

**Virtual Support Groups &  
Telehealth- Sacramento****Sacramento New Parent Connections**

Open to all offered virtually  
Led by Catherine O'Brien, LMFT  
Meets 2nd Monday from 9-10am  
Register at 916-718-9501

**Happy with Baby Virtual Meetup**

Open to all  
Led by Catherine O'Brien, LMFT  
Meets 2nd Monday /\$40 per session  
Register at 916-718-9501

**Happy with Baby Virtual Group Therapy**

Open to all (4 wk commitment)  
Led by Catherine O'Brien, LMFT  
Meets Thursdays - 12-1pm, \$40 per session  
Register at 916-718-9501

**Sacramento New Parent Telehealth**

Open to pregnant women & new parents  
Free counseling services in English & Spanish.  
Register at 209-938-0831

**Sutter Mother's Heart Support Group**

Free to Sutter members  
Offered via ZOOM  
Wednesday 4:00-5:00pm  
Register at 916-887-4039

**CONNECTED Postpartum Support Group**

Open to UCD patients with referral  
Led by Elizabeth DeFazio, RN,  
Offered via zoom  
Register at 916-734-6900 or  
connectedhealthclinic@gmail.com

**Virtual Support Groups &  
Telehealth- Placer****Insights Prenatal & Postpartum  
Counseling**

Free to Placer County residents  
Telehealth Appointments Available  
Register at 530-887-1300

**The Place Within Counseling**

Online Support Available  
Register at 916-772-6158

**Lighthouse FRC**

Free to Placer County residents  
Perinatal Depression Counseling  
Telehealth Appointments Available  
Register at 916-645-3300

**Resources for PMAD &  
Medication**

Postpartum depression is the most common complication following childbirth, affecting one in every five women. One of many barriers moms face is accurate information on breastfeeding safe medications for PMAD conditions.

**Mother to Baby**

<https://mothertobaby.org/>

**Infant Risk Center**

<https://www.infantrisk.com/>

**Mommy Meds**

<https://www.mommymeds.com/index.php>

## Phone & Walk- In Support

### **Sacramento Mental Health Urgent Care Clinic**

Monday - Friday, 10 am - 10 pm  
Saturdays, Sundays, and Holidays, 10 am - 6pm  
2130 Stockton Boulevard, Building 300  
call ahead (916) 520-2460

### **Sacramento Children's Home Crisis Nurseries**

Emergency Child Care  
North Area: 916-679-3600  
South Area: 916-394-2000

### **2-1-1 Sacramento - Mental Health Info**

Dial 2-1-1 or 1-800-500-4931

### **Sacramento County Behavioral Health Access Team**

Phone: 916-875-1055

### **Be Mom Aware**

A PMAD resource for parents, and medical professionals  
<https://www.bemomaware.com/>

### **A Mothers Heart Support Line**

916-681-2907

### **Suicide & Crisis Lifeline**

Call or text 988 or chat 988lifeline.org

### **Postpartum Support International**

Warm-line: 800-944-4773

#### **Chat with an expert**

Chat Number: 1-800-944-8766

Moms Chat Code: 73162

Dads Chat Code 73162#

### **National Parent Helpline**

1-855-427-2736

### **Parental Stress Line**

1-800-6328188

### **National Postpartum Depression Hotline**

1-800-PPD-MOMS

### **National Maternal Mental Health Hotline**

1-833-9-HELP4MOMS