



CREE LAMBECK B.Ed., R.P.

Cherry Tree Counselling & Psychotherapy Services

Steps to Finding a Perinatal Therapist

Tell a loved one you trust how you are feeling.



Check with your family doctor. Is there a therapist on their team?

YES

NO

Ask about availability & training in perinatal mental health.

Are you insured? Check your insurance coverage for mental health services. Check designation and maximums carefully.



Ask to pre-book a series of regular, consistent appointments or referral to WHCC*.



YES

NO



Connected to care.

Find a perinatal therapist at *PSI.

LOW COST/FREE THERAPY
*WHCC
Affordable Therapy Network of ON
Crown Point Midwives postpartum group
Abiliti or Mind Beacon online CBT
Masters level student interns
www.psychologytoday.com

*PSI: Postpartum Support International
<https://www.postpartum.net>

*WHCC: Women's Health Concerns Clinic (Hamilton only, referral needed)



Ask to pre-book a series of regular, consistent appointments.



Connected to care.



Connected to care.