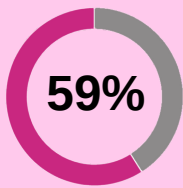
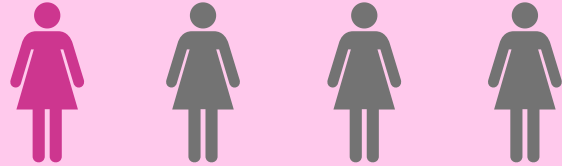


Feelings in Motherhood

ASK!

Using the **PHQ-9** screening tool can help providers identify a woman's risk of depression

About **1** out of **4** women in Los Angeles County report feelings of depression after their baby is born



About 59% of women who experienced depressed mood during their pregnancy went on to experience depressed mood postpartum

Help is Available!

Postpartum Support International Warmline

Call **1-800-944-4773**
Warmline
English & Spanish

Mom's can talk about their feelings and be connected with counselors in their area if they are interested.

Los Angeles County Dept. of Mental Health

Call **1-800-854-7771**
24 hours/day, 7 days/week
English, Spanish & more

Call for referrals to local mental health agencies that accept Medi-Cal. Crisis response is also available.

LA Care

Call **1-877-344-2858**
8am-5pm for referrals
English & Spanish

Patients with LA Care insurance can call for referrals to mental health services through Beacon Behavioral Health Strategies. After-hours crisis line is also available.

211

Call **211**
24 hours/day, 7 days/week
English, Spanish & more

Call for local referrals to mental health & other services in LA County

Support During Motherhood

Home Visitation

Research shows that home visitation programs like **Early Head Start, Nurse Family Partnership, and Welcome Baby:**

- Improve child health
- Improve mental health
- Improve family safety & parenting
- Increase child cognitive & social development



Welcome Baby

A parent coach will visit mom at home, until baby is 9 months old.

Welcome Baby is FREE to all moms who deliver at a participating hospital and live within eligible areas of Los Angeles County.

Participating Hospitals:

* Antelope Valley Hospital *
California Hospital * Centinela Hospital * Citrus Valley Health Partners/Queen of the Valley * MLK Jr. Community Hospital * Miller Children's & Women's Hospital * Northridge Hospital * Providence Holy Cross * Providence Little Company of Mary * St. Francis Medical Center * St. Mary Medical Center * Torrance Memorial * Valley Presbyterian Hospital * White Memorial *

****Refer through participating delivery hospital***

LA County Home Visiting Program

Various home visitation programs are available for pregnant and parenting families.

LA County Home Visitation is voluntary and FREE to all low income families who live in Los Angeles County.

To refer:

Call 213-639-6478 or email HomeVisit@ph.lacounty.gov

Early Head Start

Provides home visitation to pregnant women, infants & toddlers up to age 3.

To find your local Early Head Start call:

1-877-773-5543

For additional resources, search:

www.directory.maternalmentalhealthnow.org