

# Perinatal Mental Health Providers

## MENTAL HEALTH SOCIAL WORKERS

**Education/Training:** A Master of Social Work (MSW) is typically required to become a Licensed Clinical Social Worker. Further specialization in perinatal mental health is available.

**TL/DR:** Social worker practice tends to emphasize a holistic perspective beyond the individual's mental health (e.g. social, cultural, or environmental factors).

## PSYCHIATRISTS

**Education/Training:** Medical school (MD), residency, and subspecialty fellowship training focusing on perinatal mental health.

**TL/DR:** Psychiatrists specialize in the diagnosis, treatment, and prevention of mental illness. They can prescribe medications.

## PSYCHOLOGISTS

**Education/Training:** Typically need to complete a doctoral degree (PhD or PsyD), often need to complete supervised clinical hours. Further specialization in perinatal mental health is available.

**TL/DR:** Psychologists assess, diagnose, and treat various emotional and psychological issues. They implement evidence-based therapy techniques to support their clients.

## OTHER HEALTH PROFESSIONALS

**OB/GYNS, Pediatricians, Primary Care Physicians, Family Care Physicians, Nurses or Nurse Midwives:** While they may or may not be trained in perinatal mental health, these clinicians can be involved in screening and provide support or referrals to appropriate specialists.

## OTHER PROFESSIONALS

**Postpartum doulas:** While not certified to provide any counseling, these professionals may be able to identify potential mental health struggles and provide appropriate referrals.