



P.O. Box 7521 Arlington VA 22207 703-829-7152 www.PostpartumVa.org

Blue Ridge Resources for Perinatal Mood and Anxiety Disorders

Blacksburg, Harrisonburg, Lynchburg, Roanoke

Connect with a volunteer who can offer support, encouragement, information, and resources.

Sandra Cothran, Roanoke	scothran@postpartumva.org
Jilayne Luckey, Lynchburg	jluckey@postpartumva.org

Support groups offer the opportunity to validate experiences and gain support and encouragement.

Please contact the support group leader for specific information about the group. All groups are **FREE**.

Sentara Women's Health Center	Thursday evenings	Harrisonburg	(540) 564-7200	Teresa Oliver
Centra Medical Group Women's Center	Wednesday evenings	Lynchburg	(434) 385-8948	Rhonda Turner, rturner@postpartumva.org
Wyndhurst Counseling	Monday evenings	Lynchburg		Jilayne Luckey, jluckey@postpartumva.org

Therapists provide counseling, information, and resources, but cannot prescribe medication.

These individuals have interest and experience working with new and expectant mothers experiencing anxiety and/or depression.

Susan Roehrich, PhD	300 Enterprise Drive Suite C	Forest	(434) 616-2230		
Kristin Pugh, LCSW	4502 Starkey Road Suite 4C	Roanoke	(540) 521-9597	mindfulenergetics.com	kristin@mindfulenergetics.com
David Wiggins, PhD	24 Walnut Avenue SW	Roanoke	(540) 344 - 5100		

Psychiatrists are medical doctors who can perform a full psychiatric diagnostic assessment and prescribe medication.

These doctors can also help rule out underlying medical conditions, such as thyroid issues and anemia.

Timothy Kane, MD	9 Pinnacle Drive Suite 105	Fishersville	(540) 688-2646	getbacktoyou.com	
Joseph Iskandar, DO	24 Walnut Avenue SW	Roanoke	(540) 344 - 5100	osephiskandardo.com	JosephIskandarDO@gmail.com

Additional Resources

BirthMatters Augusta Chapter	1st Tuesday each month	Augusta		birthmatters.us/augusta
Augusta Psychological Associates	71 Wilson Boulevard	Fishersville	(540) 949-4202	augustapsychological.com
Healthy Families of the Blue Ridge	2000 Beery Road	Harrisonburg	(540) 564-5982	DDCABLE@sentara.com
Parenting Education and Support	Sentara RMH Family Connection	Harrisonburg	(540) 433-4531	
Shenandoah Women's Health Care	240 Lucy Drive	Harrisonburg	(540) 438-1314	swhc-office.com
Piedmont Psychiatric Center	3300 Rivermont Avenue	Lynchburg	(434) 200-5999	mentalhealth.centrahealth.com
The Motherhood Collective	various meetings	Lynchburg		themothhoodcollective.org
CHIP of New River Valley	1093 East Main Street	Radford	540-633-5133 ext.	swva.net/nrca/chip.html
CHIP of Roanoke Valley	1201 3rd Street SW	Roanoke	(540) 857-6993	chiprv.org