

Contacts for Mental Health Support

The Ammon-Pinizzotto Center for Women’s Mental Health at MGH:

Bryn Rediger (she/her/hers)

Program Coordinator, MGH Center for Women's Mental Health
Bryn is the contact person to help arrange any virtual clinical encounters for interested faculty at the Center for Women’s Mental Health.

Contact information: brediger@mgh.harvard.edu or phone: 617-682-9960

Rachel C. Vanderkruik, PhD, MSc (she/her/hers)

Staff Psychologist, Massachusetts General Hospital
Associate Director of Research and Cognitive Behavioral Services
Ammon-Pinizzotto Center for Women’s Mental Health
Perinatal and Reproductive Psychiatry Clinical Research Program

Dr. Rachel Vanderkruik is a Clinical Psychologist with a small private practice for patients with stress, anxiety, and mood-related disorders seeking cognitive behavioral therapy (CBT). She also has training in Acceptance and Commitment Therapy (ACT) and mindfulness-based interventions, and her clinical work has focused on women’s mental health across the reproductive life span and during key transition time points (e.g., pregnancy, new motherhood, have recently worked with a few post-college young adults). In her private practice, she is an out of network provider (it will be self-pay, possible reimbursement offered by some insurances) and her practice is all virtual.

Contact information: rvanderkruik@mgh.harvard.edu or phone: 781-691-9071

Outside of MGH:

Lyra Mental Health

Log in to your Mass General Brigham Health Plan portal and choose “Lyra Mental Health Support.” Then sign up for a free Lyra account to receive personalized options for care, online or in person. Lyra provides mental and emotional health care that is effective, convenient, and personalized. They’ll match you to proven treatments and the right care for your needs, whether that’s short-term care with our network of top providers or other resources available through your employer’s benefits plan such as mental wellness content and exercises, or work-life services.

Contact information: reach the Care Navigator Team 24/7 at (877) 877-0602 or email care@lyrahealth.com