

Maternal Mental Health Resources Sacramento County and Beyond

Did you know that as many as one in five mothers in California will experience a maternal mental health condition? Perinatal Mood and Anxiety Disorders (PMADs) are the most common medical complication affecting pregnant and postpartum women. Symptoms of depression, anxiety, and in extreme cases psychosis may present themselves during pregnancy and up to one year after birth. You are not alone; treatment is available. Resources and support are available in the community to help you and your family.

EMERGENCY SERVICES

If you feel that you are in danger of hurting yourself or your child, please get immediate attention. Here are some options:

- Dial 9-1-1
- Go to the nearest Emergency Room
- Call or visit:
Mental Health Urgent Care Clinic (MHUCC)
2130 Stockton Blvd. Building 300 Sacramento, CA 95817
M-F 10AM-10PM (last walk-in at 9PM)/Weekends and Holidays 10AM-6PM (last walk-in at 5PM)
(916) 520-2460
www.tpcp.org
- National Suicide Prevention Lifeline 1-800-273-TALK (8255) OR www.suicidepreventionlifeline.org

Call a trusted family member or friend to come help you with your child while you contact emergency services.

SACRAMENTO COUNTY RESOURCES

Organization Name	Contact Information
Mental Health Urgent Care Clinic (MHUCC)	2130 Stockton Blvd. Building 300 Sacramento, CA 95817 (916) 520-2460 www.tpcp.org Services available: M-F 10AM-10PM (last walk-in at 9PM) Weekends and Holidays 10AM-6PM (last walk-in at 5PM)
211	Dial 2-1-1 Call 1-800-500-4931 or (916) 498-1000 www.211sacramento.org Email: info@211sacramento.org
Child and Family Access Team	(916) 875-1055
Sacramento County Health Center	4600 Broadway, Suite 1300 Sacramento, CA 95820 (916) 874-9670

Sacramento Native American Health Center (SNAHC)	(916) 341-0575 https://www.snahc.org/behaviorial-health/
WellSpace Health	916-550-5428 https://www.wellspacehealth.org/services/behavioral-health-prevention

MEDI-CAL RESOURCES*

***Call the number on the back of your coverage card for further information and guidance**

Organization/Program Name	Contact Information
Kaiser Women's Health Behavioral Medicine/ Postpartum Conditions Group: Mom's Support Group	https://thrive.kaiserpermanente.org/care-near-you/northern-california/southsacramento/health-resources/behavioral-health/ https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=882395&co=regions%2Fncal https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=884479&co=regions%2Fncal
Aetna Behavioral Health Televideo	https://www.aetna.com/individuals-families/mental-emotional-health.html https://www.aetna.com/health-guide/understanding-and-overcoming-postpartum-depression.html Behavioral Health Televideo: 800-442-8938 http://www.aetna.com/dse/cms/codeAssets/pdf/DocFind_BH_Televideo.pdf
Anthem Blue Cross Therapy and counseling sessions available online	https://livehealthonline.com
HealthNet Start Smart for Your Baby	
Molina "Clear and Easy"/ 24 Hour Nurse Advice Line	(888) 735-2929

PRIVATE INSURANCE RESOURCES*

***Call the number on the back of your insurance card for more information and guidance**

Local services include:

Organization/Program Name	Contact Information
Sutter Mother's Heart Support Group	916-887-4037 https://www.sutterhealth.org/classes-events/mothers-heart-support-group-30679-165087
Kaiser Women's Health Behavioral Medicine/Postpartum Conditions Group: Mom's Support Group	https://thrive.kaiserpermanente.org/care-near-you/northern-california/southsacramento/health-resources/behavioral-health/ https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=882395&co=regions%2Fncal https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=884479&co=regions%2Fncal
Dignity Health	916-924-6400 https://www.dignityhealth.org/sacramento/medical-group/mercy-medical-group/services/counseling-and-psychiatry/education-and-treatment-resources/adults-postpartum-depression https://www.dignityhealth.org/sacramento/-/media/Service%20Areas/sacramento/PDFs/waiting-it-out.ashx?la=en&hash=8AF57DA2A801425B65F8DA446340DDC5B2ABE169&hash=8AF57DA2A801425B65F8DA446340DDC5B2ABE169
UC Davis -Limited therapy services -Dr. Shannon Clark, CONNECTED support group -licensed perinatal clinical social worker will assist with care coordination, brief interventions, and pregnancy and postpartum support planning	Therapy Services: 916-734-3574
Psychology Today to find a therapist in your area	www.psychologytoday.com

STATE AND NATIONAL RESOURCES/INFORMATION

Organization/Program Name	Contact Information
California Department of Public Health	https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/Communications/Maternal-Mental-Health.aspx
California Health & Wellness Pregnancy Program – assists with pregnancy support and access to mental health services	1-877-658-0305 ask for case management
Postpartum Support International	Call 1-800-944-4773 Text (503) 894-9453 www.psi.net

FOR DADS

Organization/Program Name	Contact Information
Support for Fathers	www.postpartumdads.org
Boot Camp for New Dads	www.bootcampfornewdads.org

CONVERSATION STARTER TOOLS TO ASK YOUR MEDICAL OR MENTAL HEALTH PROVIDER ABOUT

It is important to talk to your health care provider and let them know how you're feeling. They can be an important resource for you. There are simple and short tools that your health care provider can use to look for symptoms of maternal mental health concerns like anxiety and depression. Two of these tools include the Patient Health Questionnaire (PHQ-9) and Edinburgh Postnatal Depression Scale (EPDS). If you have concerns, ask your provider about these tools. Beginning July 1, 2019 licensed health care practitioners that provide prenatal and postpartum care are required to screen mothers at least once for a maternal mental health condition.

ADDITIONAL RESOURCES

There are also additional resources in Sacramento County that can help support a woman during and after her pregnancy. These include:

Sacramento Children's Home Crisis Nurseries -provides a safe space for parents to leave their child (ages 0-5) if a parent is experiencing a mental health crisis. Services include emergency and overnight care for children and case management for families. Available 24 hours a day.	North Sacramento Crisis Nursery 4533 Pasadena Avenue Sacramento, CA 95821 916-679-3600 South Sacramento Crisis Nursery 6699 South Land Park Drive Sacramento, CA 95831 916-394-2000 https://www.kidshome.org/what-we-do/crisis-nursery-program/
Family Resource Centers	https://www.birth-beyondfrc.com

Nine community centers to provide parents with education, support, resources	
Nurse Family Partnership Home visits for first time moms up to the child's second birthday	(916) 875-BABY (2229)
WellSpace Health Medical and dental services, including the Comprehensive Perinatal Services Program	916-550-5428 www.wellspacehealth.org
Her Health First / Black Mothers United Peer mentors work with pregnant African American moms to provide support, education, access and transportation to appointments	(916) 558-4812 www.blackmothersunited.org
Sachealthylbaby Website connecting moms to services for healthy pregnancies and births	www.sachealthylbaby.com
Black Child Legacy Campaign Community effort to reduce African American child deaths – there are seven community sites that provide support and services to families	www.blackchildlegacy.org
Lactation Consultants Help provide moms with help and support with starting and continuing breastfeeding	Ask your health care provider or insurance company about Lactation Consultant services available to you If you're on WIC or qualify for WIC: https://dhs.saccounty.net/PRI/WIC/Pages/GI-Breastfeeding.aspx https://www.communityresourceproject.org/Services/Health/WIC

FOR PROVIDERS

Organization/Program Name	Contact Information
Dignity Health Perinatal Psychiatry Consultation Service -free service that is not just limited to Dignity Health. Community obstetric, pediatric, primary care, and psychiatric providers in California can call and ask questions about addressing mental health concerns of pregnant and postpartum women overall or a specific patient.	1-833-205-7141 Monday-Friday, 1pm-5pm (except holidays and consultant vacation days)