

**Loudon County
Mental Health Care**

Cherokee Health Systems, Madisonville Center - 423-442-5280

Support Groups

* MOMS Club - Maryville (for Blount County, Lenoir City, Loudon, Greenback & Philadelphia)

e-mail: MOMSofMaryville@msn.com

**Monroe County
Mental Health Care**

Cherokee Health Systems, Lenoir City Office - 865-986-8082

**Morgan County
Mental Health Care**

Ridgeview - 865-882-1164

**Roane County
Mental Health Care**

Ridgeview - 865-882-1164

**Scott County
Mental Health Care**

Ridgeview - 423-569-7979

**Sevier County
Mental Health Care**

Cherokee Health Systems, Seymour Center - 865- 573-0698

Peninsula Outpatient Center - 865-970-9800

**Union County
Mental Health Care**

Cherokee Health Systems, Union Grainger Primary Care - 865-992-3849

Resources for Postpartum Mood Disorders

Recommendations for seeking treatment: if you feel as if you may harm yourself or someone else please go to the closest emergency room or call 911. If you recognize signs and symptoms in yourself and do not want to harm yourself or someone else, contact your doctor or any of the numbers listed below for support or mental health services.

The **Mental Health Association of East Tennessee** provides **free screenings and information and referral**, including private practitioners treating postpartum mood disorders, to all 16 county regions; please call **865-584-9125** for further information.

[SPECIAL NOTE: Any agency or organization providing support or care for women suffering from postpartum mood disorders not listed is encouraged to contact the Mental Health Association of East Tennessee to be added to the referral list.]

**Anderson County
Mental Health Care**

Ridgeview - 865-482-1076

Methodist Hospital - 865-835-1000

Support Groups

* Mommy to Mommy at Methodist Hospital in Cheyenne Conference Center, lunch served, contact Cheryl Stallings @ 865-835-2268

**Blount County
Mental Health Care**

Cherokee Health Systems, Maryville Office 865-380-4390

Child & Family of Tennessee - 865-983-9390

Emotional Health Recovery Center - 865-981-2300

Peninsula Outpatient Center - 865-970-9800

Blount County (continued)**Support Groups**

- * Mother Baby Support Group meets Wednesday at 10:00 a.m., at Blount Memorial in the family birthing center classroom. Contact Sarah Wethington @865-981-2168
- * MOMS Club - Maryville (for Blount County, Lenoir City, Loudon, Greenback & Philadelphia)
e-mail: MOMSofMaryville@msn.com

Campbell County**Mental Health Care**

Ridgeview - 423-562-7426

Clairborne County**Mental Health Care**

Cherokee Health Systems, New Tazwell Office 865-626-8271

Cocke County**Mental Health Care**

Cherokee Health Systems, Cocke Co. Center - 423-623-5301

Grainger County**Mental Health Care**

Cherokee Health Systems, Bean Station Center - 865-993-4300
Cherokee Health Systems, Blaine Health Center - 865-933-4110
Cherokee Health Systems, Rutledge Health Center - 865-828-4292
Cherokee Health Systems, Washburn Medical Center - 865-497-2591

Hamblen County**Mental Health Care**

Cherokee Health Systems, Morristown Center - 423-586-5032
Cherokee Health Systems, Talbott Center - 423-586-5031

Jefferson County**Mental Health Care**

Cherokee Health Systems, Jefferson County Office - 865-471-0312

Knox County**Mental Health Care**

Baptist Behavioral Health Center - 865-632-5520
Cherokee Health Systems, North Knox - 865-925-4186
Cherokee Health Systems, West Knox - 865-670-9231
Child & Family - 865-524-7483
Helen Ross McNabb - 865-637-9711
Peninsula - 865-970-9800
Project Access – 531-2766 (Contact Helpline: 584-4424)
<http://www.knoxvilleareaprojectaccess.org/>
St. Mary's Behavioral Services - 865-545-7863
(Free Assessments - 865-545-7222)
Sara Cawood, MS - 865-584-4435
Nan Krichinsky, LCSW - 865-588-9766
Lisa Frost, LCSW - 865-588-3173

Support Groups

- * Knoxville Multiples Club - meet once per month & have special activities throughout the year - dues \$40 per year
<http://knoxmultiplesclub.com/>
- * Mother Goose - for parents & babies up to 30 months, 10:00 a.m. Thursdays; West Town Mall and Knoxville Center - 865-523-8695
- * MOMs Club - Farragut (Zip Codes 37932, 37934 and 37922 west of I-140) *e-mail:* momsclubfarragut@yahoo.com
- * MOMs Club-North Knoxville (Zip Codes 37912, 37918, 37938, 37849, 37917 and 37721)
e-mail: KnoxMomsClub@yahoogroups.com
- * MOMs Club - Northwest Knoxville (Zip Codes 37909, 37921, 37931 and 37923 north of I-40)
e-mail: MOMSClubNWKnox@yahoogroups.com
- * MOMS club - Southwest Knoxville (Zip Codes 37919, 37922 east of I-140, & 37923 south of I-40)
e-mail: mc_knoxville_sw@yahoo.com