



## Post-Partum Depression Community Resources

<p><b>Post-Partum Support International</b>          www. Postpartum.net          Call: (800) 944-4773          Text: (503) 894-9453</p> <p>Maternal Mental Health Warmline:          (831)783-5933</p> <p>OC Support Coordinator: Marissa Zwetow          (949)424-3034</p>	<p><b>Hoag Hospital Baby Line</b>          Mondays - Post Partum Adjustment          6:00 pm to 7:00 pm conference Room 6          (949) 764-229</p>
<p><b>Living well Medical Clinic</b>  <a href="http://www.living-well.org">www.living-well.org</a>          2010 North Tustin Ave, Suite D          Orange, CA 92866          (714) 633-4673</p>	<p><b>Pepperdine University Counseling</b>          1811 Von Karman Ave          Irvine CA 92612          (949) 223-2570 - to schedule an appt.          Director : Dr. Duncan Wig (949) 223-2522</p>
<p><b>Mariposa Women's Center</b>          812 Town and Country Road          Orange, CA 92868          (714) 547-6494 - Orange          (949) 429-6888 - San Juan Capistrano</p>	<p><b>St. Joseph's Hospital</b>          Kati 714-771-8101          Individual and Group Support Group</p>
<p><b>Mission Hospital -Free Support Group</b>          Meets Tuesday 10:00 am to 11:00 a.m.          26728 Crown Valley Pkwy          Mission Viejo, California          Nurse Navigator Susann Burnett          (949) 364-1400 X 6062</p>	<p><b>National Crisis Text Line-</b> For any type of crisis          Text HOME to 741741</p> <hr/> <p><b>National Maternal Mental Health Hotline-</b>          Access trained counselors and resources 24          hours a day, 7 days a week (over 60 languages          available)          1-833-943-5746 (1-833-9-HELP4MOMS)</p>
<p><b>National Suicide Prevention Hotline</b>          1-800-273-8255</p>	

*It is very important that the mother's doctor is aware of her depression. Not only can her doctor meet her medical needs, but he/she can also refer mom to additional post-part depression resources.*