

Grief and Loss Mental Health Services



INDIVIDUAL PROVIDERS:

Joyce Boucher, LCSW, MFT

- Website: <http://www.therapywithjoyce.com/>
- Phone: 310-455-1779
- Provider Statement: infertility, high risk pregnancy, pregnancy loss, termination due to a medical problem or genetic abnormality, postpartum depression. I have experience dealing with my own miscarriages and challenges getting pregnant as an older woman.

Loree Johnson, LMFT, PhD

- Website: <https://drlorejohnson.com/>
- Appointment Scheduling: <https://app.acuityscheduling.com/schedule/29fc997b/appointment/11844620/calendar/3360893/>
- Provider Statement: My psychotherapy sessions are reserved for individuals residing in California, Washington, and Florida, to explore the inner workings of their clinical experience with their fertility journey in a traditional therapeutic setting. Therapy is best suited for those dealing with the emotional rigors and complexity of infertility. Furthermore, my training in E.M.D.R. (Eye Movement Desensitization and Reprocessing) has heightened my ability to treat distressing and traumatic events and memories related to infertility trauma and pregnancy loss. These approaches allow me to use holistic techniques rooted in mindfulness and theory to explore your connections to others and yourself while creating emotional healing and lasting behavioral changes.

Kristen Lee, MD

- Website: <https://www.kristenleemd.com>
- Phone: 424-484-8539 (call or text)
- Provider Statement: After the death of my daughter at five months old, and several subsequent miscarriages, I felt called to support others navigating the heartbreak of pregnancy and infant loss. I understand this kind of grief not only as a psychiatrist, but as someone who has lived it. My work is rooted in the belief that healing is possible—even in the face of unbearable pain. I specialize in reproductive psychiatry, grief and traumatic loss, perinatal mental health, and life transitions. I provide both therapy and medication management, integrating trauma-informed care, mindfulness-based strategies, and a deep respect for each person's lived experience. I have specialized training in grief therapy through the Seleni Institute and draw on a range of therapeutic modalities to support individuals and families as they move through grief, identity shifts, and the tender work of rebuilding. It's an honor to walk alongside those who are finding their way forward through unimaginable loss.



Ivy Margulies, Psy.D

- Website: <https://drivylove.com/>
- Phone: 310-850-1330
- Provider Statement: Dr. Margulies' expertise is in child development and parenting and the entire spectrum of a woman's reproductive life span. From perinatal and postpartum mood and anxiety disorders, birth trauma, NICU experiences, pre-term labor/bedrest, miscarriage and/or multiple miscarriages, infertility, PCOS, surrogacy support, donor eggs/sperm/embryos, secondary infertility, pregnancy release (aka abortion), termination for fetal anomaly or medical reasons (TFMR), high-risk pregnancy, stillbirth, infant death and pregnancy after loss, as well as early menopause, perimenopause, and menopause.

Marelys Padilla, LCSW

- Website: <https://www.marelyspadilla.com/>
- Phone: 858-377-6941
- Provider Statement: I'm a Bi-Lingual (English/Español) Licensed Clinical Social Worker certified in Perinatal Mental Health committed to empowering individuals and couples as they navigate stress which is inhibiting joy and peace during any phase of their journey through parenthood. If you have suffered the loss of a pregnancy or a child, together we can work to transform debilitating grief into a more peaceful and dynamic experience. We will foster presence with your emotional process and encourage your healing, allowing you to re-connect with yourself again. I believe in taking a collaborative approach, recognizing you as the expert in your own life, while guiding you on a path of safety through the pain.

Michelle Post, MA, LMFT

- Website: <https://postfamilycounseling.com/>
- Phone: 310-927-5611
- Provider Statement: I am a Licensed Marriage and Family Therapist with nearly 20 years of experience providing counseling and psychotherapy to clients in the greater Los Angeles area. I teach clients real life skills (such as stress management, coping skills, burn-out prevention, communication and assertiveness skills) to accomplish their goals and heal. Using grief, loss, CBT, and stress management techniques, together we can work on everything from individual support for children, teens or adults to couples or family counseling.



CLINICS AND REFERRAL SERVICES:

Women's Life Clinic

- Website: <https://www.uclahealth.org/medical-services/psychiatry/adult/womens-life-clinic>
- Phone: 310-825-9989
- Services: A UCLA center that offers a supportive and effective approach to mental health treatment during phases of life associated with reproductive life events and hormonal challenges. Treatments offered include consultation, short-term psychotherapy, medication management, and group therapy. Call for info about accepted insurance plans. Medi-Cal not accepted.

LA County Department of Mental Health

- Website: <https://dmh.lacounty.gov/>
- Phone: 1-800-854-7771
- Services: Los Angeles County Department of Mental Health (LACDMH), the largest county mental health department in the country, directly operates more than 85 programs and contracts with providers to provide a spectrum of mental health services to people of all ages to support hope, recovery, and wellbeing. LACDMH's services to adults and older adults are focused on those who are functionally disabled by severe and persistent mental illness, including those who are low-income, uninsured, temporarily impaired, or in situational crises.

Didi Hirsch Mental Health Services

- Website: <https://didihirsch.org/>
- Phone: 1-888-807-7250
- Services: Didi Hirsch offers comprehensive mental health and substance abuse services at sites in Culver City, Mar Vista, South Los Angeles, Pico-Union/Westlake, Inglewood, Glendale, Los Angeles, Pacoima and Orange County. Accepts Medicare and Medi-Cal.

Family Service of Santa Monica

- Website: www.vistadelmar.org
- Phone: 310-451-9747
- Services: Various group workshops; individual, couple, and family counseling; trauma response. Accepts Medi-Cal for 18 and under. Sliding fee scale for those over 18.

Maternal Mental Health NOW

- Website: <https://maternalmentalhealthnow.org/community-resources/>
- Services: Online directory of mental health providers/ therapists (searchable by location). With our partner Streetwyze we have created a digital story-mapping tool where community members can share resources and experiences that have been meaningful to them in their perinatal wellness journey. Through written and video reviews and a star-rating function, community members can collect their own data in real time, visualize this data, share local knowledge and tell their story on the platform.

