East Cascade Women's Group (ECWG) Perinatal Behavioral/Mental Health Resource Guide
(last updated February 2026)

Please note: These resources were collected through professional consultations and trainings. We cannot guarantee any of these providers or organizations will be available and a good fit for a patient's individual circumstance. You (the patient) will have to contact resources directly to confirm goodness of fit.

Crisis Resources

Deschutes County Crisis Services
If you or someone you know is in crisis, you should contact the crisis line by dialing 988 or (541)322-7500 x9 or call (800) 875-7364 (toll free) or walk into the Stabilization Center which is open 24 hours a day, 7 days a week.

National Maternal Mental Health Hotline - 1-833-TLC-MAMA

988 Suicide & Crisis Lifeline - DIAL 988

National Domestic Violence Hotline - 1-800-799-SAFE (7233)

https://www.saving-grace.org/ - 541-389-7021 (24/7 line)
Organization based in Central Oregon for survivors of intimate partner violence

Local Opportunities to Connect with other Pregnant and Postpartum Parents

https://www.stcharleshealthcare.org/events - includes support groups, childbirth education, breastfeeding support

Prenatal yoga and mom and baby groups – some opportunities are free https://freespiritbend.com/events

Local facebook groups: https://www.facebook.com/groups/422250827973120/, https://www.facebook.com/groups/827299569099648/ The Moms-Bend group has posts about local mom's groups, yoga opportunities, etc.

https://www.tulamovementarts.com/class-schedule - use filter to find prenatal yoga

Pre and postnatal baby and me yoga and fitness - https://www.bendparksandrec.org/fitness-swim/prenatal-postnatal/

https://www.facebook.com/corksunrunners - mom squad (running group)

https://www.theslowseasonmovement.com/?fbclid=PAZXh0bgNhZW0CMTEAAacRC8biJ0YfkV7D06zAFm3812wA4UaGHVNBXa3Rr2GtYovgEyEioq-7Gy_WPQ_aem_hiuq4DazwFrIPrwr6c_tSw pre and postnatal yoga

Psychotherapy Referrals

Pregnancy, birth, postpartum support:

Provider name and contact information	*Insurance Accepted (last updated 10/2024)*
Robin Gibler https://www.aiyanacounseling.com/robin-c-gibler	Moda, Pacific source Commercial and Kaiser. I can bill out of network for all other plans, except Medicaid/ Medicare.
Diana Phillips-Saldana, LPC (bilingual – Spanish and English) https://www.wcbend.com/	OHP, PacificSource Commercial, Blue Cross Blue Shield, Aetna, Moda pending
Katryn Haley-Little www.rivercrestcounseling.com	Aetna, Optum/UHC, PacificSource Commercial, able to provide a superbill for all others.
Adeline Holter, LCSW, PAC, PMH-C *adeline@viewpointtherapy.com* http://www.viewpointtherapy.com/about.html	Pacific Source
Angie Pyke, LPC Healing Roots Counseling http://www.healingrootscounseling.org/our-team.html Phone: 541-904-0083	PacificSource Commercial, PacificSource OHP, Oregon Health Authority Medicaid/ OHP, Providence Commercial, First Choice Health Network and MODA
Kendall Johnson, LPC-A https://www.elevatebend.com/ourteam	Providence, in process of becoming in network with Moda, Pacific Source, and OHP

https://www.gatheredandwise.com/	PacificSource, Samaritan Health Plans, Intercommunity Health Network, First Choice Health Network, PacificSource Community Solutions, Moda, Providence, Regence Blue Cross Blue Shield of Oregon
Marjon Murphy https://www.psychologytoday.com/us/therapists/marjon-murphy-bend-or/1694954	See website for innetwork insurances

OCD:

https://iocdf.org/

Substance use/Addiction:

https://www.bestcaretreatment.org/

Intensive care options:

https://www.deschutes.org/health/page/behavioral-health - (541) 322-7500

https://www.charliehealth.com/intensive-outpatient-iop/maternal-mental-health

Eating disorder:

https://equip.health/

https://www.wilderwellness.co/therapy

https://spanosclinic.com/contact

https://www.highvibesociety.net/services/

https://erinkukura.com/ (nutrition)

https://www.synergyhealthbend.com/ (nutrition)

Other psychotherapy support for variety of conditions (e.g., depression, anxiety, stress, trauma):

https://www.brightwayscounseling.com/

https://www.accessmorejoy.com/

https://www.centeredbend.com/

https://www.lifeworksbend.com/

Couples therapy:

https://www.santiamcounseling.com/

https://thrivementalhealththerapy.com/meet-the-team

https://www.lifeworksbend.com/

Additional tips for locating a therapist: It is sometimes difficult to find a therapist who is a good fit in terms of style, specialty, availability, insurance coverage, etc. Here are a few tips to expand your search for therapists in case the recommendations on this guide do not work for you.

1. Call your insurance company directly and request help locating a therapist who is in-network and who has experience treating the symptoms you have (e.g., anxiety, stress, couples concerns). Some insurance companies will help patients with this request.

2. Utilize Psychology Today (https://www.psychologytoday.com/us?tr=Hdr_Brand) or a search engine (e.g., Google) to locate a provider. Please note you will have more options if you expand your search to include providers in other areas of Oregon (e.g., Portland, Eugene) who do virtual visits.

3. As you feel comfortable, ask other providers (e.g., obgyn, primary care doctor, physical therapist) or people you know in the community (e.g., friends) if they have recommendations for therapists.

4. Call the Postpartum Support International Helpline – they will get you connected to a representative for resources local to Oregon. Also, this organization has many free support groups, peer support, and additional resources for a range of issues related to

pregnancy, birth, and postpartum. Resources can be found on specific topics like OCD, pregnancy loss, NICU stays, fathers, single parents, and more. Resources are also available in Spanish.

Psychiatry Referrals

https://www.brightwayscounseling.com/

https://www.pbh.health/

https://www.bloompsychwellness.com/

https://www.deschutes.org/health/page/behavioral-health - (541) 322-7500

Additional local and national free or low-cost resources and self-help resources

Pregnancy and postpartum

https://www.deschutes.org/health/page/perinatal-care-coordination
https://www.babybluesconnection.org/ - support groups, peer support, other resources, based out of Oregon

https://www.postpartum.net/get-help/ - This organization has many free support groups, peer support, and additional resources for a range of issues related to pregnancy, birth, and postpartum. Resources can be found on specific topics like OCD, pregnancy loss, NICU stays, fathers, single parents, and more. Their help line is a helpful place to get started. Resources are also available in Spanish.

https://thewonderweeks.com/ - app to track child development and help interpret their behaviors with a supportive group chat function

Popular podcasts recommended:

1. Medications in pregnancy and postpartum
    a. https://wellmindperinatal.com/313-psychiatric-treatment-of-maternal-mental-health-with-dr-liz-cox/
    b. https://wellmindperinatal.com/291-medication-support-for-healing-from-ppd-and-ppa/

2. Attachment/bonding with baby

    a. https://podcasts.apple.com/gb/podcast/216-understanding-attachment-and-bonding-with/id1125550872?i=1000546765312

3. Intrusive thoughts, anxiety, perfectionism

    a. https://www.momwell.com/blog/understanding-scary-and-intrusive-thoughts

    b. https://podcasts.apple.com/us/podcast/342-rattled-how-to-calm-new-mom-anxiety-with-nicole/id1125550872?i=1000657637688

    c. https://podcasts.apple.com/no/podcast/044-managing-perfectionism-in-motherhood-with/id1480889809?i=1000494688005

4. Guilt

    a. https://open.spotify.com/episode/0eNF7HjavIfKLW6MT37r4g?si=GsDbKTQFTWqfaExlMADdww (start around 10 minutes)

5. Relationship with partners postpartum, intimacy postpartum

    a. https://wellmindperinatal.com/210-baby-bomb-a-relationship-survival-guide-for-new-parents-with-kara-hoppe-mft/

    b. https://wellmindperinatal.com/172-sex-stress-and-burnout-understanding-it-all-with-emily-nagoski-ph-d/

6. Neurobiology of postpartum, depletion, how systems/partners can support postpartum

    a. https://podcasts.apple.com/au/podcast/have-you-heard-about-postnatal-depletion-tips-for-the/id1484930949?i=1000584562107 (start at 10:30)

7. Body image

a. https://www.momwell.com/blog/learning-to-love-your-postpartum-body

8. Parental Leave

a. https://podcasts.apple.com/us/podcast/381-understanding-and-navigating-your-maternity/id1125550872?i=1000678873362&l=ko

b. https://podcasts.apple.com/us/podcast/245-how-to-get-paid-during-maternity-leave-in-the-us/id1480889809?i=1000671525599

c. https://wellmindperinatal.com/240-the-parental-leave-playbook/

Father specific resources
https://postpartum.net/beyond-the-blues-partners/

https://postpartum.net/part-2-creating-a-support-system-how-partners-friends-and-family-can-support-a-new-mom/

Podcast: https://momwell.com/blog/do-dads-experience-postpartum-depression

Podcast: https://momwell.com/blog/the-invisible-load-of-fatherhood

https://www.mmhla.org/articles/resources-for-fathers

https://www.postpartum.net/group/dad-support-group/

Pregnancy loss including termination for medical reasons

https://www.compassionatefriends.org/chapter/central-oregon-chapter/

https://www.briefencounters.org/

https://endingawantedpregnancy.com/

https://www.tfmrawarenessday.com/tfmrsupportassociationmembers

https://starlegacyfoundation.org/support-groups/

https://centering.org/shop-all/prenatal-and-infant-loss/?page=1 - A thorough index of books and guides for all family members experiencing prenatal or infant loss

https://pregnancyafterlosssupport.org/

Books:

The Miscarriage Map by Dr. Sunita Osborn

Rebirth: The Journey of Pregnancy after a Loss by Joey Miller, LCSW

Fertility support

https://resolve.org/

General mental health/psychotherapy -

https://osucascades.edu/counseling-clinic - free

https://hedcoclinic.uoregon.edu/center/center-healthy-relationships