

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **UCLA Perinatal Mental Health Program**

, CA 90095

310-825-4138 | 310-825-3102

<https://www.uclahealth.org/Resnick/maternal-mental-health-program>

Languages:	English
Age Group Served:	all
Services:	Family/Dyad (parent and baby) Therapy, Individual Therapy, and Group Support
Evidence-Based Practices:	CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavior Therapy), Intensive Outpatient, Mindful Parenting, Mindfulness Based Therapy, Nonviolent Parent Education, Postpartum Support Groups, Pregnancy Support Groups, Reflective Parenting, Short-term Psychotherapy, Solution Focused Psychotherapy, Strength Based, Supportive Psychotherapy, TFCBT (Trauma-focused Cognitive Behavioral Theory), IOP, and Partial
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	non profit
Intake Requirements:	Call for screening
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Hours:	please contact provider for hours