

PLUMAS COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Plumas Rural Services – Family Empowerment Center

“This service provides information, training, support and advocacy to parents and guardians of children and young adults with ANY disability in Lassen, Modoc, Plumas and Sierra Counties.”

Location: 711 East Main Street, Quincy, CA 95971

Website:

<https://plumasruralservices.org/Family-Empowerment-Center>

Contact: (530) 283-2735 ext. 880

Last Verified On: 05/31/2024

First 5

“The First 5 Plumas and partnering grantees work to ensure Plumas County children have the best start in their first 5 years of life.”

Contact: (530) 394-7016

Location: 270 Hospital Rd Suite 206 Quincy, CA 95971

Website: www.first5plumas.org

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



Postpartum Support International- DADS

Date/Time: First Monday of each month at 5:00 p.m.

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

Text in English: 800-944-4773

Text en Español: 971-203-7773

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

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/medicaid/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2024



PLUMAS COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

Plumas County WIC – Quincy

“The WIC Program is a USDA funded nutrition program to help families have access to healthy foods, for pregnant women and families with children up to age 5.”

Location: 711 E Main St, Quincy, CA 95971

Contact: (530) 283-4093

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

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

ABORTION INFORMATION

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

Last Verified On: 05/31/2024

ADOPTION SERVICES

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.”

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

PLUMAS COUNTY PERINATAL RESOURCES

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: (916) 509-3030

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

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

First 5

“The First 5 Plumas and partnering grantees work to ensure Plumas County children have the best start in their first 5 years of life.”

Contact: (530) 394-7016

Location: 270 Hospital Rd Suite 206 Quincy, CA 95971

Website: www.first5plumas.org

Last Verified On: 05/31/2024

Plumas County Public Health – Family First Home Visiting Program

“The first few years of a child’s life are important. Home visiting for families with pregnant women and young children supports parents by offering information on child development, and family health and wellbeing.”

Contact: (530) 552-3919

Location: 270 County Hospital Road, Suite 111 Quincy, CA 95971

Website:

<https://www.plumascounty.us/2238/Family-First-Home-Visiting-Program>

Last Verified On: 05/31/2024

HOUSING

Plumas County Community Development Commission

“Assists low income residents meet their housing needs, provides energy assistance and weatherization services, builds and improves infrastructure, supports the creation and retention of jobs, and supports human service organizations.”

Location: 183 W. Main St.
Quincy, CA 95971

Contact: (530) 283-2466

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

Last Verified On: 05/31/2024

Plumas County Dept. of Social Services

“Our pledge is to provide services courteously and professionally. We will be respectful, compassionate, supportive, and impartial. Efficiency, integrity, and respect for individual dignity will govern how we deliver services to Plumas County citizens.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website:

<https://www.plumascounty.us/94/Social-Services>

Last Verified On: 05/31/2024

PLUMAS COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT SERVICE

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)

Plumas County WIC – Quincy

“The WIC Program is a USDA funded nutrition program to help families have access to healthy foods, for pregnant women and families with children up to age 5.”

Location: 711 E Main St, Quincy, CA 95971

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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

The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

Website: <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

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

PLUMAS 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: (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 5:00 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

Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

PERINATAL SUBSTANCE USE RESOURCES

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PLUMAS COUNTY PERINATAL RESOURCES

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

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: 1-800-944-4773

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