



The health and wellness of you and your family is important to Napa Moms. The following is a list of care providers that seek to positively impact maternal mental health here in Napa. If you have a provider you would like to add to this list please email education@napamoms.org

Aldea Children & Family Services

1801 Oak St Napa, CA 94559

[www.](http://www.aldeainc.org)

email : info@aldeainc.org

phone: 888-99-ALDEA (25332)

“Our mission is to improve lives and create bright futures for people we serve by providing professional mental health, child welfare and support services in a manner that respects the dignity and individuality of each person.”

Community Outreach at Queen of the Valley

Maternity and Family-Centered Education

3448 Villa Lane Suite 102 Napa 94558

<https://www.thequeen.org/for-community/maternity-family-centered-education/>

email : qvmcPerinatalEducation@stjoe.org

phone: 707.251.2050

“Community Outreach offers a wide range of classes designed to help expecting moms, dads and families make informed, healthy choices about their pregnancy, birth, and early child-rearing.”

Perinatal Emotional Wellness, Free counseling available

3448 Villa Lane Suite 102 Napa 94558

<https://www.thequeen.org/for-community/maternity-family-centered-education/>

email : qvmcPerinatalEducation@stjoe.org

phone: 707.251.2051

“For a caring, nonjudgmental sounding-board for any thoughts or feelings that concern you, please contact us. A licensed therapist will return your message. All calls or visits are free and confidential”

Cope Family Center

707 Randolph Street Napa, CA 94559

www.copefamilycenter.org

email : hello@copefamilycenter.org

phone: 707.252.1123

“Our mission is to empower parents, nurture children and strengthen communities. We provide parents with the education, resources and support they need to raise children who thrive.”

County of Napa Mental Health

Napa Valley Suicide Prevention Council

www.countyofnapa.org/290/Mental-Health

Napa Valley Crisis Line 707.253.4711

“The Council’s purpose is to support existing local suicide prevention and stigma reduction efforts, identify and fill gaps in suicide prevention approaches, and develop an overarching County suicide prevention plan. All of these activities are designed to support the elimination of suicide in Napa County”

Emily Marie Booth, Doula, Over the Moon Postpartum Care

<https://www.overthemoonpostpartumcare.com/>

email: emily@overthemoonpostpartumcare.com

phone: 707.294.4044

“Over The Moon Postpartum Care is here to help you become the parent you know yourself to be. If you have questions, comments or special requests, I would love to hear from you, so don’t hesitate to reach out today.”

Emily Owen Folan, PhD, BSN, CPpD, Little Nest Postpartum Services

<https://www.littlenestdoulasupport.com/>

email: littlenestdoulas@gmail.com

phone: 510.393.7579

“Little Nest provides a continuum of services from planning for the fourth trimester while you're still pregnant, to postpartum doula services once baby has arrived, to developmental infant care and parent coaching up through the first postnatal year. Every family has their own hopes and wishes for this special time, and each family's needs are unique. No matter what your individual goals are, my ultimate purpose is to help your family have the best start possible.”

FIT4MOM Napa Valley, Stroller Strides

2590 First Street, Napa 94558

<https://napavalley.fit4mom.com/>

707.492.5516

“A group of incredible moms that get together to exercise, but it’s so much more than that. These women support one another, lift each other up, laugh together and relate to the motherhood struggles. First class is free.”

Innovations Community Center

3281 Solano Ave, Napa CA 94558

www.innovationscommunitycenter.org

email: sara@innovationscommunitycenter.org

phone: 707-259-8692

"The Innovations Community Center explores the complex interplay between mental health services and aging, poverty, race, immigration status, sexual identity and substance abuse. The Center promotes collaborative relationships between mental health consumers and Napa County mental health practitioners."

Jennifer Hampton at Moxie Licensed Clinical Social Worker Corp.

1219 Coombs St, Ste D, Napa 94559

www.moxienapa.com

Email: moxienapa@gmail.com

Phone: 707.690.0745

"I provide mental health therapy and coaching for pregnant and postpartum moms and their partners as well as free support groups for pregnancy loss and postpartum concerns. I also offer education on couples communication and parenting."

Dr. Daniel Haycraft at Adventist Health

Phone: 707.967.7551

821 S St Helena Hwy Suite 2 St. Helena, California 94574

Accepting new patients upon referral from a primary care physician or OB

Accepting most large PPO Insurances (no HMOs)

Dr. Charles Hudson Adventist Health Group

Email: pyzerln@ah.org (Leanne Pyzer)

Phone: 707.995.5689

Accepting new patients upon referral from a primary care physician or OB

Accepting most large PPO Insurances as well medicare and partnership (no HMOs)

Tele-help available

Dr. Kuzirian at Napa Child Wellness

www.DrKuzirian.com

phone: 707.418.8463

"I provide mental health services for pregnant and postpartum moms dealing with depression and anxiety. I also offer parent coaching for parents of young children which can alleviate stress normal to a new sibling in the family."

Dr. Tim Locke at Napa Interfaith Counseling

<http://www.napacounseling.org>

Phone: 707.659.6911

Email: Tlocke@foursprings.org

Insurance not accepted, patients are offered a sliding scale for counseling services. No referral needed.

“Pastoral counseling is like counseling you might seek from any other therapist, except pastoral counselors also have professional training in spirituality and faith in addition to their clinical training in behavioral science. We can help you include the resources of your own spiritual understanding or faith tradition as we work with you to resolve what brings you to counseling.”

Mentis

709 Franklin St Napa 94559

www.mentisnapa.org

email : info@mentisnapa.org

phone: 707.252.1123

“Dedicated to the emotional health and wellbeing of all Napa County residents, Mentis provides bilingual, affordable mental health services to people of every age, stage and income level.”

Psychology Today’s List of Therapists in Napa (with identified specialty in postpartum care)

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/ca/napa>

Postpartum Support International

www.postpartum.net

The PSI warmline can be reached at 1-800-944-4773 (4PPD). Volunteers offer encouragement, information, and treatment resources in your community.

“We provide direct peer support to families, train professionals, and are a bridge between the two”

2020 Mom Group

www.2020mom.org

phone: 626.390.4173

“Closing gaps in maternal mental health care through education collaboration, and advocacy.”

National Suicide Prevention Hotline and Website

1-800-273-8255

www.suicidepreventionlifeline.org

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationwide; available 24/7

CRISIS TEXT LINE

Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.

Dr. Robert Alpert

1807 Jefferson St, Napa, CA 94559

707.257.6956

Dr. Linda L Bancke, PhD

553 Jefferson St, Napa, CA 94559

707.257.3041

(LM) Dr. Janet Cain

707.255.6115

Dr. Richard Cohan

1303 Jefferson St #600a, Napa, CA 94559

707.258.5699

Dr. Lorraine Crockford, MFT

707-258-1964

Dr. Elizabeth Moffitt

2160 Jefferson St #260, Napa, CA 94559
707.307.3503

Doris Pick PhD

553 Jefferson Napa, CA 94559
707.257.2720

Elaina Scrutchins, LCSW Psychotherapist

<http://www.elaina-therapy.com>

1303 Jefferson St #600a, Napa, CA 94558
707.694.0940

(LM) Joanie Siedel (grief / loss)

707.253.7513

(LM) Barbara Reisman, Psychiatrist

2180 Jefferson St # 206, Napa, CA 94559
707.256.0175

Dr. Nathan Thuma MD

1030 Main St #210, St Helena, CA 94574
707.963-3696