

Do you know the #1 complication of pregnancy and childbirth?
ANXIETY and DEPRESSION

Maternal Mental Health Resources Sacramento & Placer Counties



In-Person Meetings/Support Groups

Sutter Pregnancy & Postpartum Support Group

1st & 3rd Wednesdays 5:30-7pm
2825 Capitol Ave, Sacramento
Led by: Jacqueline Masullo, LCSW
Contact: 916-887-4037
**Open to the Community*

UC Davis "Connected" Postpartum Support Group

Led by Dr. Shannon Clark, OBGYN
Contact OB Dept: 916-734-6900
**Open to UCD patients; referrals*

Just Between Moms Support Group

Meets 2nd Monday at 12:30pm
Herself Moms Sacramento
Led by Catherine O'Brien, LMFT
Contact: 916-718-9501

Kaiser Postpartum Conditions Groups

Sacramento Group Tues 11-12:30
Kaiser Point West, Conf Room #3
Led by Dr. Priya Batra, PsyD
Contact: 916-614-4740

Roseville Group Tues 11-12:30

Led by Darcy Fujioka, PhD
Contact: 916-474-2514 for location
**Open to Kaiser Members Only*

Maternal Mental Health Support Group

4th Sunday of month from 10-12
2955 3rd Ave, Suite 202, Sac
Gabi Anderson, RN - 916- 833-8253
**Open to ALL*

Greenhouse Therapy Postpartum Support Group

Saturdays 12:30-2pm
3650 Auburn Blvd, Building C, Sac
Contact: 916-436-7153

Insights Counseling Prenatal and Postpartum Counseling

Contact: 530-887-1300
**Free to Placer County residents*

Lighthouse Family Resource Center Postpartum Depression Counseling

Contact: 916-645-3300
**Free to Placer County residents*

ShineON Postpartum Support Roseville

Led by Kelly McGinnis
Contact: 916-770-9394 for details

In-Person/ Phone/Online Support

Sacramento Mental Health Urgent Care Clinic – Walk in

2130 Stockton Blvd, Building 300
M-F 10am-10pm/Sat & Sun 10am-6pm
Phone: 916-520-2460

WellSpace Health Clinic

Walk-in M-F 9am-8pm/Sat 8am-4pm
Phone: 916-737-5555

"A Mothers Heart"

Phone: 916-681-2907
www.a-mothers-heart.org

Sacramento Cnty Behavioral Health Access Team

Phone: 916-875-1055

Placer Cnty Mental Health Triage Line

Phone: 916-787-8860

Postpartum Support International Weekly Online Chat – Wednesdays

<http://www.postpartum.net/chat-with-an-expert/>

Online Postpartum Support Group

www.ppdsupportpage.com

Postpartum Support International

Warm-line: 800-944-4773
www.postpartum.net