

Maternal Mental Health Care You Deserve

Babies may be a blessing, but pregnancy and parenting can be hard on your mental health. Brave can help you manage your emotions and surround you with support.

Best of all, you can get all this support during convenient video sessions – from your phone.



Online Therapy

Our therapists have advanced training in mental health during and after pregnancy. Through therapy sessions, they can help you develop coping strategies for the changes happening in your life related to pregnancy, parenting, and relationships in a supportive, non-judgmental environment.

Medication Management

Taking mental health medication during pregnancy is complicated - but it can also be lifesaving. Our psychiatric team will work with you and your OB to begin or wean off medication, if needed, with close monitoring and support.

Therapy Groups

Motherhood can feel isolating. You don't have to go through it alone. Led by a therapist, our groups bring together women facing similar challenges. Whether you're a first-time mom or coping with pregnancy loss, our groups create a community where you can share experiences and support each other.

Take a Brave Step Today!

We accept most insurance plans, including Medicaid.

Get started by making an appointment online at www.bebravehealth.com
or call/text 305-902-6347.