

Maternal Mental Health Support

Resources for Families



Here are some free and low-cost maternal mental health resources you can share with your clients. See LA Best Babies Network's Family Resource Library for more:



English
LABestBabies.org/Parenting



Spanish
LABestBabies.org/Familias

Maternal Mental Health Support Groups

Find these and more in our lists of support groups for [Mental Health Support](#) and [Pregnancy and Postpartum Support](#).

Virtual Groups

- **Hey Peers:** [Postpartum Mood and Anxiety Disorder Support Group](#)
- **Postpartum Support International:** 50+ [online support groups](#)
- **National Alliance on Mental Illness - San Gabriel Valley:** [Virtual Family Support Group](#)

In-Person Groups

- **Recovery NOW, Inc.:** [Postpartum Support Group](#) in San Pedro and Hermosa Beach

Counseling

Free Counseling

- **ICNA Relief Crescent Counseling Center:** (Fullerton, CA): Call (714) 399-4571 ext. 3 for an appointment
- **USC's Telebehavioral Health Clinic:** Call (866) 740-6502 or complete this [contact form](#)

Low-Cost Counseling

- **L.A. Care Health Plan Behavioral Health Services:** Call Carelon's Behavioral Health Hotline: (877) 344-2858
- **Grow Therapy:** [Find a therapist](#) that accepts your insurance
- **Southern California Medical Center** (*various locations throughout LA County*): (833) 815-3646

Hotlines and Emergency Mental Health Services

- **988 Suicide & Crisis Lifeline:** Call/text 988 or chat at 988lifeline.org/chat
- **Crisis Text Line:** Text 'Home' or 'Hola' to 741-741
- **National Maternal Mental Health Hotline:** Call 1-833-TLC-MAMA ((833) 852-6262)
- **Postpartum Support International Helpline:** (800) 944-4PPD (4773)
- **National Parent Helpline:** (855) 427-2736

Mental Health Directories

- **Maternal Mental Health NOW:** [Perinatal Mental Health Resource Directory](#)
- **LA County Dept. of Mental Health - Get Help Now**
- **Findhelp.org:** Search for services by ZIP code
- **211LA.org:** Visit site or dial 211 for information and referrals
- **1Degree.org:** Search for mental health services
- **NAMI Westside Los Angeles:** Free and Low Cost Resources

Applications

- **Mindfulness Coach:** Gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice
- **BuddyHelp:** Connects you anonymously with trained volunteer listeners on Facebook Messenger, WhatsApp, or Telegram
- **InsightTimer:** Library of free guided meditations with 320,000 tracks from psychologists, spiritual leaders and mindfulness teachers.

See this file online: LABestBabies.org/MMH

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