

Perinatal Therapists in St. Louis

<p>Leslie Davis, LCPC</p> <p>(314) 529-0214 Leslie.d.lcpc@gmail.com leslie-davis411.clientsecure.me/</p> <p>Leslie specializes in empowering teens, young adults and couples who may struggle in the relationship dynamics with friends, family or a romantic partner using an emotion focused approach.</p> <p>Insurance: Private pay only with the exception of The Loveland Foundation vouchers.</p>	<p>Nicole Karalekas, PhD, MSW, LCSW</p> <p>(314) 532-4471 Nikkikaralekaslcsw@gmail.com www.nikkikaralekas.com</p> <p>Nikki provides in depth and insight oriented psychotherapy. She specializes in perinatal concerns.</p> <p>Insurance: Out of network documentation can be provided; sliding scale may be available</p>	<p>Sarah Coffman, MSW, LCSW</p> <p>(314) 640-1644 Riteofpassage@mac.com www.rite-of-passage.com/</p> <p>Sarah offers short and long-term therapy for individuals, groups, and families, providing a warm, respectful and collaborative approach to your individuals needs within a safe and nurturing environment.</p> <p>Insurance: Private pay, limited number of sliding scale sessions available.</p>
<p>This Woman's Work STL</p> <p>Natalie Lanning, MSW, LCSW (314) 222-7505 natalielanning@thiswomansworkstl.com www.thiswomansworkstl.com</p> <p>Natalie specializes in women's health and Perinatal Mood and Anxiety Disorders.</p> <p>Insurance: Anthem, Optum and Cigna</p>	<p>JM Wellness</p> <p>Jen McCurdy, M.Ed., LPC (314) 246-9891 jen@jenmccurdy.com www.jenmccurdy.com</p> <p>Jen specializes in infertility, pregnancy, and maternal mental health up to 3 years postpartum.</p> <p>Insurance: Anthem and Cigna</p>	<p>Nurturing Nest Therapy</p> <p>Rachael Arnold, MSW, LCSW 314-274-1102 info@nurturingnesttherapy.com www.nurturingnesttherapy.com</p> <p>Rachael specializes in Perinatal Mood and Anxiety Disorders. LGBTQIA+ friendly.</p> <p>Insurance: Anthem, UHC, ComPsych, (EAP + managed care), and some sliding scale (income based)</p>

- To find other therapists, **Psychology Today** is a great resource where you can search specifically by insurance accepted, location, therapy modality, among other preferences:
<https://www.psychologytoday.com/us>
- To find professionals (mental health clinicians, doulas, massage therapists, etc..) trained by **Heartland PMAD Consultants, LLC**, visit: <https://heartlandtrains.com/registry/>