



 A Blue Dot indicates agencies that are a member of the Maternal Mental Health Collaborative and/or have attended the Postpartum Support International training.

“I HAVE INSURANCE. I WANT TO FIND A THERAPIST OR PSYCHIATRIST. WHAT DO I DO NOW?”

If you have health insurance, you also have behavioral/mental health benefits, such as counseling. You don't need authorization from your Primary Care Physician to get started!

1. If you have private insurance, flip your insurance card over and call the behavioral health line to learn more.
2. If you have Partnership HealthPlan of California, their therapist and psychiatrist are contracted through Beacon. You can call Beacon at (855) 765-9703 or visit their website: www.partnershiphp.org/Pages/PHC.aspx

If you do not have health insurance and would like information on how to sign up for health insurance, please visit your local Family Resource Center (listed below) or visit Covered California at www.coveredca.com/

“I WANT TO MEET OTHER PARENTS!”

Check with your Healthcare Provider about what support groups are offered within your Healthcare Network.

FAMILY HUI

Huis (Hoo'ees) are cooperative groups that support parents and caregivers through a facilitated group environment led by a trained peer leader. Huis are 12 weeks long and include a unique opportunity for you and your child to make friends and create a caring community. Children welcome.

lroberts@lead4tomorrow.org

www.familyhuimainland.org/

PLANNED PARENTHOOD TEEN SUCCESS SUPPORT GROUP

A weekly support group for pregnant and parenting women under age 21. The meeting locations are in Del Paso Heights, Meadowview, Oak Park, Woodland, and Yuba City.

1-800-230-7526

www.plannedparenthood.org

BABY AND ME

The “Baby & Me” support group welcomes moms, dads, and other primary caregivers of infants aged 0-9 months. The goal of the group, led by an expert, is to provide a place where parents can learn from one another while building friendship and creating a support community. Baby & Me is hosted every Monday at 9 am at the Woodland Community & Senior Center. No reservations are necessary and parents are encouraged to simply stop by and join.

(530) 661-2000

www.cityofwoodland.org/1161/Baby-Me

If you feel that you are in crisis, please call:

Yolo County 24hr toll-free Access Line: (888) 965-6647 or

National Suicide Prevention Hotline: (800) 273-TALK (8255)

For emergencies call and/or text 911

or visit the Mental Health Urgent Care Clinic at 500 Jefferson Blvd #B, West Sacramento

PARENTAL RESILIENCE AND SOCIAL CONNECTIONS

"I'M NOT LOOKING FOR SUPPORT GROUPS. I NEED OTHER FAMILY OR PARENTING-FOCUSED THINGS."

EMPOWER YOLO

Provides free and confidential support to survivors of domestic violence, sexual assault, stalking, human trafficking, and child abuse. In addition to walk-in crisis support, emergency shelter, counseling and legal services, Empower Yolo's Crisis Line has trained advocates who are available 24/7 to provide help.

24/7 Crisis Line: (530) 662-1133 or (916) 371-1907

Empower Yolo Main Line: (530) 661-6336

empoweryolo.org/

RISE, Inc.

RISE, Inc. is a Family Resource Center serving the rural community to enhance the quality of life and opportunity for self-sufficiency.

(530) 787-4110

www.riseinc.org

YOLO COUNTY CHILDREN'S ALLIANCE

YCCA supports families to protect and empower our children. We help families, particularly non-English speaking families, access services, learn valuable parenting skills, and find support. We do this through family strengthening programs which focus on the following areas: 1) family support, 2) parent education, and 3) community collaboration and advocacy.

Davis: (530) 757-5558

West Sacramento: (916) 572-0560

Woodland: (530) 661-2648

Clarksburg: (530) 902-6850

www.yolokids.org

COMMUNICARE HEALTH CENTERS

Provide services, including primary medical and dental health care, behavioral health services, substance abuse treatment, health education, and support services. CommuniCare strives to deliver services in a supportive, safe, non-judgmental manner that stresses patient involvement and responsibility, health education, counseling, and preventive health care in all programs.

Davis: (530) 758-2060

Woodland: (530) 405-2800

West Sacramento: (916) 403-2900

www.communicarehc.org/

YOLO CRISIS NURSERY

A place of hope for desperate parents and vulnerable children in Yolo County. It provides a safe, temporary home for children up to age 5 during times of extreme family crisis. It also helps parents and guardians resolve immediate problems and gain family stability.

(530) 758-6680

www.yolocrisisnursery.org/

PARENTAL RESILIENCE AND SOCIAL CONNECTIONS

HEALTHY FAMILIES YOLO COUNTY

Serving primary caregivers of children from conception to age 3, the program aims to improve the infant-parent relationship by enhancing skills, promoting healthy child development, and supporting bonding in a safe home environment.

(530) 902-5983

www.yolokids.org/healthy-families-yolo-countystep-step

NURSE HOME VISITING

Helps parents find healthy solutions to stressful circumstances by connecting them with safe and stable housing and counseling for substance abuse or depression, as well as by teaching them to build positive, loving relationships with their children.

(530) 666-8340

www.yolocounty.org/health-human-services/children-youth/nurse-home-visiting-program

WOMEN, INFANT, AND CHILDREN (WIC) PROGRAM

Provides supplemental food, nutrition education, breastfeeding support, and links with community resources. It serves low- to moderate-income pregnant, breastfeeding, and postpartum women, as well as infants and children up to age 5 who are at nutritional risk.

Davis: (530) 757-5527

Esparto: (530) 666-8445

Knights Landing: (916) 375-6390

West Sacramento: (916) 375-6390

Winters: (530) 666-8445

Woodland: (530) 666-8445

www.yolocounty.org/health-human-services/children-youth/women-infants-children-wic

"I'D LIKE TO LEARN MORE ABOUT SELF-CARE AND RESILIENCE."

MAKE TIME FOR YOURSELF: A SELF-CARE GUIDE FOR BUSY PARENTS

This parent education guides from Yolo County Children's Alliance talk about the importance of self-care for parents and caregivers and provides many ideas to try. Taking care of yourself can give you more energy to take care of your baby. To help you prioritize self-care, the guide divides specific self-care ideas into those that only take 5 minutes to do and those that take more time. There are also activities that you can do with children. The ideas involve calming your mind, connecting with supportive relatives and friends, exercising, laughing, finding activities that bring joy, and getting enough sleep. The guide is available in English, Spanish, and Russian. Read through the ideas and see which ones feel right for you. Enjoy making time for yourself!

www.yolokids.org/forfamilies

NURTURING CHILDREN DURING TIMES OF STRESS: A GUIDE TO HELP CHILDREN BLOOM

We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn't go away can be too much to handle without help. As a parent or caregiver, there are ways you can help your child handle intense stress. Much like a seed that overcomes a difficult environment to grow and flower, you and your child can bloom even in challenging times. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child. This guide is for parents and caregivers who want to learn how to bloom even in stressful times while helping children do the same! The guide, which was produced by Yolo County Children's Alliance as a project of the Yolo County Child Abuse Prevention Council, is available in English, Spanish, and Russian.

www.yolokids.org/forfamilies

PARENTAL RESILIENCE AND SOCIAL CONNECTIONS

“I SHOULD BE HAPPY, BUT... I FEEL GUILTY, SAD, CONFUSED, OVERWHELMED, I CAN’T SLEEP, I AM USING DRUGS AND/OR ALCOHOL... IS THIS NORMAL... IT’S NOT WHAT I EXPECTED...”

POSTPARTUM SUPPORT INTERNATIONAL (PSI) HELPLINE

The Postpartum Support International (PSI) Warm-line is a toll-free telephone number anyone can call to get basic information, support and resources in English and Spanish. Warm-line messages are returned every day of the week, and they have a confidential voicemail. National Suicide Prevention Hotline: 1 (800) 273-8255

(800) 944-4773 (4PPD) or in Yolo County contact Jennifer Travis (530) 204-3151

www.postpartum.net/

PARTNERSHIP HEALTH PLAN: BEACON

Partnership HealthPlan of California (PHC) is a non-profit community-based health care organization that contracts with the State to administer Medi-Cal benefits through local care providers to ensure Medi-Cal recipients have access to high-quality comprehensive cost-effective health care. If you have Partnership HealthPlan of California, their therapist and psychiatrist are contracted through Beacon.

(800) 862-4155

www.partnershiphp.org/Pages/PHC.aspx

COMMUNICARE HEALTH CENTERS

Provides services, including primary medical and dental health care, behavioral health services, substance abuse treatment, health education, and support services.

Davis: (530) 758-2060

Woodland: (530) 405-2800

West Sacramento: (916) 403-2900

www.communicarehc.org/

“MY DOCTOR GAVE ME MEDICATIONS FOR POSTPARTUM DEPRESSION, BUT I HAVEN’T STARTED THEM. I DON’T FEEL COMFORTABLE TELLING HIM/HER, AND I HAVE QUESTIONS ABOUT SIDE EFFECTS.”

LACTMED

Database containing information on drugs and other chemicals to which breastfeeding mothers may be exposed.

toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

“I AM A PARENT AND A MEMBER OF THE LGBTQ COMMUNITY. WHAT RESOURCES ARE THERE TO SUPPORT ME?”

THE RAINBOW BABIES

Provides a central area for general information on the many aspects of GLBT pregnancies and parenting. Also provides space for parents or would-be parents to share their stories about their respective paths to parenthood. Includes information on insemination, surrogacy, adoption, foster care, pregnancy, and raising kids.

www.therainbowbabies.com/index.html

THE DAVIS PHOENIX COALITION

For the promotion of a world where all people are safe, respected and free from violence.

www.davisphoenixco.org/

PARENTAL RESILIENCE AND SOCIAL CONNECTIONS

"I WAS PREGNANT BUT I AM NOT ANYMORE. IT DID NOT GO AS PLANNED."

PROJECT HEAL

A website for mothers to find healing and connection. Carly Marie, an artist, mother and speaker based in Perth, Australia, launched this project after she lost her son, Christian. She takes orders from around the world to write your baby's name into the form of a butterfly, the international symbol for babies born sleeping and babies who left us too soon.

www.theprojectheal.org/

YOLO HOSPICE

Our Bereavement services are available free of charge to the entire community, whether or not your loved one was a patient of Yolo Hospice.

(530) 758-5566

yolohospice.org/services/grief-support/

REMEMBERING OUR BABIES: OCTOBER 15TH

Remembering Our Babies was created to provide support, education and awareness for those who are suffering or may know someone who has suffered a miscarriage, an ectopic pregnancy, a still birth, or the loss of an infant.

www.october15th.com/

SHARING PARENTS: PREGNANCY AND INFANT LOSS SUPPORT GROUP

A volunteer support group of parents who have experienced the death of their baby(ies) from the time of conception through early infancy.

www.sharingparents.org/

EXHALE

The nation's premiere organization addressing the emotional health and well-being of women and men after abortion.

(866) 4-EXHALE

exhaleprovoice.org/

"I AM A DAD. I NEED TO SUPPORT MY PARTNER, BUT THIS IS HARD FOR ME, TOO."

POSTPARTUM SUPPORT INTERNATIONAL (PSI) HELPLINE

Did you know that dads can suffer from postpartum depression, too? It can come many months after the baby is born and can look totally different than what you might think.

www.postpartum.net/get-help/resources-for-fathers/