



# PLACER COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Teenage Pregnancy and Parenting Program (TAPP)

“The TAPP Program helps to improve the health and well-being of pregnant and parenting teens and their children.”

**Location:** 11572 B Avenue  
Auburn, CA 95603

**Contact:** (530) 889-7160

**Website:**

<https://www.placer.ca.gov/2892/Teen-Age-Pregnancy-Parenting-Program-TAP>

Last Verified On: 05/31/2024

### MotherToBaby

“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

### 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

### Women’s Connect

“Women’s Connect is an anonymous, confidential way to learn about the options and benefits of quitting substance use. We provide links to helpful websites, videos, apps, and anonymous drug and alcohol assessments with feedback. Whether the substance is alcohol, prescription drugs, other drugs, or tobacco, women can consider cutting back, quitting, or asking for assistance in meeting those goals.”

**Contact:** (530) 225-5850

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/31/2024



# PLACER COUNTY PERINATAL RESOURCES

## ABORTION INFORMATION

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### I Need An A

“Provide simple, up-to-date, and localized source of information for people seeking abortions.”

**Website:** <https://www.ineedana.com/>

Last Verified On: 05/31/2024

### International Abortion Federation

“Abortion is still available and there are resources to help you get the care you need.”

**Contact:** (800) 772-9100

**Website:** [https://prochoice.org/patients/find-a-provider/?fwp\\_country\\_search=united-states&fwp\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 05/31/2024

## ADOPTION SERVICES

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### 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:** (800) 972-9225

**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](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



# PLACER COUNTY PERINATAL RESOURCES

## CAR SEAT PROGRAMS

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### Placer County Safe Kids Car Seat Safety Checks

“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:** (916) 772-6300

**Website:**

[https://www.roseville.ca.us/government/departments/fire\\_department/public\\_education\\_and\\_programs/car\\_seat\\_safety\\_checks](https://www.roseville.ca.us/government/departments/fire_department/public_education_and_programs/car_seat_safety_checks)

Last Verified On: 05/31/2024

## HOME VISITING PROGRAMS

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### County of Placer Public Health Nursing Home Visitation Program

“Nursing program offers assistance with: pregnancy information, accessing prenatal care, breastfeeding support, postpartum depression screening, newborn and infant care, growth and development, child care, immunization, nutrition, parenting, dental referrals, family planning, healthy relationship, medical insurance options, doctor referrals.”

**Contact:** (800) 829-7199

**Location:** 11572 B Avenue  
Auburn, CA 95603

Last Verified On: 05/31/2024



# PLACER COUNTY PERINATAL RESOURCES

## HOUSING

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### CalWORKS Homeless Assistance

“Child care, work expense assistance, transportation, and counseling; Education, employment and training programs through Employment Services; Families with children financial assistance to meet their basic needs; Support for families moving toward self-sufficiency.”

**Contact:** (530) 889-7610

**Contact:** (888) 385-5160

**Contact:** (916) 784-6000

**Website:**

<https://www.placer.ca.gov/4001/Homeless-Services-from-HHS>

Last Verified On: 05/31/2024

### Placer County Public Assistance

**Contact:** (833) 375-2237

**Website:**

<https://www.placer.ca.gov/4001/Homeless-Services-from-HHS>

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICE

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### La Leche League of Northern California and Hawaii

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

**Contact:** (877) 375-6645 Ext. 3

**Website:** <https://llnocal.org/>

Last Verified On: 05/31/2024

## WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

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### Women Infants and Children (WIC)

“WIC is a Supplemental Nutrition Program which helps families eat well, be active and stay healthy.”

**Website:** <https://www.placer.ca.gov/2918/Women-Infants-Children-WIC>

Last Verified On: 05/31/2024

### Rocklin WIC

**Location:** 1000 Sunset Blvd #150, Rocklin, CA 95765

**Contact:** (916) 784-6447

Last Verified On: 05/31/2024

### Auburn WIC

**Location:** 11484 B Ave, Auburn, CA 95603

**Contact:** (530) 889-7187

Last Verified On: 05/31/2024

# PLACER COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES

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### 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

### 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

## POSTPARTUM SUPPORT SERVICES

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### 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:** (800) 944-4773

**Text Spanish:** (971) 203-7773

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

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

# PLACER COUNTY PERINATAL RESOURCES

## PHC MEMBER BENEFITS

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### 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

## SUPPORT GROUPS

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### 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

### 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

### Postpartum Support International Online Support Groups

“PSI offers over 50+ FREE and virtual support groups. Our groups are 90 minutes (1.5 hours) in length. The first ~30 minutes is providing information, education, and establishing group guidelines. The next ~60 minutes is ‘talk time,’ in which group members share and talk with each other.”

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

Last Verified On: 12/03/2024