



UNIVERSITY OF NEBRASKA MEDICAL CENTER™

MUNROE-MEYER INSTITUTE

THRive at MMI Clinic

Supporting NICU Families: Postpartum Mental Health

Having a baby in the Neonatal Intensive Care Unit brings unique emotional challenges that may linger even after bringing baby home and maybe as you continue to work with your child's medical and developmental needs. Processing a NICU journey can be hard for both birth parents and parenting partners (moms and dads). Our Postpartum Mental Health Services are provided by a licensed psychologist who specializes in Neonatal, Perinatal and NICU mental health. We are here to support you and your family every step of the way. You're not alone. We're here for you.

Who We Help:

THRive at MMI is for parents, caregivers, and families with infants currently in the NICU or within the first year postpartum, who are experiencing low mood, anxiety, relationship interruption, bonding problems, or symptoms of trauma.

What We Offer:

- Individual Therapy
- Group Therapy
- Mental Health Screening
- Trauma-Informed Therapy
- Resources and Referrals
- Coping & Stress Management

Where & How:

Services available in-person at
Munroe-Meyer Institute or by telehealth



📞 Connect with Us:

To schedule an initial consult:

✉ mmiappointments@unmc.edu 📞 402-559-6418 🌐 <https://www.unmc.edu/mmi>

Your mental health is just as important as your baby's.
Let us support you during this time.