

## Perinatal Mental Health Resources

### Perinatal Specific:

Erica Wesley, Registered Social Worker - <https://ericawesley.ca/>

After Baby Group (North Simcoe Family Health Team) - <https://www.nsfht.ca/after-baby-group>

Mental Health Counselling (Life with a baby) - <https://www.lifewithababy.com/Mental-Health-Counselling>

Indigenous Perinatal Mental Health Counselling (Chigamik Community Health Center) - <https://www.chigamik.ca/en/services/allied-health/indigenous-perinatal-mental-health-program>

### Not perinatal specific:

Ontario Structured Psychotherapy Program - [https://www.waypointcentre.ca/programs\\_and\\_services/ontario\\_structured\\_psychotherapy](https://www.waypointcentre.ca/programs_and_services/ontario_structured_psychotherapy)

1door - <https://www.1door.ca/>

Single session counselling (Chigamik Community Health Center) - <https://www.chigamik.ca/en/services/allied-health/single-session-counselling>