



Hoag Maternal Mental Health Program

Hoag Maternal Mental Health Program is a collaboration between the Pickup Family Neurosciences Institute and Women's Health Institute. We understand the importance of identifying and treating mental health conditions before, during and after pregnancy to ensure healthy outcomes for both mothers and babies.

The program is focused on four core principles:

1. Universal Screening

We promote screening in physician clinical offices for maternal mental health needs during pre-conception, pregnancy and postpartum.

2. Early Intervention and Treatment

The Maternal Mental Health Outpatient Clinic at Hoag provides a variety of mental health conditions. Our reproductive psychiatrists & therapists specialize in treating depression, anxiety... and sleep disturbances related to pregnancy and postpartum.

3. Connection to Support Services

Our support line helps connect mothers, family members and providers with recommendations and resources to support their needs.

4. Community Education

Our goal is to decrease the stigma and increase awareness about the importance of including maternal mental health as part of comprehensive pregnancy and postpartum care.

Maternal Mental Health Outpatient Clinic

Women who are currently pregnant, postpartum (up to one year) or planning to conceive and desire a pre-conception medication safety evaluation can be referred to the clinic.

Clinic Services

- Pre-conception planning with the psychiatry team (women with existing mental health conditions or currently taking medications and planning to conceive).
- Mental health assessment during pregnancy and postpartum.
- Individual and group psychotherapy during and up to one year postpartum.
- Medication safety evaluation during pregnancy and breastfeeding.
- Pharmacogenomics testing.
- Support groups & connection to support services.

Support Groups

Prenatal Support Group

This virtual support group prepares moms for the transition into motherhood.

Postpartum Support Group

This virtual support group is designed for moms to connect and gain support in postpartum.

Postpartum Group Therapy

A virtual six week group psychotherapy program to support new mothers with postpartum adjustment.

Mindfulness for Pregnant and New Moms

This virtual workshop will guide you through meditation, mindfulness and breathing exercises to foster an inner shift from the struggles and stresses of your daily lives while pregnant or after delivering.

Meet Our Team



Mercedes Szpunar, MD, PhD
Physician Director



Elizabeth Whitham, MD, MA
Reproductive Psychiatrist



Tiffany Futrell, PMHNP-BC
Nurse Practitioner



Scan the QR code to learn more about the team.



For scheduling and insurance eligibility, support group information, or to learn more about our clinic please call (949) 764-8191, Monday through Friday, 9 AM — 5 PM, or visit us at [hoag.org/mmh](https://www.hoag.org/mmh).