Dear Hoag Patient,

This resource is a compilation of publicly available information about local resources for Mental Health. The list of resources is not exhaustive and is for reference only. While every reasonable effort has been made to include accurate and current information, Hoag cannot be held responsible for any errors or omissions in the information, so please be sure to check your insurance directory for current information on contracted providers or call the provider to confirm insurance eligibility.

In addition, an individual’s or an organization’s inclusion in this resource does not represent an endorsement by Hoag (unless Hoag is expressly providing the service).

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For Patients: Call 855-OC-LINKS (855-625-4657)

For Providers: To obtain brochures call 714-834-2077 or email JAustin@ochca.com

POSTPARTUM SUPPORT INTERNATIONAL

949-246-5062 | http://postpartum.net
International organizations that provide referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Orange County Coordinator: Elisabeth Farnsworth

HOAG HOSPITAL BABYLINE

949-764-2229 for additional information on local mental health referrals.

HOAG MATERNAL MENTAL HEALTH SUPPORT LINE

949-764-5333 | Tuesday and Thursday, 12 p.m. – 4:30 p.m.
Answered by a clinical navigator, this support line will help maternity patients struggling with depression or anxiety connect to mental health providers (counselors, psychotherapists, psychiatrists) in the community.

Helpful Websites

POSTPARTUM SUPPORT INTERNATIONAL

http://postpartum.net
International network of individuals and organizations whose purpose is to increase awareness among public and professionals about pregnancy- and postpartum-related psychiatric disorders. Provides referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Please review the website to find your Orange County Coordinator.

MASSACHUSETTS GENERAL HOSPITAL CENTER FOR WOMEN’S MENTAL HEALTH

www.womensmentalhealth.org
This is a comprehensive website providing information about women’s mental health.

*Insurance Accepted, **CalOptima Accepted, ***Medi-Cal Accepted.
Please contact providers to verify insurance accepted.
MOTHERISK
www.motherisk.org
Canadian organization that provides information on safety and risks of drugs in pregnancy and lactation, and about alcohol and other substance use in pregnancy.

NORTH AMERICAN MENOPAUSE SOCIETY
www.menopause.org
Nonprofit organization promoting women’s health during midlife and beyond, with special focus on menopausal health.

POSTPARTUM DAD
http://www.postpartumdads.org
This website is intended to help dads and families by providing firsthand information and guidance through the experience of PPD. This site also includes information and resources that can be used by professionals to assist families dealing with PPD.

2020 MOM
www.2020mom.org
This website is dedicated to closing the gaps in maternal mental health care through education, advocacy, and collaboration.

Women’s Mental Health Programs in Southern California
These are comprehensive Women Mental Health Clinics, usually affiliated with a University or with County Programs. They offer medication management psychotherapy, support groups, classes and case management.