



MODOC COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Modoc County Perinatal Services

"If you think you may be pregnant, are pregnant, or have just had a baby, contact: Modoc County Public Health to find out about the perinatal services."

Location: 441 North Main Street
Alturas, CA 96101

Contact: (530) 233-6311

Toll Free: (800) 762-3003

Website:

https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/perinatal_services.php

Last Verified On: 05/31/2024

Modoc County Childbirth Education Classes

"Childbirth Education Classes are provided through a collaboration between Modoc County Public Health and Early Head Start."

Location: 901 East A Street
Alturas, CA 96101

Contact: (530) 233-6311

Toll Free: (800) 762-3003

Website:

<http://modochealthservices.org/programs/programs3/perinatal>

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



T.E.A.C.H. Training Employment and Community Help, Inc.

"The only diverse, multi-program community based non-profit in Modoc County. T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency"

Location: 112 E 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

24 Hour Crisis Line: (855) 855-6745

Website: <http://www.teachinc.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



MODOC COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

First 5 Modoc Resource HUB Parent Resource Center

Location: 802 North East Street
Alturas, CA 96101

Contact: (530) 233-6311

Website:

<http://044e255.netsolhost.com/wordpress1/parent-resource-hub/>

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, abortion, and adoption.”

Talkline: 1 (888) 493-0092

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

Last Verified On: 05/31/2024

ADOPTION RESOURCES

TLC Child & Family Services

“TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.”

Location: 1800 N. Gravenstein Highway
Sebastopol, CA 95472

Contact: (707) 823-7300

Website: <https://tlc4kids.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

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



MODOC COUNTY PERINATAL RESOURCES

CHILDBIRTH CLASSES

Modoc County Health Services

“Childbirth Education Classes are provided through a collaboration between Modoc County Public Health and Early Head Start. All expectant women and their birth partners residing in Modoc County are welcome to attend. Classes are taught by certified instructors and topics covered include: fetal development, breathing techniques, timing contractions, stages of labor, comfort measures, breastfeeding, newborn care, local resources and many other issues surrounding the birth of an infant.”

Location:

Contact: (530) 233-6311

Website:

https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/childbirth_education_classes.php

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Modoc County Public Health Healthy Beginnings Program

“Case management and home visiting to families who have children 0-5 years of age. Current funding is primarily through FIRST 5 Modoc and the Maternal, Child, and Adolescent Health (MCAH) program. Referrals come from Social Services, Early Head Start, CalWORKS, TEACH, Inc., and other local agencies.”

Location: 441 North Main Street
Alturas, CA 96101

Contact: (530) 233-6311

Toll Free: (800) 762-3003

Website:

https://publichealth.co.modoc.ca.us/children_families/nurse_home_visiting/index.php

Last Verified On: 05/31/2024



MODOC COUNTY PERINATAL RESOURCES

HOUSING

T.E.A.C.H. Training Employment and Community Help, Inc. – Emergency Services

“Emergency services such as Homeless Assistance, Food Bank and Transportation are available based on individual needs and availability of funds.”

Location: 112 E 2nd Street
Alturas, CA 96101

Contact: (530) 233-3111

24 Hour Crisis Line: (855) 855-6745

Website: <http://www.teachinc.org/liheap-energy-assistance/>

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



MODOC COUNTY PERINATAL RESOURCES

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

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

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/chat-with-an-expert-for-dads /](https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/)

Last Verified On: 05/31/2024

CAR SEAT PROGRAMS

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.”

Toll Free Contact: (530) 233-6311

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

Last Verified On: 05/31/2024



MODOC COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Modoc County Behavioral Health

“Modoc County Behavioral Health provides assessment, diagnosis, and treatment to individuals requiring mental health, substance use disorder or dual diagnosis treatment. The outpatient treatment team consists of trained professionals including licensed therapists, behavioral health nurses, case managers, counsellors, and support staff.”

Location: 441 North Main Street
Alturas, CA 96101

Contact: (530) 233-6312

Toll Free: (800) 699-4880

Website:

https://publichealth.co.modoc.ca.us/children_families/index.php

Last Verified On: 05/31/2024

Sunrays of Hope, Inc. Wellness Center

“Sunrays of Hope is a wellness center and a drop-in center at the same time. As a wellness center, it works in providing opportunities in receiving emotional and tangible peer support, through times of personal or professional crises.”

Location: 113 E North Street
Alturas, CA 96101

Contact: (530) 233-9696

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



MODOC COUNTY PERINATAL RESOURCES

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/chat-with-an-expert-for-dads/>

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

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

BREASTFEEDING SUPPORT SERVICES

La Leche League of Northern California and Hawaii

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

Website: <https://lllusa.org/locator/>

Last Verified On: 05/31/2024

Modoc County Public Health Breastfeeding Support

“Certified Lactation Counselors on site for education, support and assistance regarding breastfeeding. Pumps and other supplies are also available for Modoc County residents.”

Contact: (530) 233-6311

Toll Free Contact: (800) 762-3003

Website: https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/breastfeeding_support.php

Last Verified On: 05/31/2024



MODOC COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Northeastern Rural Health Clinics - Modoc County WIC

“WIC program is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC.”

Location: 106 East Modoc Street
Alturas, CA 96101

Contact: (530) 233-5800

Website: <https://www.wicstore.org/california-wic-alturas-california-northeastern-rural-health-clinics.htm>

State Website:

<https://www.myfamily.wic.ca.gov/>

Last Verified On: 04/08/2025

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and 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#phpFaqltem28>

Last Verified On: 05/31/2024