

LASSEN COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Lassen County Public Health Services

“The program provides direct services such as pregnancy testing and home visits, as well as outreach, education and referrals.”

Location: 1445 Paul Bunyan Road, Suite B
Susanville, CA 96130

Contact: (530) 251-8183

Website:

<http://www.lassencounty.org/dept/public-health/public-health-programs/maternal-child-adolescent-health-mcah>

Last verified on: 05/31/2024

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, and adoption.”

Talkline: 1 (888) 493-0092

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 05/31/2024

Text4Baby

“Receive free text messages three times per week, timed to their due date or their baby’s birth date, through pregnancy and up until the baby’s first birthday.”

English Text: BABY to 511411

Spanish Text: BEBE to 511411

Website: <https://www.text4baby.org/>

Last Verified On: 05/31/2024



Toolkit for Pregnant People and New Parents

“Resources and tools to help pregnant people, breastfeeding people, and new parents caring for infants to protect their health and help people who serve these communities communicate with them.”

Website:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html>

Last Verified On: 05/31/2024

DHCS Doula Directory

“The Doula Directory lists Medi-Cal enrolled doulas by county who opted to be included in the directory. It includes their specialties, language, ethnicity, contact information, and other information that doulas shared with DHCS for the directory.”

Website:

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx>

Directory:

<https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2024



LASSEN COUNTY PERINATAL RESOURCES

ADOPTION SERVICE

Adoption Choices

“Adoption Choices of Northern California is a **private, non-profit licensed adoption facilitator** which assists both birth parents and prospective adoptive parents to engage in successful adoption experience. We provide adoption facilitation of newborns.”

Contact: (530) 891-0302

Toll Free: (800) 607-9200

Website: <http://ac-nc.org/>

Last Verified On: 05/31/2024

Adoption Connection

“Counselors are here to explain all of the steps in the adoption process. We can help you understand what would happen between now and the baby’s arrival and afterwards.”

Location: 1710 Scott St.
San Francisco, CA 95115

Contact: (888) 517-5580

Website:

<https://adoptionconnection.jfcs.org/im-pregnant/>

Last Verified On: 05/31/2024

CAR SEAT PROGRAMS

CHP Car Seat Inspection Program

“CHP will now be offering a new free, appointment-based, car seat inspection program each Wednesday.”

Contact for Appointment: (530) 257-2191

Website: <https://www.susanvillestuff.com/chp-offering-new-free-car-seat-inspection-program/>

Last Verified On: 05/31/2024

American Adoptions

“Interested in making an adoption plan for your child? Talk to an adoption specialist today.”

Toll Free Contact: (800) – ADOPTION (236-7846)

Website:

https://www.americanadoptions.com/pregnant/free_info

Last Verified On: 05/31/2024

Lifetime Adoption

“Pregnant or considering adoption for your child? Get a FREE adoption planning kit today.”

Toll Free Contact: (800) -923-6784

Website:

<https://lifetimeadoption.com/birthmothers/adoption-kit/>

Last Verified On: 05/31/2024

OTS - California Office of Traffic Safety

“OTS Website includes a listing of child passenger safety education and low-cost purchase or loaner programs in each county. Also included in each county’s listing is the information for the local designated Child Passenger Safety (CPS) Coordinator.”

Contact: (530) 252-1800

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 05/31/2024



LASSEN COUNTY PERINATAL RESOURCES

CAR SEAT PROGRAMS, Continued

Car Seat Purchasing

“Car Seats can be purchased for a low cost at the Child & Family Resources Office.”

Location: 472-013 Johnstonville Road
North Susanville, CA

Contact: (530) 257-9781

Website: <http://www.lassencfr.com/Car-Seat-Purchasing/index.html>

Last Verified On: 05/31/2024

DEPARTMENT OF HUMAN SERVICES

Lassen WORKS and Community Social Services

“The mission of Lassen WORKS and Community Social Services is to serve individuals, families, and communities of Lassen County ... Working together to help people reach their life goals and achieve personal success. Providing easy access to services like how to apply for Medi-Cal, information on Food and Nutrition and Cash Aid.”

Location: 1410 Chestnut Street
Susanville, CA 96130

Contact: (530) 251-8112

Website:
<http://www.lassencounty.org/dept/community-social-services/community-social-services>

Last verified on: 05/31/2024



LASSEN COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Lassen County Public Health Services

“Provides direct services such as pregnancy testing and home visits, as well as outreach, education and referrals.”

Location: 1445 Paul Bunyan Road, Suite B
Susanville, CA 96130

Contact: (530) 251-8183

Website:

<http://www.lassencounty.org/dept/public-health/public-health-programs/maternal-child-adolescent-health-mcah>

Last verified on: 05/31/2024

MATERNAL MENTAL HEALTH RESOURCES

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

Last Verified On: 05/31/2024

Paternal Postpartum Depression Guide

Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/31/2024

Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

Website: <http://mindbodypregnancy.com/>

Last Verified on: 05/31/2024

National Maternal Mental Health Hotline

“Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. We have English- and Spanish-speaking counselors.”

Call/text: 1 (833) 852-6262

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 09/20/2024



LASSEN COUNTY PERINATAL RESOURCES

PHC MEMBER BENEFITS

Sensitive Services

Includes Family Planning, STD testing/treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services. You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval. All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqlItem28>

Last Verified On: 05/31/2024

POSTPARTUM SUPPORT SERVICES

Postpartum Support International Helpline

“In English and Spanish, serves more than 600 callers a month, and rapidly refers callers to appropriate local resources including emergency services.”

PSI Helpline: (800) 944-4773

Text English: (503) 894-9453

Text Spanish: (971) 420-0294

Website: <https://www.postpartum.net/>

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICES

La Leche League of Northern California and Hawaii

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

Contact: (707) 485-1940

Website:

<https://www.facebook.com/llnocalhinvt/>

Last Verified On: 05/31/2024

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-4773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024



LASSEN COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Lassen County Promises Program

“Structured outpatient program; relapse prevention; recovery program referrals; In home visitation; child care referrals.”

Location: 555 Hospital Lane
Susanville, CA 96130

Contact: (530) 251-2687
Last verified on: 05/31/2024

Mother To Baby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/31/2024

SUPPORT GROUPS

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024

PALS – Pregnancy After Infant Loss Online Support Groups

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

Website:

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 05/31/2024

Postpartum Support International Online Support Meetings

“Black Mamas Matter Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/31/2024



LASSEN COUNTY PERINATAL RESOURCES

HOUSING

Lassen Family Services

“Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid/court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.”

Location: 1306 Riverside Drive
Susanville, CA 96130

24-Hour Crisis Line: (530) 257-5004

Contact: (530) 257-4599

Website:

<https://www.lassenfamilyservices.org/>

Last verified on: 05/31/2024

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Women, Infants and Children (WIC)

“WIC provides nutrition education, breastfeeding support, vouchers for healthy foods, and referrals to healthcare and other community services. WIC serves babies and children up to age 5, pregnant women, and new mothers. Dads, grandparents, foster parents of young children, and working families are welcome at WIC too!”

Location: 1410 Chestnut Street
Susanville, CA 96130

Contact: (530) 257-7094

Website: <https://northeasternhealth.org/>

Last verified on: 05/31/2024