

# 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.

## ORANGE COUNTY

---

### **Hoag Maternal Mental Health Program and Clinic\***

949-764-8191 | Monday-Friday, 9 a.m. – 5 p.m. | hoag.org/mmh  
500 Superior Ave., Suite 315, Newport Beach, CA 92663

The clinic treats women trying to conceive, pregnant women and new moms up to one year after delivery.

The clinic offers individual and group psychotherapy with a licensed marriage and family therapist as well as medication safety evaluations and management during pregnancy and breast-feeding by a reproductive psychiatrist. The program also offers free support groups by licensed therapists every Monday at 6 p.m. and every Wednesday at 11 a.m.

Many insurances accepted.

### **St. Joseph's Caring for Women with Maternal Depression Program\* \*\* \*\*\***

714-771-8101

St. Joseph Hospital | 1100 W. Stewart Dr., Orange, CA 92868  
Most insurances, also Medi-Cal and CalOptima.

### **Orange County Postpartum Wellness Program OCPPW**

714-480-5160

792 W. Town & Country Rd., Bldg E., Orange, CA 92868

Services in English, Spanish, Vietnamese and Farsi.

Free, no insurance required.

### **The New Mom School**

www.newmomschool.com | hello@newmomschool.com

Free weekly support group for pre and post-partum depression / anxiety (Tuesdays 2:00 pm)

## LOS ANGELES

---

### **UCLA Women's Life Center\***

310-825-9989 | <http://www.semel.ucla.edu/mood/womens-life>  
Westwood, Los Angeles.

### **UCLA Perinatal Mental Health Partial Program**

310-825-4138 | Nataly Cohen  
Partial Hospitalization Program and Intensive Outpatient Program

### **Maternal Wellness Center at USC and The New Family Care Clinic\***

323-409-5370 | Downtown Los Angeles

### **Huntington Memorial Hospital Maternal Wellness Program\***

626-397-2330 | <http://www.huntingtonhospital.com/MainPostpartumDepression.aspx> | Pasadena, Los Angeles  
Intensive outpatient program for postpartum depression.

### **Menopause Program at Cedars-Sinai.**

Director: Chrisandra Shufelt, MD, MS, FACP | 310-423-9960  
8631 West Third St., Suite 740, E. Los Angeles, CA 90048

## SAN DIEGO

---

### **UC San Diego Maternal Mental Health Program\***

858-534-7792 (PSYC)  
<https://health.ucsd.edu/specialties/psych/clinic-based/reproductive-mental-health/Pages/default.aspx> | San Diego

## Reproductive Psychiatrists

These are physicians who specialize in Women's Mental Health. They provide psychiatric services to women struggling with mental health conditions during pregnancy, post-partum, menopause, infertility, pregnancy loss and menses. Services may include medication management and/or psychotherapy (also known as counseling).