

PPHA MENTAL HEALTH THERAPY VOUCHER PROGRAM

The Mental Health Therapy Voucher Program provides counseling for those experiencing postpartum depression, anxiety, PTSD and/or OCD, and could not otherwise afford these services. Recipients receive eight sessions of solution-focused, short-term therapy sessions with mental health professionals who are specially trained for working with Perinatal Mood or Anxiety Disorders (PMADs), at significant discount.

BROUGHT TO YOU BY



FOR MORE INFORMATION ON HOW TO GET HELP



REFERRAL PROCESS

1. Potential clients should complete and submit this form: tinyurl.com/pphaProgramRequest
2. The Program Manager will reach out to the applicant for screening to determine if the program is a good fit.
3. Eligible clients will be matched with a specially-trained therapist who has availability and is as conveniently located as possible to the client.
4. The client will pay for a portion of the cost of each visit, predetermined by household income and size. The program covers a total of 8 sessions.

ELIGIBILITY REQUIREMENTS

- Symptoms of Postpartum Depression, Postpartum Anxiety, or Postpartum OCD
- Given birth within the last 12 months
- Reside in Williamson, Travis, or Hays county
- Income at or below 250% of the Federal Poverty Level (Roughly \$50,000 for a family of 3)

An official diagnosis is not required, as the screening process will also determine eligibility. For questions, please contact us at info@pphatx.org. Click [here](#) to apply!

IF YOU FEEL YOU ARE IN DANGER OF HARMING YOURSELF OR YOUR CHILD, SEEK HELP IMMEDIATELY BY DIALING 9-1-1, OR USING ONE OF THE OPTIONS BELOW:

Visit www.988lifeline.org

PSI Warmline (English and Spanish)
800-994-4PPD (4773)

Suicide Prevention Lifeline
988 (call or text)