



## Build your Village Support Resources

- ❖ Build your Village Support Group: **10-11:30 am Thursdays at LMH** - call Melissa (785) 550-6795 for info
- ❖ Build your Village of Douglas County <https://buildyourvillagekansas.wordpress.com/> and on [Facebook](#)
- ❖ Postpartum Support International warmline 1-800-944-4773
- ❖ Postpartum Support International (PSI) “Chat with an Expert” meetings every Wednesday [www.postpartum.net](http://www.postpartum.net)
- ❖ PSI Kansas Coordinators available for phone support/resources
  - Melissa Hoffman 785.550.6795 [melj0306@gmail.com](mailto:melj0306@gmail.com) and Stephanie Young 620.897.7605 [vash\\_ii@yahoo.com](mailto:vash_ii@yahoo.com)
- ❖ PSI online support groups in English and Spanish: Support Groups Central <http://www.supportgroupscentral.com>
  
- ❖ **Recommended Websites and Books**
  - Postpartum Support International [www.postpartum.net](http://www.postpartum.net)
  - Perinatal Mental Health Alliance for Women of Color <https://www.pmhawoc.org/>
  - Medical Information, research updates, & articles [www.womensmentalhealth.org](http://www.womensmentalhealth.org)
  - Beyond the Blues: A Guide to Understanding and Treating PPD Indman, MFT & Bennett, PhD
  - The Mother-to-Mother Postpartum Depression Support Book Sandra Poulin
  - This Isn't What I Expected: Overcoming Postpartum Depression Karen Kleiman, MSW & Valerie Raskin, MD
  - The Postpartum Husband: Practical Solutions for Living with Postpartum Depression by Karen Kleiman, MSW
  - Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Ann Dunnewold, PhD & Diane Sanford, PhD
  - The Pregnancy and Postpartum Anxiety Workbook Pamela Weight
  - The Mindful Way Workbook by J. Teasdale, M. Williams and Z. Legal
  - Mom and Mind Podcast by Dr. Kat <https://drkaeni.com/podcast/>
  
- ❖ **Spanish Resources**
  - PSI website [www.postpartum.net](http://www.postpartum.net)
  - PSI warmline phone support 1-800-944-4773
  - PSI online support groups [www.supportgroupscentral.com](http://www.supportgroupscentral.com)
  
- ❖ **Medication Use in Pregnancy and Breastfeeding**
  - Infant Risk Center (806-352-2519 or [www.infantrisk.com](http://www.infantrisk.com))
  - Mother to Baby (866-626-6847) [www.mothersbaby.org](http://www.mothersbaby.org)

### ❖ Lawrence Area Mental Health Providers

Meeka Centimano, LSCSW	(913) 530-3837	<a href="http://www.centimano.com">www.centimano.com</a>	Prairie Village, KS
Maria Ilardi, APRN	(785) 312-9866	<a href="http://www.ilardipsychatric.com">www.ilardipsychatric.com</a>	Lawrence, KS
Janace Maynard, LSCSW	(785) 330-3787	<a href="mailto:jmaynard737@gmail.com">jmaynard737@gmail.com</a>	Lawrence, KS
Anne Owen, PhD	(785) 550-8854	<a href="http://www.anneowenphd.com">www.anneowenphd.com</a>	Lawrence, KS
Rita Stuckey, PhD	(785) 841-4114		Lawrence, KS
Vicki Tsai, PMHNP	(913) 795-5524	<a href="http://www.formosasea.com">www.formosasea.com</a>	Lawrence/Topeka, KS
Joette Vignery, LSCSW	(785) 330-5455	<a href="mailto:joettevignery@gmail.com">joettevignery@gmail.com</a>	Lawrence, KS
Lesa West, LMFT	(785) 766-7183	<a href="mailto:lesaannwest@gmail.com">lesaannwest@gmail.com</a>	Lawrence, KS

\*\* visit our website to learn more about these providers

### ❖ Community Mental Health Services

Bert-Nash Mental Health (785) 843-9192 Lawrence, KS

KU Psychological Clinic (785) 864-4121 Lawrence, KS

Heartland Community Health Center [existing patients] (785) 841-7297 Lawrence, KS

Drug and Alcohol Addiction Treatment Professional Treatment Services (785) 843-5483 Lawrence, KS

First Step (DCCCA) (785) 843-9262 Lawrence, KS

### ❖ Support Agencies

Healthy Families (785) 843-3060 Lawrence, KS

Parents as Teachers 832-5680 (Lawrence), 594-2721 (Baldwin), 876-2214 (Eudora)

tiny k (785) 843-3059 WIC (785) 843-0721

The Willow Domestic Violence Shelter (785) 843-3333 (serving Douglas, Jefferson and Franklin counties)

Crisis Assistance Headquarters (785) 841-2345

### ❖ Emergency Numbers

Parent Helpline 800-332-6378

Suicide Prevention Hotline 800-273-8255

Crisis Text Line 741-741

### ❖ For Fathers

- PSI Chat with an Expert first Monday of each month [www.postpartum.net](http://www.postpartum.net)
- Emotional support for men suffering at Postpartum Men [www.postpartummen.com](http://www.postpartummen.com)
- Information about mood disorders: click on "[Learn More](http://www.postpartum.net)" [www.postpartum.net](http://www.postpartum.net)
- Resources for fathers: click on "family- resources for fathers" [www.postpartum.net](http://www.postpartum.net)
- Jerry Marquez, Healthy Dads Healthy Families Coordinator, 785-856-5338 [jmarquez@ldchealth.org](mailto:jmarquez@ldchealth.org)
- Dads of Douglas County [www.dadsofdouglascounty.org](http://www.dadsofdouglascounty.org) or (785) 813-1846

Build your Village of Douglas County

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*This resource list is maintained by Build your Village of Douglas County and updated biannually in January and July. Inclusion on the provider list does not constitute a recommendation of any of the individuals or agencies listed. Neither Build your Village of Douglas County, PSI Kansas, PSI Kansas coordinators, or PSI members are liable for any of the actions taken by any of the therapists or agencies listed on the site. Additional mental health provider information can be found at [www.psychologytoday.com](http://www.psychologytoday.com).*