

Fellow Provider,

**Anchor Perinatal Wellness** provides a variety of mental health services to pregnant and postpartum people, including:

- FREE walk-in screening clinic
- Weekly outpatient therapy
- Intensive outpatient program (IOP): 3 mornings a week for 4-8 weeks

**What We Treat:** Perinatal depression, anxiety, trauma, intrusive thoughts, mood swings, rage, etc

**Who We Treat:** Any person who is pregnant or up to 2 years postpartum.

**When to Refer by Edinburgh Scores:**

- > 8: refer to weekly outpatient therapy or our free screening clinic
- >13: refer to intensive outpatient program or our free screening clinic

**How to refer:**

1. Fax: 984-238-9772
2. Phone: 919-275-0806, option 1
3. Website: <https://www.anchorperinatal.com/for-providers>
4. OR send them to our free screening clinic at 6120 Saint Giles Street, Suite 220, Raleigh, NC 27612 on Mondays 1p-4p, Wednesdays 1p-4p, or Fridays 9a-1p. No referral needed.

We take **BCBS, United, Cigna, Aetna, TRICARE, and Magellan**. We have on-site childcare for IOP.

We would also be happy to provide your staff with more information about our services and/or about perinatal mental health conditions. To schedule a lunch-and-learn, call Veronica at **(919) 275-0017** or email us at [info@anchorperinatal.com](mailto:info@anchorperinatal.com).

We look forward to collaborating with you. Don't hesitate to use us as a resource for your clients' mental health needs.

Sincerely,

Roxanne Rosenberg, LCMHC, PMH-C, Clinical Director

Carolina Robbins, LCSW, PMH-C, Director of Client Care

Veronica Kemeny, LCSW, PMH-C, Director of Operations