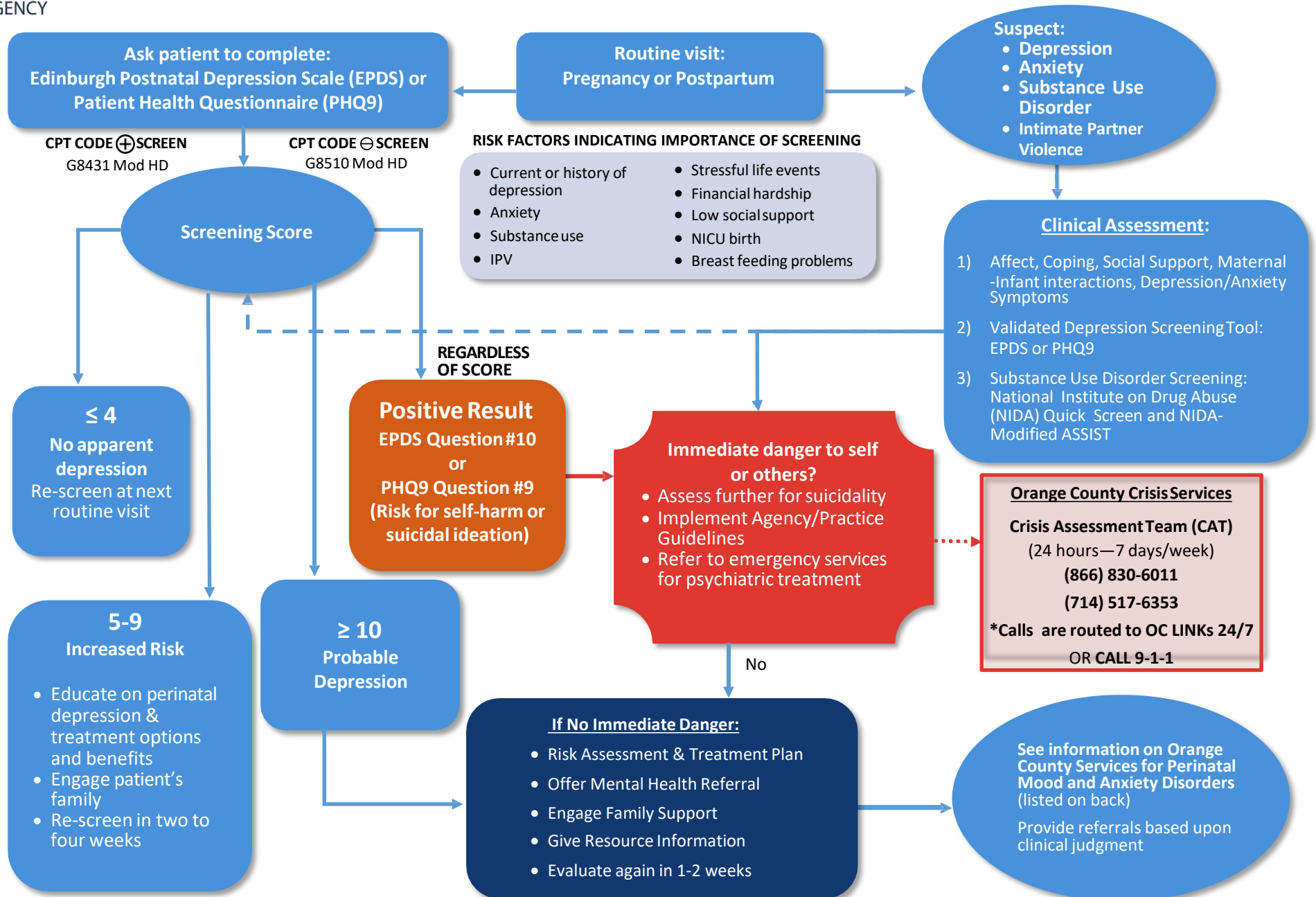


Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



Program/Contact Info	Symptoms		Group Support & Education	Prenatal/ Postpartum	Psychiatry	Patient Cost/ Insurance Types Accepted	Additional Information
	Mild-Moderate	Moderate-Severe					
Child Guidance Center Santa Ana: (714) 953-4455 Fullerton/Buena Park: (714) 871-9264 San Clemente: (949) 272-4444	✓	✓	✓	✓	✓	Medi-Cal, Sliding scale	<ul style="list-style-type: none"> Serve youth up to age 20 Additional languages spoken: Spanish, or translation services
Harbor Psychiatry & Mental Health (949) 887-7187	✓	✓		✓	✓	Medi-Cal, Most private plans	<ul style="list-style-type: none"> Zulresso via IV infusion over 60 hours while monitored. Family allowed during visit Additional languages spoken: Farsi, and Arabic
Hoag Mental Health Center Newport Beach: (949) 764-6542	✓		Family Therapy Stroller walks	✓	✓	Low/no cost, Sliding Scale	<ul style="list-style-type: none"> Short-term, individual, couples, family support, up to 12 sessions Additional languages spoken: Spanish, Farsi Support groups and stroller walking group offered
Hoag Maternal Mental Health Clinic Newport Beach: (949) 764-5333	✓	✓	Pregnancy loss support group	✓	✓	Most private plans	<ul style="list-style-type: none"> Pre-conception and comprehensive psychiatric evaluation, medication management and psychotherapy up to one year post-partum. Wide range of diagnoses. Support groups and prenatal mental health workshops Maternal Mental Health Support Line: 949-764-5333
Mission Hospital's Maternal Mental Health and Wellness Intensive Outpatient Program Laguna Beach: (949) 499-7504	✓	✓	Pregnancy/postpartum support group (free)	✓	✓	Most private plans	<ul style="list-style-type: none"> Group individual, and family treatment provided. Ongoing psychiatric evaluation, follow up, and medication management throughout the course of treatment by a reproductive psychiatrist & psychiatry team Must commit 9 hours/week to intensive outpatient program Fee for service for uninsured (\$250/half day session) Maternal Mental Health Referral Line: 949-499-8663
OC Parent Wellness Program (OCPWP) Orange: (714) 480-5160	✓		Parent support groups	✓		No cost	<ul style="list-style-type: none"> Enrolls prenatally and postpartum until child is 1 year Provides short term (3-6 mos.) of counseling Moms and dads able to receive care Languages: Portuguese, Spanish, Vietnamese,
St. Joseph Hospital Caring for Mothers with Maternal Depression Orange: (714) 771-8101	✓	✓	Perinatal support, Grief support, Dad support	✓	✓	Medi-Cal, most private plans	<ul style="list-style-type: none"> Open to clients delivering outside of St. Joseph health system Flexible scheduling based on client's need Languages spoken: Spanish
Western Youth Services Santa Ana: (714) 704-5900	✓	✓	✓	✓	✓	Medi-Cal only No cost	<ul style="list-style-type: none"> Provides services to youth up to age 21

Additional Information on Accessing Mental Health and Other Essential Family Services in Orange County

Program Name	To enroll or obtain more information	Notes
OC Links	1-855-OC-LINKS (1-855-625-4657)	Call between 8 a.m. and 6 p.m. to be connected to a Behavioral Health Navigator
211 Orange County	211	Access to local resources for basic needs, including intimate partner violence
CalOptima Behavioral Health	1-855-877-3885	CalOptima members may call to obtain a referral to appropriate services
Orange County Health Care Agency- Beneficiary Access Line	(800) 723-8641	24/7 access for Medi-Cal clients needing mental health or substance use services
Postpartum Support International- Perinatal Psychiatric Consult Line	(800) 944-4773, ext. 4	No-cost consultation line for medical professionals treating clients with PMADs
EveryWomanOC.org	https://everywomanoc.org https://sp.everywomanoc.org/ (Spanish)	A resource for anyone who is thinking of becoming pregnant, is pregnant or has a new baby