Maternal Mental Health

Support for Moms and Families



Free and low-cost ways to ease stress and improve mental health

Get Help Now

LA County Dept. of Mental Health lists some of these resources, plus others: **DMH.LACounty.gov/get-help-now**

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

Hotlines and Crisis Services

- **988 Suicide & Crisis Lifeline**: Call/text 988 or chat at 988lifeline.org/chat
- **LA County Help Line for Mental Health & Substance Use Services**: 800-854-7771
- **National Maternal Mental Health Hotline:** 833-TLC-MAMA (833-852-6262)
- **Postpartum Support International Helpline:** 800-944-4PPD (4773)
- **Sana Sana Peer Support for Parents in L.A. County**: 888-823-7262, sana@maternalmentalhealthnow.org, MaternalMentalHealthNow.org/sana
- **Doula Hotline**: Schedule a call: FrontlineDoulas.com
- **National Parent Helpline:** 855-427-2736
- **Behavioral Health Urgent Care Centers**: bhucc.starsinc.com
  In Lancaster: 661-522-6770; Long Beach: 562-548-6565; City of Industry: 626-626-4997

Free Counseling

- **Claris Health**: 310.893.1809
- **USC's Telebehavioral Health Clinic**: 866-740-6502, DworakPeck.USC.edu/TBHC
- **USC's Trauma Recovery Center**: 866-345-8777, trcsowk@usc.edu

Low-Cost Counseling

- **Grow Therapy:** Go to GrowTherapy.com/filters
- **L.A. Care / Carelon Behavioral Health**: 877-344-2858
- **Open Paths Counseling Center**: 310-258-9677
- **Southern California Medical Center**: 833-815-3646

Resource Directories for Parents

- **MaternalMentalHealthNow.org/community-resources**
- **PSIDirectory.com**: Find a therapist near you
- **Findhelp.org**: Search for services by ZIP code
- **211LA.org**: Or dial 211 for information and referrals
- **1Degree.org**: Search for mental health services

Support Groups

Virtual Groups:

- **Hey Peers**: HeyPeers.com/online-support-groups
- **Postpartum Support International**: 50+ free groups Postpartum.net/get-help/psi-online-support-meetings

In-Person and Virtual:

- **NAMI Greater LA County:** 213-386-3615
- **NAMI Urban Los Angeles:** 323-294-7814

More groups (other topics):
LABestBabies.org/supportgroups

Other Handouts for Parents

LABestBabies.org/parenting

View this flyer online to access website links:
LABestBabies.org/MMH

LA BEST BABIES NETWORK
Healthy Babies. Our Future.

Dignity Health. California Hospital Medical Center

LABestBabies.org | @LABestBabies

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Giving kids the best start