

EVERYTHING ABOUT

mental health

FOR MOMS IN DEL NORTE COUNTY

*If you're worried about your safety or the safety of your children,
please call 911 or go to the local emergency room.*

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Private Insurance

Looking for a therapist or psychiatrist your insurance will cover?
Flip your insurance card over and call the behavioral health line to learn more.

Beacon Health Options
1-855-765-9703

If you are a Partnership HealthPlan of California Medi-Cal client, this option will get you connected to a therapist or psychiatrist that your insurance covers.

Mental Health Branch
464-7224 | 1-888-446-4408 | 455 K St.

Walk-in clinic, intake appointments, adult and child psychiatrist available.

Remi Vista
707-464-3512 | 888 4th St.
Infant and child mental health counseling.

Public Health Nursing
707-464-0861 | 400 L St. (101 S)

If you are pregnant or parenting, talk with a nurse who will listen and connect you to more specific resources.

Maternal Child Adolescent Health
www.co.del-norte.ca.us/departments/PublicHealth/MCAH

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Postpartum Support International (PSI) Warm-Line

1-800-944-4PPD | 1-800-944-4773

www.postpartum.net

Staffed by trained volunteers, the PSI warm-line is for any parent who is struggling and needs to talk with someone who understands.

PSI also hosts free Chat With An Expert sessions for moms and dads.

Mother Woman Support Groups

www.motherwoman.org/location/california

A list of support groups in Arcata and Fortuna.

Postpartum Progress

www.postpartumprogress.com

A peer-to-peer support website for moms by moms.

Also visit their Facebook page and find hope and inspiration on their Pinterest page.

Mind Body Pregnancy

www.mindbodypregnancy.com

Information about mental health during the pregnancy and postpartum period.

Mother To Baby

www.mothertobaby.org

Information about medications during pregnancy and breastfeeding. If you have any questions about medications you are taking, you can always Ask an Expert.

Postpartum Men

www.postpartummen.com

Postpartum depression and other mood and anxiety disorders also affect fathers.

Find information and resources, as well as an online forum.