

The Mother-Baby Program

Supporting the emotional health of mothers and babies

The Department of Psychiatry at Hennepin County Medical Center is pleased to announce the opening of the HCMC Mother-Baby Program in April 2013.

The HCMC Mother-Baby Program is the first of its kind in Minnesota and will offer a range of mental health services to support women and families. Our mission is to support and strengthen the emotional health and parenting capacity of mothers, creating families that thrive.

Hennepin Women's Mental Health Program – 612-373-1851 (to schedule an intake for new patients)

Outpatient psychiatry and psychotherapy services for women with depression, anxiety, and other psychiatric concerns before, during or after pregnancy.

The Mother-Baby HopeLine – 612-873-HOPE (4673)

A free, telephone triage and resource line for families experiencing stress or challenges related to mental health symptoms during and after pregnancy, or parenting of young children. Providers may also call with questions related to the diagnosis and treatment of perinatal and maternal mental health.

The HopeLine is NOT a crisis line. Callers can leave a voicemail and one of our mental health staff members will return calls within 2 business days, Mondays through Fridays 9-4pm.

The Mother-Baby Day Hospital – for more info call 612 873 HOPE (4673)

A short-term, intensive outpatient mental health treatment program for pregnant women and mothers who are experiencing moderate or severe mental health symptoms that impact their ability to:

- Function at home or at work
- Take care of themselves or their baby
- Bond and connect with their baby

Important information about the Mother-Baby Day Hospital:

- Women must meet criteria for admission and cannot be adequately treated through traditional outpatient services;
- Mothers with babies less than one year old are encouraged to bring their baby with them and either keep their baby in their arms or allow them to sleep in the nursery that is connected to the group room;
- Day Hospital hours are 12pm-4pm, Monday-Thursday, and average length of stay is 3 weeks;
- Treatment includes: group and family psychotherapy; support for mother-baby bonding and connection; health education about the transition to motherhood, grief and loss, caring for a baby or young child, relaxation and mindfulness; and medication evaluation and management.
- Services are billed to a patient's insurance provider. If a patient does not have medical insurance, we will work with them to discuss options.

For questions about the Mother-Baby Program, please contact:

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