

MATERNAL MENTAL HEALTH RESOURCES

(For dads and families too!)

If you are pregnant or just have had your child, it is very normal to feel **overwhelmed, sad, worried, angry, or that you are not a 'good enough' mother.**

These feelings are a **very common** response to the changes that come with pregnancy and a new baby. If you are feeling this way, **there is help available.**

WARMLINES/HOTLINES

For non-urgent issues, leave a message and you will be called back in 24 hours.

Call or text the Maternal Mental Health Warmline:
(831) 783-5933

Postpartum Support International Helpline:
Text or call in English and Spanish:
1-800-944-4773

Contact the Suicide Prevention Lifeline:
1-877-663-5433



RESOURCES FOR COUNSELING

Monterey County Behavioral Health:
1-888-258-6029

Beacon Health Options (for Medi-Cal Beneficiaries):
1-855-765-9700

Find a Therapist (accepting private and/or public insurance)



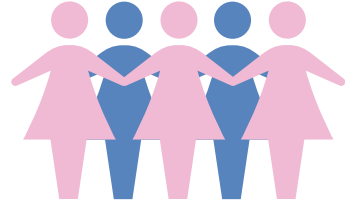
ONLINE SUPPORT GROUPS AND CLASSES

The Parenting Connection of Monterey County

Postpartum Support International (PSI)

Shades of Blue Support Groups

Mamas and Babies Online Course



INFORMATION ON MATERNAL MENTAL HEALTH

Postpartum Support International

Mom's Mental Health Matters

Depression During and After Pregnancy

2020 Mom

For more information on maternal mental health and other resources, visit the Monterey County Behavioral Health website

