

The following grid highlights postpartum services identified by San Diego providers. Please assist us in keeping this information comprehensive and current by directing any updates to Mary Grace with Public Health at 619-542-4178 or marygrace.sadile@sdcounty.ca.gov

Postpartum Mental Health Resource Grid

| Agency | Services | | | | Eligibility | Contact Information |
|---|----------|---|----|---|---|---|
| | P | S | SR | T | | |
| Postpartum Health Alliance (PHA) Raising awareness about PMADs and providing support and treatment referrals to women and their families. | X | X | X | | Not limited. | www.postpartumhealthalliance.org www.facebook.com/postpartumhealthalliance Warm line: 619-254-0023 Trained volunteers can provide support and referrals. |
| Maternal Child Health (MCH) Nurse home visitation services including: support, health and parenting education, bonding issues, medical, and mental risks. | X | X | X | | <ul style="list-style-type: none"> • Low-income pregnant, postpartum women and their children 0-5 years • Pregnancy with current/ recent DV • No prenatal care after 1st trimester • High-risk pregnancy, history of prenatal loss, pre-term birth | http://www.sandiegocounty.gov/hhsa/programs/phs/phs_nursing/index.html |
| Mental Health Systems, Inc. - Family Recovery Residential Drug Treatment Program Residential treatment, including: drug and alcohol treatment, child development services, child care, case management, group therapy, transportation, and education/support. | | X | | X | <ul style="list-style-type: none"> • Chemically dependent • 18+ years of age • Single woman, pregnant or postpartum woman, woman with children | www.mhsinc.org 1100 Sportfisher Dr., Oceanside, 92054 760-439-6702 |
| Postpartum Adjustment Support Society of North County San Diego Free referrals to providers in North County that are experienced with working with moms who experience PMADs. Also offers a support group 2x/month. | | X | X | | Not limited. | www.passnc.org -president@passnc.org 760-814-1421 |
| Sharp Outpatient Pavilion – Postpartum Support Group Support for women having “baby blues” symptoms, PMADs. | | X | | | <ul style="list-style-type: none"> • New mothers and fathers and their infants | http://www.sharp.com/health-classes/postpartum-support-group-17 3075 Health Center Dr., San Diego, 92123 800-82-SHARP |
| Kaiser Permanente Medical Center – New Mothers Support Group Free, monthly support group for new mothers to get through the initial postpartum adjustment period. | | X | | | <ul style="list-style-type: none"> • Kaiser members • New mothers | 3420 Kenyon St., San Diego, 92110 800-290-5000 |

Services Legend: P = Prevention/Education | S = Support | SR = Screening/Referrals | T = Treatment

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| Healthy Development Services/Family Health Services San Diego – Maternal Depression Pilot Program Screening and care coordination support | | X | X | X | <ul style="list-style-type: none"> • Mother of child current FHCS client receiving services at Central Region, FHCS Logan Heights, FHCS North Park and child is less than 6 years of age or not enrolled in kindergarten • PHQ9 screening results in mild to moderate range | Claudia Gastelum: cgastelum@fhcsd.org 619-515-2405 |
| First 5 First Steps Home Visiting Program Home visiting services for pregnant women and families with children 0-3 years of age. | X | | X | | <ul style="list-style-type: none"> • Families who have stressors or vulnerabilities and... <ul style="list-style-type: none"> ○ Low-income ○ Pregnant/parenting teen ○ Immigrant/refugee family ○ Military family | http://www.firststepssd.com/how-to-refer/ Central: 619-283-9624 x285 North Central: 619-283-9624 East: 619-938-3239 North Coastal: 760-739-3261 North Inland: 760-739-2835 South: 619-336-8364 |
| Nurse Family Partnership (NFP) Home visiting services to first-time mothers. | X | | X | | <ul style="list-style-type: none"> • First-time mother • Low-income | www.nursefamilypartnership.org |
| Black Infant Health (BIH) Services to pregnant and parenting African American women to ensure healthy birth outcomes. | X | | X | | <ul style="list-style-type: none"> • African American woman • 18+ years of age • 26 weeks or few pregnant | www.neighborhoodhouse.org/blackinfanthealth 286 Euclid Ave., Ste. 308, San Diego, 92114 619-266-7466 |
| Mental Health America of San Diego – Father2Child Program 12 week program for African American fathers that offer new parenting techniques and skills | X | | | | <ul style="list-style-type: none"> • African American man • Southeast San Diego | http://mhasd.org/father2child/ Mikiel Toure: 619-543-0412 |

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