

# COASTAL

Pediatric Associates

## Postpartum Support Resources

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[www.ppdsupport.org](http://www.ppdsupport.org)  
843-410-3585  
[contact@ppdsupport.org](mailto:contact@ppdsupport.org)

Postpartum Support Charleston is a great resource with providers listed who treat postpartum depression as well as support groups, family resources, and advice. \*Grants are also available for treatment.



[www.charlestoncounseling.org](http://www.charlestoncounseling.org)  
843-501-1099  
Mount Pleasant, West Ashley, Park Circle (North Charleston)

Charleston Counseling Center has 4 locations and 16 providers.

## Psychology Today

[www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

Psychology Today is a website with hundreds of therapists, psychologists, and psychiatrists throughout the country. You can filter your search by location and insurance to find a therapist who fits your needs.

### Other Options & Resources

We recommend that you see your PCP or OBGYN as they can also help navigate and refer you if you need additional support.

**If you have thoughts of hurting yourself or your child(ren) seek medical attention immediately or call 911.**