

EMPATHRA Launches Postpartum Mental Health Referral Initiative in Texas

Dallas psychiatric nurse practitioner Blessing Dan-Dukor invites therapists and OB-GYN practices to strengthen postpartum psychiatric referral pathways.

DALLAS, TX, UNITED STATES, August 23, 2026 /EINPresswire.com/ -- [EMPATHRA Mental Health & Wellness Clinic LLC](https://www.empathra.com) has announced a new postpartum mental health referral collaboration initiative designed to help mental health therapists and OB-GYN practices create clearer pathways to psychiatric care for mothers experiencing emotional and mental health concerns during or after pregnancy.

The initiative is led by Blessing Dan-Dukor, APRN, PMHNP-BC, a Psychiatric Mental Health Nurse Practitioner and founder of EMPATHRA Mental Health & Wellness Clinic LLC.

The effort addresses a common challenge in maternal mental health: a provider may recognize that a mother needs additional support, but an established psychiatric referral relationship may not already be in place.

The American College of Obstetricians and Gynecologists recommends screening for depression and anxiety during pregnancy and postpartum, with systems in place to ensure timely access to assessment, diagnosis, treatment, monitoring, and follow-up. ACOG also encourages obstetric practices to develop mental health resources and referral sources for patients who may need additional care.



Blessing Dan-Dukor, APRN, PMHNP-BC, founder of EMPATHRA Mental Health & Wellness Clinic LLC, is leading a Texas postpartum mental health referral collaboration initiative for therapists and OB-GYN practices.

For therapists, the challenge may arise when a postpartum client is benefiting from psychotherapy but may also need psychiatric evaluation or medication-management support.

For OB-GYN practices, the challenge may begin when a patient screens positive for depression or anxiety and needs an appropriate behavioral-health or psychiatric referral option.

EMPATHRA's initiative is designed to help close that gap.

"A mother should not have to wait until everyone is scrambling to figure out where she can go for help," said Dan-Dukor. "The better approach is for therapists, OB-GYNs, and psychiatric providers to know one another before the referral is needed. The goal is not to replace the provider a woman already trusts. It is to create another appropriate layer of support when she needs it."

Dan-Dukor brings both professional and personal perspectives to the effort. In addition to her work as a Psychiatric Mental Health Nurse Practitioner, she has shared her own experience with postpartum depression and how that experience deepened her understanding of mothers who may appear to be functioning while privately feeling anxious, sad, disconnected, or emotionally exhausted.



Blessing Dan-Dukor, APRN, PMHNP-BC, founder of EMPATHRA Mental Health & Wellness Clinic LLC, is expanding postpartum mental health referral collaboration with therapists and OB-GYN practices across Texas.

Through EMPATHRA, eligible Texas patients can access [psychiatric evaluations](#), postpartum mental health evaluations, medication management, anxiety and depression treatment, psychotherapy, and follow-up care through telehealth and in-person appointments.

“

A mother should not have to wait until everyone is scrambling for help. The better approach is to build trusted referral relationships before the need becomes urgent.”

*Blessing Dan-Dukor, APRN,
PMHNP-BC*

A Collaborative Referral Model

The referral model is intentionally simple.

Mental health therapists can continue providing psychotherapy and maintaining the therapeutic relationship they have already established with their

clients.

OB-GYN practices can have an additional psychiatric referral resource when screening, conversation or clinical judgment indicates that further mental health assessment may be appropriate.

EMPATHRA can provide psychiatric evaluation, medication-management services and follow-up care when clinically appropriate and within the patient's individualized treatment plan.

When proper patient authorization is in place, communication among providers can also help support continuity of care.

"Therapy and psychiatric care should not have to compete," Dan-Dukor said. "When appropriate, they can complement one another. The mother remains at the center of the process."

Extending Support Beyond Clinical Appointments

EMPATHRA is also developing postpartum educational resources through its [Postpartum MENTAL Wellness Circle](#), which provides mothers with practical education, guided resources and supportive group experiences focused on understanding postpartum emotional wellness and identifying healthy next steps.

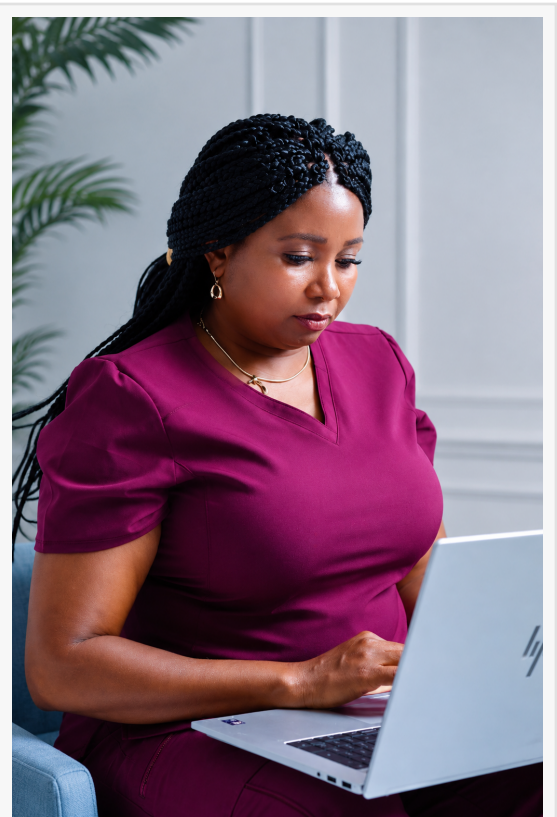
The educational membership is separate from individualized psychiatric treatment.

EMPATHRA is currently seeking conversations with mental health therapists, counselors, OB-GYN practices, and other appropriate maternal-health professionals interested in establishing postpartum referral relationships.

Dan-Dukor's broader goal is to help create a more connected maternal-health ecosystem in which providers know where to turn before a mother needs the referral.

About EMPATHRA Mental Health & Wellness Clinic LLC

EMPATHRA Mental Health & Wellness Clinic LLC provides compassionate psychiatric mental health care for eligible Texas patients. Services include psychiatric evaluations, ADHD



Blessing Dan-Dukor, APRN, PMHNP-BC, founder of EMPATHRA Mental Health & Wellness Clinic LLC, supports postpartum mental health care through psychiatric services and referral collaboration with therapists and OB-GYN practices.

evaluations, medication management, anxiety and depression treatment, postpartum mental health evaluations, psychotherapy, and follow-up care.

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