursdays (9 am to 9 pm)
Monmouth	Cheryl Leiningen, DNP	615 Hope Road, Suite 212	Eatontown	732-740-9432		English			
Monmouth	Center for Perinatal Mood and Anxiety Disorders	200 Wyckoff Road Suite 3500 Eatontown, NJ 07724	Eatontown	862-781-3755	Most Insurance Plans	English		<a href="https://www.rwjbh.org/our-locations/outpatient-rehab-center/center-for-perinatal-mood-and-anxiety-disorders/">https://www.rwjbh.org/our-locations/outpatient-rehab-center/center-for-perinatal-mood-and-anxiety-disorders-/</a>	

# Nurse Practitioners (Continued)

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website	Notes
Monmouth	Valerie Magrino, APN	23 White Street	Shrewsbury	732-444-8802	Aetna, Aetna Coventry, Blue Cross Blue Shield, Cigna and Evernorth, Horizon Blue Cross Blue Shield, Medicare (not Medicare ADVANTAGE plans), UnitedHealthcare, Out of Network	English		<a href="http://www.shrewsburywellnesscenternj.com">www.shrewsburywellnesscenternj.com</a>	
Monmouth	Maria Piantanida, APN	23 White Street	Shrewsbury	732-444-8802	Aetna, Aetna Coventry, Blue Cross Blue Shield, Cigna and Evernorth, Horizon Blue Cross Blue Shield, Medicare (not ADVANTAGE plans), UnitedHealthcare, Out of Network	English		<a href="http://www.shrewsburywellnesscenternj.com">www.shrewsburywellnesscenternj.com</a>	
Monmouth	Lauren Richards, APN, PMHNP-BC	1 Bethany Road, Building 5, Suite 69	Hazlet	732-784-8272	Aetna, Cigna, Horizon Blue Cross Blue Shield, Self-Pay	English	Postpartum Support International (PSI) Maternal Mental Health Certificate Course, Attendee & Presenter at 2022 [National] PSI Conference	<a href="https://risingswellmentalhealth.com">https://risingswellmentalhealth.com</a>	Former Labor & Delivery RN; sees patients Mondays and Tuesdays (8 am to 2 pm), Wednesdays (1pm to 7 pm) and Saturdays (9 am to 2 pm)
Ocean	Sheron Diane Keyes, DNP	620 Lacey Road, Suite 5	Forked River	609-618-8500	No	English		<a href="https://keyestowellness.net/index.html">https://keyestowellness.net/index.html</a>	
Ocean	Irene Marsh, APN, MSN, PMHNP-BC, PMH-C, RNC-OB, IBLCL	509 Main Street, Building A, 2nd Floor, Suite A	Toms River	732-763-2302	Aetna, Blue Cross Blue Shield, Cigna, Optum	English		<a href="https://www.maternalminded.com">https://www.maternalminded.com</a>	Specializes in perinatal mental health, perinatal loss, fathers; also an internationally board-certified lactation consultant; best way to contact Irene is to email her through her website
Ocean	Yad Rachel	517 Hope Chapel Road	Lakewood	732-364-4462 732-987-9343	No	English	Postpartum Support international (PSI), EMDR	<a href="https://yadrachelnj.org/contact/">https://yadrachelnj.org/contact/</a>	<a href="mailto:info@yadrachelnj.org">info@yadrachelnj.org</a>
Somerset	Innerspace Counseling Perinatal Wellness Program	2433 Route 516, Suite D	Old Bridge	732-332-8270		English			
Statewide Telehealth	Lianne Haught, PMHNP, PMH-C	Telehealth Only	Statewide	856-818-8806	Aetna, Blue Cross Blue Shield, Optum, UnitedHealthcare	English	PMH-C		



# Hunterdon County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Telehealth Only	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Compsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Cynthia Castillo, LCSW, PMH-C	Telehealth Only	Virtual	929-357-4804	Aetna, Anthem, Cigna, Optum, UnitedHealthcare		English, Spanish	Virtual	Perinatal Mental Health, Teen Pregnancy, Fertility Challenges, Immigration, Interpersonal Violence	PMH-C		
Growth and Empowerment, LLC	8 Main Street, Suite 4	Flemington	908-451-7896	Blue Cross Blue Shield, Cigna		English	Both	Perinatal Mental Health, LGBTQIA+, Interpersonal Violence			
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		

Hunterdon County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Hunterdon Behavioral Health	Hunterdon Medical Center, 2100 Wescott Drive	Flemington	908-788-6401 24-Hour Crisis Line: 908-788-6400	Aetna, AmeriHealth, Cigna, Beech Street, First Health, Consumer Health Network, HMC, Horizon Blue Cross Blue Shield, Horizon NJ Health, MagnaCare, Medicare, Medicaid, MultiPlan, Oxford Health Plan PPO & HMO, PCHS, QualCare, TRICARE, UnitedHealthcare	Yes	English		Variety of Mental Illnesses		<a href="https://www.hunterdonhealth.org/services/hunterdon-behavioral-health">https://www.hunterdonhealth.org/services/hunterdon-behavioral-health</a>	
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Aetna, Blue Cross Blue Shield, Horizon Blue Cross Blue Shield OMNIA	Yes, as needed	English	Virtual	Perinatal Mental Health	Postpartum Stress Center		
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		
Rachel Sanchez Family Counseling	122 West Main Street, Suite 1	Clinton	201-820-0992	Aetna, Optum, UnitedHealthcare		English, Spanish	Both	Perinatal Mental Health, Trauma Recovery, EMDR Mindfulness-Based Therapy	Postpartum Support International		
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	<a href="https://www.cswantherapy.com">https://www.cswantherapy.com</a>	
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	<a href="https://www.threefoldclinicalcare.com">https://www.threefoldclinicalcare.com</a>	Art therapy available
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	<a href="https://www.samiaqadri.com">https://www.samiaqadri.com</a>	
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, CompPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# Mercer County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								Weekdays, 8 am to 6 pm
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 1-800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Telehealth Only	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Blue Ship Therapy, LLC	Telehealth Only	Princeton	609-375-8597			English	Virtual	Perinatal Mental Health	Postpartum Support International		
Amanda Bordfeld Ferguson, PsyD	65 South Main Street, Suite B-106	Pennington	609-373-2250	Blue Cross Blue Shield		English	In Person	Perinatal Mental Health, Perinatal Loss, Infertility, Trauma, Fathers	Postpartum Support International and Postpartum Stress Center		
Sarah Brangwynne, MA, LPC, BC-EMT	Will be Provided When Scheduling Appointment	Pennington	609-474-4442	No		English	Both	Reproductive Mental Health, Life Transitions, Marital Issues, Grief and Loss, Depression, Anxiety, Mood Disorders, Family and Relationship Concerns	Postpartum Support International and Postpartum Stress Center	<a href="https://movetoheal.com/">https://movetoheal.com/</a>	
Nicole K. Cardillo, LPC, PMH-C	2277 NJ Route 33, Suite 408	Trenton	732-851-4808	No		English		Perinatal Mental Health	Postpartum Support International Training		
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Compsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Cynthia Castillo, LCSW, PMH-C	Telehealth Only	Virtual	929-357-4804	Aetna, Anthem, Cigna, Optum, UnitedHealthcare		English, Spanish	Virtual	Perinatal Mental Health, Teen Pregnancy, Fertility Challenges, Immigration, Interpersonal Violence	PMH-C		

Mercer County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Ann R. Favaloro, LPC	9 Mercer Street, 2nd Floor	Princeton	609-357-4838	No		English	Both	Anxiety, Depression, Postpartum Depression, Grief and Loss, Life Transitions, Relationship Issues			
Jessica Flint, LCSW	65 South Main Street, Building A	Pennington	609-789-8477	No	Yes	English	Both	Perinatal Mental Health, Loss, Infertility, Birth Trauma	Postpartum Stress Center	<a href="https://www.jflint.com">https://www.jflint.com</a>	
Antonia Fried, PhD	44 Nassau Street, Suite 365	Princeton	609-876-9311		Yes	English		Trauma, Mood Disorders		<a href="https://antoniafried.com">https://antoniafried.com</a>	
Megan Furnish, MSW, LCSW	800 Denow Road, Suite 286	Pennington	609-614-3050	Aetna, Aetna Student Health Plan, Blue Cross Blue Shield, Princeton University Health Plan, Out of Network	Yes	English	In Person	Perinatal Mental Health, Relationships, Trauma, Divorce		<a href="https://www.psychologytoday.com/us/therapists/megan-furnish-pennington-nj/58424">https://www.psychologytoday.com/us/therapists/megan-furnish-pennington-nj/58424</a>	
Elyse Garlick, PhD	800 Bunn Drive, Suite 304	Princeton	609-731-0602			English		Perinatal Mental Health			
Melissa Greenberg, PsyD	330 North Harrison Street	Princeton	917-740-8797	No		English	Virtual	Perinatal Mental Health	Postpartum Support International		
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Honor Hannah, LCSW	Telehealth Only	Pennington	609-360-6616	Aetna, Blue Cross Blue Shield, Cigna, Medicare, Tricare		English	Virtual	Perinatal Mental Health, Life Stressors, Coping Skills, Mild to Moderate Anxiety, Perfectionism, Self-Compassion	Pending Certification in Perinatal Mental Health (PMH-C) and EMDR		
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		



# Mercer County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Katherine McCooe Psychotherapy	Telehealth Only	Virtual	908-334-9490	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Immigration, Substance Use, Fertility Challenges			
Dale Mooney, LCSW	Telehealth Only	Virtual	732-598-5124	Yes	Yes	English	Virtual	Grief, Anxiety, Depression, OCD, Bipolar			
Tara Nicholson Psychotherapy	Telehealth Only	Virtual	609-227-1371			English	Virtual	Perinatal Mental Health	PMH-C		
Larissa Nickson, LCSW, PMH-C	Telehealth Only	Virtual	732-749-4267	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Perinatal Loss, Post-Abortion Support, Trauma, Single Parents	PMH-C		
Samantha Numis, LPC, PMH-C	Will be Provided When Scheduling Appointment	Ewing	609-236-7486	Yes		English		Trauma, PTSD, Grief, Perinatal Mental Health	PMH-C		
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Aetna, Blue Cross Blue Shield, Horizon Blue Cross Blue Shield OMNIA	Yes, as needed	English	Virtual	Perinatal Mental Health	Trained at Postpartum Stress Center		
Pathway to Mentality	440 US Highway 130 South, Suite 11	Hightstown	609-913-2969	Aetna, Anthem Blue Cross Blue Shield, Cigna, Emblem, Medicaid, UnitedHealthcare		English		Perinatal Mental Health, Adolescents, Perinatal Loss, People of Color	PMH-C		
Penn Medicine Princeton House Behavioral Health	1000 Herrontown Road	Princeton	888-437-1610	Yes		English	Both	Variety		<a href="https://www.pennmedicine.org/services/mental-behavioral-health/princeton-house-behavioral-health">https://www.pennmedicine.org/services/mental-behavioral-health/princeton-house-behavioral-health</a>	
Salvation Army HopeLine		Statewide	844-458-HOPE (4673)			English		Emotional Support, Disaster/Trauma Survivors			
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		
Sarah E. Siering, LPAT, ATR-BC, PMH-C	65 South Main Street, Building B-001	Pennington	609-400-2192	No	Yes, if eligible	English	Both	Perinatal Mental Health, Trauma, Mindfulness-Based Recovery	PMH-C		Certified art therapist; \$165/session
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	<a href="https://www.cswantherapy.com">https://www.cswantherapy.com</a>	

Mercer County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	<a href="https://www.threefoldclinicalcare.com">https://www.threefoldclinicalcare.com</a>	Art therapy available
Nicole Van Hessen, LCSW, LLC	20 Nassau Street	Princeton	609-521-8218	No		English		Anxiety, Depression			
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	<a href="https://www.samiaqadri.com">https://www.samiaqadri.com</a>	
Wishing Well Therapy	166 Bunn Drive, Suite 107	Princeton	609-429-4230	No		English	In Person	Perinatal Mental Health, OCD			
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# Middlesex County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 1-800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Virtual	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Kristen Barlics, MSW, LCSW		Eatontown	732-605-4547	Aetna, Anthem Blue Cross Blue Shield, Cigna and Evernorth, Optum, Oxford, UnitedHealthcare, Out of Network		English	Both	Perinatal Mental Health		<a href="https://www.auxiliumservices.net/kristen-barlics-lcsw">https://www.auxiliumservices.net/kristen-barlics-lcsw</a>	
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Comppsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Cynthia Castillo, LCSW, PMH-C	Telehealth Only	Virtual	929-357-4804	Aetna, Anthem, Cigna, Optum, UnitedHealthcare		English, Spanish	Virtual	Perinatal Mental Health, Teen Pregnancy, Fertility Challenges, Immigration, Interpersonal Violence	PMH-C		
Kristy Champignon, LPC, LMHC, ACS, PMH-C	Telehealth Only	East Brunswick	609-269-4732	No	Yes	English	Virtual	Perinatal Mental Health, Trauma Recovery	PMH-C	<a href="https://meadowlarkcsc.com">https://meadowlarkcsc.com</a>	
Wendy Christopher, MSW, LCSW	324 Raritan Avenue	Highland Park	732-572-0949			English					
Sonia Guido, LCSW, LCADC	1076 State Route 18	East Brunswick	732-917-4385	Aetna, Cigna and Evernorth, Medicare, Meritain Health, Optum, Oxford, United Medical Resources (UMR), UnitedHealthcare, Out of Network		English, Portuguese, Spanish	Both	Perinatal Mental Health, Depression, Anxiety, Addictions			

# Middlesex County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Kaitlynn Haugen, LCSW	63 Milltown Road	East Brunswick	732-659-0683			English	In Person	Perinatal Mental Health	PMH-C Candidate		
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available
Holding Space Counseling	495 Ryders Lane	East Brunswick	848-208-6094	Aetna, Anthem Blue Cross Blue Shield, Cigna, Humana, Optum, TriCare, UnitedHealthcare		English	Both	Perinatal Mental Health, Perinatal Loss, Paternal Depression, Neonatal Intensive Care			Provider of color
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Janine Kelly, MSW, LCSW, C-NDAAP, ADHD-CCSP, ASDCS, PMH-C, RPT-S™, C-DBT, CBT-C, CCATP-CA, CATP	518 Clinton Avenue	Middlesex	908-271-8000	No		English, Portuguese, Spanish	Both	Perinatal Mental Health, EMDR, Trauma Recovery, Paternal Depression, OCD, ADHD	Postpartum Support International		
Marie Kifun-Jones, LCSW	379 Princeton-Hightstown Road	Cranbury	609-385-9703	Yes		English	Both	PTSD, Anxiety, Depression, Mood Dysregulation, ADHD Learning Disorders			
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		
Katherine McCoee Psychotherapy	Telehealth Only	Virtual	908-334-9490	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Immigration, Substance Use, Fertility Challenges			
Eileen Milicia, LAC	320 Raritan Avenue	Highland Park	732-629-8269	Blue Cross Blue Shield, Cigna, UnitedHealthcare		English		Perinatal Mental Health, Teen Parents, Single Parents			
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Yes	Yes, as needed	English	Virtual	Perinatal Mental Health	Trained at Postpartum Stress Center		



# Middlesex County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		
Jamie Siegel, Psy.D	666 Plainsboro Road, Building 100, Suite F	Plainsboro	609-297-5067	No		English	In Person	Perinatal Mental Health, Paternal Depression	Postpartum Support International		
Raelyn Sprenkle, LCSW, MEd	Telehealth Only	Edison	732-305-0076	Medicare	Yes	English	Virtual	Perinatal Mental Health, LGBTQIA+, Mindfulness-Based Therapy			
Deana Stevens, Psy.D	296 Amboy Avenue, Suite F	Metuchen	732-735-2146	Out of Network	Yes	English		Pregnancy and Postpartum Challenges, Postpartum Depression	PMH-C	www.deanastevenspsychology.com	
Strengthen Mama	12 Cooper Avenue	Middlesex	848-290-1688			English	In Person	Perinatal Mental Health			
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	https://www.cswantherapy.com	
The Healing Tree Counseling & Consultation	4 Auer Court, Suite G	East Brunswick	732-672-8754	Blue Cross Blue Shield, Cigna		English	Both	Perinatal Mental Health, EMDR, Trauma Recovery, Eating Disorders			
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	https://www.threefoldclinicalcare.com	Art therapy available
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	https://www.samiaqadri.com	
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# Monmouth County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 1-800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Telehealth Only	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Carrie Balesterri, MSW, LCSW	1010 Highway 71, Suite 2-A	Spring Lake	848-257-5168	Blue Cross Blue Shield, Cigna and Evernorth, Medicare, Optum, Oxford, QualCare, UnitedHealthcare, Out of Network	Yes	English	Both	Perinatal Mental Health			
Joanne Cahill, LCSW, CPS	105 Union Avenue	Brielle	732-393-8264	Aetna, AmeriHealth, Anthem, BHS/Behavioral Health Systems, Blue Cross Blue Shield, Cigna and Evernorth, EmblemHealth, Humana, Magellan, Medicare, MultiPlan, Optum, Oxford, UnitedHealthcare, Wellpoint, Out of Network		English	Both	Perinatal Mental Health, Anxiety, Relationship Issues			Sees individuals, couples and families; per receptionist, 7 month waitlist
Nicole K. Cardillo, LPC, PMH-C	660 Tennent Road, Suite 104	Englishtown	732-851-4808	No		English		Perinatal Mental Health	Postpartum Support International Training		

# Monmouth County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem, Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Compsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Cynthia Castillo, LCSW, PMH-C	Telehealth Only	Virtual	929-357-4804	Aetna, Anthem, Cigna, Optum, UnitedHealthcare		English, Spanish	Virtual	Perinatal Mental Health, Teen Pregnancy, Fertility Challenges, Immigration, Interpersonal Violence	PMH-C		
Center for Perinatal Mood and Anxiety Disorders	200 Wycoff Road, Suite 3500	Eatontown	862-781-3755	Most Insurance Plans		English	In Person	Perinatal Mental Health		<a href="https://www.rwjbh.org/our-locations/outpatient-rehab-center/center-for-perinatal-mood-and-anxiety-disorders/">https://www.rwjbh.org/our-locations/outpatient-rehab-center/center-for-perinatal-mood-and-anxiety-disorders-/</a>	
Seton E. Cuccio, LCSW, LCADC, PMH-C	36 South Street	Manasquan	732-517-3841	Horizon Blue Cross Blue Shield	Depends on eligibility	English		Perinatal Mental Health, Addictions	Certified		
Courtney Devine, LCSW	4 Hendrickson Avenue & Highway 35, Suite 2	Red Bank	732-737-7889	Out of Network	No	English	Both				
Carol Fahad-Lenzo PhD, LPC	20 Gibson Place, Suite 206	Freehold	732-483-4425	Out of Network	No	English	Both				
Jennifer Fria, MA, MS, LPC, PMH-C, ACS	36 South Street	Manasquan	732-223-4673	Yes		English		Perinatal Mental Health	Certified	<a href="https://www.njsamaritan.org">https://www.njsamaritan.org</a>	Practices at the Samaritan Center at the Jersey Shore
Caren Grande, LCSW	119 Maple Avenue, Suite 2	Red Bank	732-860-8945	Yes	No	English	Both			<a href="https://www.psychologytoday.com/us/therapists/caren-grande-red-banknj/57951">https://www.psychologytoday.com/us/therapists/caren-grande-red-banknj/57951</a>	
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Carene Hadad, LPC	1300 Highway 35, Plaza III	Ocean	917-951-5113	Yes		English	In Person	Perinatal Mental Health	PSI Provider List		

# Monmouth County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Jamie Hanley, MS, LPC	1 Bethany Road, Building 5, Suite 69	Hazlet	732-360-5013			English	In Person	Perinatal Mental Health		<a href="https://jamiehanley.com/work-with-me/">https://jamiehanley.com/work-with-me/</a>	
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		
Bernadette Hubbs, MA, LPC, NCC	7 Broadway	Freehold	732-410-6667	Out of Network	No	English	Both	Perinatal Mental Health, Grief	PSI	<a href="https://www.nurturingwomennj.com/">https://www.nurturingwomennj.com/</a>	
Michele D. Inzelbuch, LCSW, LCDAC	1070 NJ 34, Suite 211	Matawan	732-704-4331	Yes	Yes, case by case	English	Both	Addictions		<a href="https://www.zenwarriorcc.com/">https://www.zenwarriorcc.com/</a>	
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Kimberly Kahn, LCSW	1300 State Route 35	Ocean	732-784-8707	Yes		English	Both	Perinatal Mental Health	PSI Provider List	<a href="https://www.kimberlykahn.com/">https://www.kimberlykahn.com/</a>	
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Jarrah Kratzer, LCSW	330 Mounts Corner Drive, #227	Freehold	732-637-9313	Yes	No	English	Both			<a href="https://www.peaceofmindtherapeuticservices.com/">https://www.peaceofmindtherapeuticservices.com/</a>	
Charlene Kwintner, LCSW	22 Village Court	Hazlet	732-639-0232	Yes		English	In Person	Perinatal Mental Health, Grief	Postpartum Support International		
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		

# Monmouth County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Katherine McCooe Psychotherapy	Telehealth Only	Virtual	908-334-9490	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Immigration, Substance Use, Fertility Challenges			
Cindy Monsen-Gorto, LCSW	1300 Hwy 35, Plaza III	Ocean	732-915-6619			English	Both	Perinatal Mental Health	PSI Provider List		
Dale Mooney, LSCW	1 Main Street	Eatontown	732-598-5124	Yes	Yes, case by case	English	Both	Grief		<a href="https://www.psychologytoday.com/us/therapists/dale-mooney-lcsw-hamilton-nj/148038">https://www.psychologytoday.com/us/therapists/dale-mooney-lcsw-hamilton-nj/148038</a>	
Maria Nakhleh, LCSW, LLC	214 Broad Street	Red Bank	732-784-3176	Yes	No	English, Spanish	Both	Perinatal Mental Health	Postpartum Support International Training	<a href="https://marianakhlehlcsw.com/">https://marianakhlehlcsw.com/</a>	
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Yes	Yes, as needed	English	Virtual	Perinatal Mental Health	Trained at Postpartum Stress Center		
Jenna Papadatos, LCSW, PMH-C	219 Taylors Mill Road	Freehold	908-415-2042	No		English	In Person	Perinatal Mental Health, LGBTQIA+, Positive Psychology, Interpersonal Violence	PMH-C		
Rachel Perlman, MA, LPC, ACS	200 Atlantic Avenue, Suite R	Manasquan	732-292-4505	Yes	No	English	Both	Grief		<a href="https://www.perlmanccss.com/">https://www.perlmanccss.com/</a>	
Prana Counseling Services	3200 Sunset Avenue, Suite 211	Ocean	732-804-0727			English	Both	Perinatal Mental Health	Postpartum Support International Training		
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		
Sarah Scimeme, PsyD	620 Tinton Avenue, Building A, Suite 203	Tinton Falls	732-460-1300	Yes	No	English	In Person	Perinatal Mental Health		<a href="https://www.abramspychservice.com/">https://www.abramspychservice.com/</a>	
Rebecca Sidoti, LCSW	1725 NJ 35, Suite C	Wall	973-294-0519	No	No	English	Both	Perinatal Mental Health	Postpartum Support International Training	<a href="https://mindbydesignllc.com/">https://mindbydesignllc.com/</a>	
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	<a href="https://www.cswantherapy.com">https://www.cswantherapy.com</a>	



# Monmouth County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	<a href="https://www.threefoldclinicalcare.com">https://www.threefoldclinicalcare.com</a>	Art therapy available
Tatyana Tsenter, MSW, LCSW	203 US Highway Route 9, Suite 2-E	Manalapan	732-272-4141	Out of Network; Call Insurance	Yes	English	Both, Prefers In Person	Perinatal Mental Health, Grief		<a href="http://www.peaceofmindnj.com">http://www.peaceofmindnj.com</a>	
The Women's Psychotherapy Center	90 West Main Street	Freehold	732-443-0566	No		English	Both	Perinatal Mental Health, Trauma Recovery	PMH-C		
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	<a href="https://www.samiaqadri.com">https://www.samiaqadri.com</a>	
Yvonne Weber, MS, LPC	Telehealth Only		732-785-3179			English	Virtual	Perinatal Mental Health, Women's Issues, ADHD, Relationship Issues, Family Conflict, Life Transitions		<a href="https://www.balanceandbloomtherapy.net">https://www.balanceandbloomtherapy.net</a>	
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# Ocean County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 1-800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Telehealth Only	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Bright Harbor Healthcare	687 Atlantic City Boulevard	Bayville	732-349-5550			English	In Person			<a href="https://brightharbor.org/">https://brightharbor.org/</a>	
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Compsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Cynthia Castillo, LCSW, PMH-C	Telehealth Only	Virtual	929-357-4804	Aetna, Anthem, Cigna, Optum, UnitedHealthcare		English, Spanish	Virtual	Perinatal Mental Health, Teen Pregnancy, Fertility Challenges, Immigration, Interpersonal Violence	PMH-C		
CHEMED Health Center	1771 Madison Avenue	Lakewood	732-576-2273			English	In Person		Postpartum Support International Training	<a href="https://www.chemedhealth.org/departments/behavioral-health">https://www.chemedhealth.org/departments/behavioral-health</a>	
Phyllis J. Cox, MSW, LCSW, ACSW	1247 Ridge Avenue	Stafford	609-318-3116		Depends on eligibility	English	In Person				
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available

Ocean County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
HOPES Program		Toms River, Point Pleasant, Bayville	732-349-5550			English	Both	Perinatal Mental Health		<a href="https://brightharbor.org/">https://brightharbor.org/</a>	
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		
Katherine McCooe Psychotherapy	Telehealth Only	Virtual	908-334-9490	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Immigration, Substance Use, Fertility Challenges			
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Aetna, Blue Cross Blue Shield, Horizon Blue Cross Blue Shield OMNIA	Yes, as needed	English	Virtual	Perinatal Mental Health	Trained at Postpartum Stress Center		
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		
Erica Riczu, MA, LPC, PMH-C	780 Commons Way, Building J	Toms River	908-503-5760	Yes		English	Both	Perinatal Mental Health	Postpartum Support International Training	<a href="https://www.psychologytoday.com/us/therapists/erica-riczu-toms-rivernj/64860">https://www.psychologytoday.com/us/therapists/erica-riczu-toms-rivernj/64860</a>	
Michelle Scarano-Holler, LCSW	1064 South Main Street, Suite 1E, Room 203	West Creek	848-256-0733	Yes	Must apply to see if eligible	English	Both			<a href="https://www.psychologytoday.com/us/therapists/michelle-scaranoholler-lcsw-west-creek-nj/297990">https://www.psychologytoday.com/us/therapists/michelle-scaranoholler-lcsw-west-creek-nj/297990</a>	
Saint Francis Counseling Services	4700 Long Beach Boulevard	Long Beach Island	609-494-8861	Yes	Yes	English	In Person	Sexual Abuse		<a href="https://www.stfranciscenterlbi.org/counseling-services">https://www.stfranciscenterlbi.org/counseling-services</a>	

# Ocean County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Susan Scott, MSW, LCSW	1163 Route 37 West, Suite B3	Toms River	732-288-0992	Out of Network	Yes	English	Both	Perinatal Mental Health, Fertility Challenges, Pregnancy/Fetal Loss	Postpartum Support International Training	<a href="https://psidirectory.com/listing/susan-scott-lcsw.html">https://psidirectory.com/listing/susan-scott-lcsw.html</a>	
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	<a href="https://www.cswantherapy.com">https://www.cswantherapy.com</a>	
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	<a href="https://www.threefoldclinicalcare.com">https://www.threefoldclinicalcare.com</a>	Art therapy available
William J. Trub, LCSW	104 Midstream Road	Brick	732-217-7996	Yes		English			Postpartum Support International Training	<a href="https://www.psychologytoday.com/us/therapists/william-j-trub-brick-nj/849404">https://www.psychologytoday.com/us/therapists/william-j-trub-brick-nj/849404</a>	
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	<a href="https://www.samiaqadri.com">https://www.samiaqadri.com</a>	
Yad Rachel	517 Hope Chapel Road	Lakewood	732-364-4462 732-987-9343	No	Yes (subsidized)	English	In Person	Perinatal Mental Health	Postpartum Support International Training, EMDR	<a href="https://yadrachelnj.org/contact">https://yadrachelnj.org/contact</a>	info@yadrachelnj.org
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# Somerset County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Family Health Line		Statewide	800-328-3838, Option #2								Weekdays, 8 am to 6 pm
Postpartum Support International Provider Directory		Search by Location	Helpline: 1-800-944-4773 (English & Spanish) Text in English: 1-800-944-4773 Text in Spanish: 971-203-7773	Varies by Provider		Varies by Provider		All Perinatal Mental Health Conditions, Infertility, Perinatal Loss		<a href="https://www.postpartum.net/get-help/provider-directory/">https://www.postpartum.net/get-help/provider-directory/</a>	Postpartum Support International is an organization that provides education and resources to perinatal individuals with perinatal mental health conditions and their support systems.
Kenisha Bakayoko, MSW, LCSW	Telehealth Only	Virtual	862-203-7818			English	Virtual	Perinatal Mental Health, Women of Color	Postpartum Support International	<a href="https://www.harmonycounselingllc.org">https://www.harmonycounselingllc.org</a>	info@harmonycounselingllc.org
Leslie Becker Phelps, PhD	47 Harrison Brook Drive	Basking Ridge	908-604-6363			English	Both	Relationship Issues, Depression, Anxiety		<a href="https://www.drbecker-phelps.com/">https://www.drbecker-phelps.com/</a>	\$275 Fee
Julia Caruso, LMSW, PMH-C	Telehealth Only	Virtual	888-242-2732, Ext. 703	Aetna, Anthem Blue Cross Blue Shield, Carelon, CDPHP, Cigna and Evernorth, Compsych, Meritain, Wellfleet		English	Virtual	Perinatal Mental Health, OCD, Perinatal Loss	PMH-C		
Angela Colva, MSW, LCSW	719 Route 206, Suite 103	Hillsborough	908-444-0261			English	Both	Depression, Anxiety, PTSD			Individual sessions \$150; not accepting clients at this time
Kristen Giraldi, EdS, LPC, PMH-C	390 Amwell Road, Suite 329	Hillsborough	908-248-2703	Aetna, UnitedHealthcare		English	Both	Perinatal Mental Health	Certified (PMH-C)		
Abby Grayson, LPC	88 Orchard Road, Suite 1-B	Skillman	908-533-1593			English	In Person	Perinatal Mental Health, Perinatal Loss, Interpersonal Violence	Postpartum Support International		
Shalaka Gupta, MA, LPC/LPCC, ACS, PMH-C	Telehealth Only	Virtual	551-319-2029			English	Virtual	Perinatal Mental Health	PMH-C		
Megan A. Hittner Therapy	Telehealth Only	Virtual	732-986-1822	No		English	Virtual	Perinatal Mental Health, NICU, Eating Disorders, Perinatal Loss	PMH-C	<a href="https://www.mah-therapy.com">https://www.mah-therapy.com</a>	Group therapy available



# Somerset County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Kate Horsch, LCSW, LICSW	Telehealth Only	Virtual	401-216-7293	No		English	Virtual	Perinatal Mental Health, Fertility Challenges, Perinatal Loss	PMH-C		
Innerspace Counseling Perinatal Wellness Program	2433 Route 516, Suite D	Old Bridge	732-332-8270			English		Perinatal Mental Health, OCD, Perinatal Loss, Positive Psychology, Trauma Recovery	Postpartum Support International		Intensive outpatient program; provider of color
Journey to Serenity Counseling	Telehealth Only	Virtual	732-788-3189	Aetna, Blue Cross Blue Shield, Cigna, Optima, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Anger/Rage			
Brinley Kaston, LCSW	Telehealth Only	Virtual	908-249-2648	Aetna		English	Virtual	Perinatal Mental Health, NICU, Life Transitions, Couples	Postpartum Support International	<a href="https://www.btherapynyc.com">https://www.btherapynyc.com</a>	
Dana Lewisohn, LCSW	Telehealth Only	Virtual	973-544-8068			English	Virtual	Perinatal Mental Health	Postpartum Support International		
Katherine McCooe Psychotherapy	Telehealth Only	Telehealth Only	908-334-9490	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Immigration, Substance Use, Fertility Challenges			
Mindful Life Therapy, LLC	1 East High Street	Somerville	908-300-8175			English		Perinatal Mental Health, OCD, LGBTQIA+, Perinatal Loss, Couples, Life Transitions, Parenting, Trauma		<a href="https://www.mindfullifetherapyllc.com">https://www.mindfullifetherapyllc.com</a>	
Open Arms Health, Wellness and Healing	1 Saddle Court	Somerset	732-798-4660			English		Perinatal Mental Health, Perinatal Loss, OCD, Military Families, Post-Abortion Support	Postpartum Support International		Faith based
Stacey Pacelli, LCSW	Telehealth Only	Virtual	609-371-7300	Aetna, Blue Cross Blue Shield, Horizon Blue Cross Blue Shield OMNIA	Yes, as needed	English	Virtual	Perinatal Mental Health	Trained at Postpartum Stress Center		
Revive and Bloom Therapy	Telehealth Only	Virtual	551-775-2303	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Pregnancy Termination, Perinatal Loss, Fertility Challenges	Postpartum Support International		

# Somerset County Therapists (Continued)

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website	Notes
Caroline Swantkoski, MS, LMFT, PMH-C	Telehealth Only	Virtual	609-323-5249	Aetna, Blue Cross Blue Shield, Cigna		English	Virtual	Perinatal Mental Health	PMH-C	<a href="https://www.cswantherapy.com">https://www.cswantherapy.com</a>	
Threefold Clinical Care, LLC	Telehealth Only	Virtual	973-433-5644	No	Yes	English	Virtual	Perinatal Mental Health, Life Transitions	PMH-C	<a href="https://www.threefoldclinicalcare.com">https://www.threefoldclinicalcare.com</a>	Art therapy available
Samia Qadri	Telehealth Only	Virtual	973-993-6133			English, Urdu	Virtual	Perinatal Mental Health, EMDR, Trauma Recovery	Postpartum Support International	<a href="https://www.samiaqadri.com">https://www.samiaqadri.com</a>	
Jennifer Wacker, EdM, LPC	719 Routh 206, Suite 105	Hillsborough	908-364-5540		Yes	English	Both	Anxiety, Grief, Fertility Challenges			
Melissa Yaeger, LPC, LPCC, PMH-C	Telehealth Only	Virtual	856-281-1424	Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Optum, UnitedHealthcare		English	Virtual	Perinatal Mental Health, Adolescents, Eating Disorders	PMH-C		

# South Jersey

## Counties:

Atlantic, Burlington, Camden,  
Cape May, Cumberland,  
Gloucester and Salem



# Psychiatrists

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website
Gloucester	Rowan Psychiatry Residents	100 Century Parkway	Mount Laurel	856-482-9000	Most Insurance Plans	English	Perinatal Psychiatrist Available for Consult	
Camden	Dr. Nicole Post	211 Kings Highway East	Haddonfield	856-701-8328	No	English	Yes	<a href="https://www.nicolepostmd.com/">https://www.nicolepostmd.com/</a>

# Nurse Practitioners

County	Name	Address	City	Phone Number	Insurance Plans Accepted	Languages Spoken	Continuing Ed in Perinatal Mental Health	Website
Cumberland	Inspira Health Behavioral Wellness Center	333 Irving Avenue	Bridgeton	856-575-4307	Many Insurance Plans Including Medicaid	English	Yes	<a href="https://www.inspirahealthnetwork.org/locations/inspira-health-center-bridgeton/behavioral-health">https://www.inspirahealthnetwork.org/locations/inspira-health-center-bridgeton/behavioral-health</a>
Burlington	Marigold Center for Mental Health	100 Ashurst Lane, Suite 115	Mount Holly	856-200-3141	Aetna, Cigna, Oxford, Horizon Blue Cross Blue Shield	English	Yes	<a href="https://www.marigoldcenter.com/">https://www.marigoldcenter.com/</a>

# Atlantic County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Seaside Serenity Counseling	6712 Washington Avenue, Suite 305	Egg Harbor Township	609-961-1827	Blue Cross Blue Shield, Cigna, Aetna, AmeriHealth, Optum, UnitedHealthcare	No	English	Virtual	Relationships, Grief, Anger	Yes	<a href="https://www.seaside-serenity.com/">https://www.seaside-serenity.com/</a>
Island Therapy	Multiple Locations	Somers Point	609-415-4901	Aetna, Horizon, Cigna, UnitedHealthcare, AmeriHealth, Medicare	No	English	Virtual	EMDR	Yes	<a href="https://www.islandtherapyllc.com/">https://www.islandtherapyllc.com/</a>

# Burlington County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Change of Mind Counseling	Virtual	Southampton	609-217-3868	Aetna, Horizon Blue Cross Blue Shield, UnitedHealthcare	Yes	English	Virtual	Perinatal OCD	Yes	<a href="https://www.changeofmindcounseling.com/">https://www.changeofmindcounseling.com/</a>
Chrysalis Counseling Center	115 North Church Street	Moorestown	856-200-8203	Aetna, Horizon, Quest	Yes	English, Spanish	Both		Yes	<a href="https://www.thechrysaliscounselingcenter.com/about">https://www.thechrysaliscounselingcenter.com/about</a>



# Camden County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Artemis Center for Guidance	151 Fries Mill Road, Suite 301	Turnersville	856-589-3420	Aetna, Meritain, Allied Trades, Teamster's, Medicare, First Health, Multiplan, Out of Network	No	English	Both	EMDR, ERP, Ketamine-Assisted Therapy	Yes	<a href="https://artemisguidance.com/?gad_source=1&amp;gbraid=0AAAAADnVcMqeK6vJ_mSGre6nlwOccjpTC&amp;gclid=Cj0KCQjw8cHABhC-ARIsAJnY12xziyHVpay09AHcmu-1LSxgE0fkbNNSi15bwTZwse01InHEWGyoXbAaAs67EALw_wcB">https://artemisguidance.com/?gad_source=1&amp;gbraid=0AAAAADnVcMqeK6vJ_mSGre6nlwOccjpTC&amp;gclid=Cj0KCQjw8cHABhC-ARIsAJnY12xziyHVpay09AHcmu-1LSxgE0fkbNNSi15bwTZwse01InHEWGyoXbAaAs67EALw_wcB</a>
Live Truthfully Counseling	Virtual	Virtual		Blue Cross Blue Shield, Cigna, Aetna, UnitedHealthcare	Yes	English, Spanish	Virtual	Generational Trauma, BIPOC Mental Health	Yes	<a href="https://livetruthfullycounseling.com/">https://livetruthfullycounseling.com/</a>
Meridian Counseling Services	1930 Marlton Pike East, Suite V-105 (Cherry Hill) 108 Greentree Road, Unit M (Turnersville)	Cherry Hill, Turnersville	856-751-0505	Horizon, Aetna, Cigna, AmeriHealth	Yes	English	Both		Yes	<a href="https://meridiancounseling.net/">https://meridiancounseling.net/</a>

# Cape May County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Best Life Counseling Nicole Farell, LPC	1127 Route 47 South, Suite 9	Rio Grande	609-486-2003	TriCare East, AmeriHealth Administrators, Horizon Blue Cross Blue Shield Commercial Plans, Aetna Commercial Plans, United Healthcare Commercial Plans, AmeriHealth, Optum HealthCare Commercial Plans		English	In Person	CBT, DBT	Yes	<a href="https://www.bestlifenj.com/">https://www.bestlifenj.com/</a>

# Cumberland County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Inspira Health Behavioral Wellness Center	333 Irving Avenue	Bridgeton	856-575-4307	Many Insurance Plans Including Medicaid		English	Both	EMDR, Brainspotting, Grief, Trauma	Yes	<a href="https://www.inspirahealthnetwork.org/locations/inspira-health-center-bridgeton/behavioral-health">https://www.inspirahealthnetwork.org/locations/inspira-health-center-bridgeton/behavioral-health</a>

# Gloucester County Therapists

Name	Address	City	Phone Number	Insurance Plans Accepted	Sliding Scale?	Languages Spoken	In person, virtual or both?	Specialties? (i.e. grief, trauma, etc.)	Continuing Ed in Perinatal Mental Health	Website
Lauren Lilien, LCSW		Pitman	856-230-2752	Aetna, Blue Cross Blue Shield, UnitedHealthcare		English	Virtual	Trauma	Yes	<a href="https://www.psychologytoday.com/us/therapists/laura-lilien-marlton-nj/1187378">https://www.psychologytoday.com/us/therapists/laura-lilien-marlton-nj/1187378</a>

# Support for Postpartum Depression & Perinatal Mood Disorders



## North Jersey: Emotional Well-Being Program

[pmch.org/postpartum-resources](https://pmch.org/postpartum-resources)



## Central Jersey: Pregnancy and Parenting Program

[cjfhc.org/resources](https://cjfhc.org/resources)



## South Jersey: Postpartum Wellness Initiative for South Jersey

[thecooperative.org/postpartumwellness](https://thecooperative.org/postpartumwellness)



## My Kota Bear

[mykotabear.com](https://mykotabear.com)

If you are having a mental health emergency and are in need of immediate assistance, please call 911 or 988 or go to the Emergency Room. These resources are not intended for emergency use.

**National Maternal Mental Health Hotline:**  
**1-833-TLC-MAMA | 1-833-852-6262**



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