

Maternal Mental Health Psychotherapy

Therapy services are available to patients through our advanced training clinic, which is managed by Rebecca Rampe, PsyD. Sessions for maternal mental health are online, via telemedicine platform, and focus on managing emotions, regulation, relationships, self-worth, parenthood, and individual strengths.

Session Information

- Each online session will be billed directly to your health insurance.
- Therapy sessions include both weekly or bi-weekly options.
- All providers in this clinic have completed training through Postpartum Support International.
- For session information or for access to the sessions, please contact Dr. Rampe, rrampe@uabmc.edu.

Resources

Podcasts

- Pregnancy Podcast
- Birth Stories in Color Podcast
- Respectful Parenting Podcast
- Dumb Dad Podcast
- iChill Regulation Podcast
- Pathways Baby Milestones App

Books

- "The Power of Showing Up"
- "This is Motherhood: Reflections and Practices"
- "Transforming The Living Legacy of Trauma"
- "Complex PTSD Workbook"
- "Good Moms Have Scary Thoughts"

Hotlines

- 211 or 1-888-421-1266
- PSI 1-800-944-4773
- Maternal Mental Health: texting/calling 1-833-TLC-MAMA (1-833-852-6262)

Websites

- Children's Aid Society of Alabama - Effective Parenting Instruction Course
- Family Guidance Center of Alabama Kids and Kin Program
- Zero to Three Baby/Family Resources
- Capital Youth Empowerment Father Program
- Compassionate Parent Training
- The Center for Parenting Education
- Family Lives Parenting Courses

Organizations

- Postpartum Support International Free Online Support Groups
- Postpartum Planning Document
- Mindfulness Skills Group for Pregnant and Postpartum Parents
- Women, Infants, and Children Program Alabama
- What to Expect
- PBS Parentalogue Show
- Scary Mommy

We've gathered these resources to support your journey toward wellness. Some materials come from outside sources and reflect a variety of perspectives. UAB Medicine is not responsible for the content of external sites, but we hope you find them helpful.