

Perinatal Resource Guide

C.O.N.N.E.C.T.E.D. Clinic

Meets Thursdays 6:30-8:00 PM

Phone (Non-emergency): (916) 241-3987

UCD OBGYN: (916) 734-6900

Email: connectedhealthclinic@gmail.com

If you are experiencing a medical or psychiatric emergency, please call 911 or go to the nearest emergency department.

Mental Health & Support

Postpartum Support International

Warm-line: 1-800-444-4773

Text: 503-894-9453

Online Support: www.postpartum.net

Sacramento Mental Health Urgent Care

Walk-In Clinic: 2130 Stockton Blvd, Building 300

Phone: (916) 520-2460

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

Crisis Text Line

Text CONNECT to 741741

National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)

WEAVE (Local Rape/Domestic Violence)

Phone: (916) 920-2952

BC Women's Hospital (Canada)

Self-Care Guides and Resources

Website: reproductivementalhealth.ca/resources

Postpartum Support for Dads

Website: postpartum.net/get-help/resources-for-fathers/

Medical

Mother-to-Baby

Medications & More in Pregnancy and Postpartum

Phone: 866-626-6847

Text: 855-999-3525

Website: mothertobaby.org

Nurse Family Partnership

Resources and Support for First-Time Parents

Call or Text: 844-637-6667

Website: nursefamilypartnership.org

American College of Obstetricians and Gynecologists

Patient Education Resources

Website: acog.org/Patients

Sacramento Crisis Nursery

Phone: (916) 452-3981

Website: kidshome.org

Miscellaneous

2020 Mom (Advocacy/Resources)

Website: www.2020mom.org

The Blue Dot Project (Advocacy/Support)

Website: www.thebluedotproject.org

Supplemental Nutrition for Women, Infants, and Children (WIC)

Website: www.fns.usda.gov/wic

Guide to Legal Resources for Women

Website: onlinelaw.wcl.american.edu/blog/legal-health-resources-for-women/

Aunt Bertha (Local Services/Resources)







Website: auntbertha.com

The Root (Education, Resources, Support)

Website: www.sacroot.com

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IS THIS NORMAL?

	 SLEEP DEPRIVATION	 BONDING WITH BABY	 YOUR MIND IS	 YOU WORRY	 YOU FEEL	 AFTER A FEW WEEKS
TYPICAL ADJUSTMENT	MAKES YOU TIRED	HAPPENS SHORTLY AFTER BIRTH	FORGETFUL & DISTRACTED	FOR GOOD REASON	HAPPY & HOPEFUL	YOU GET INTO A GOOD ROUTINE
BABY BLUES	MAKES YOU EMOTIONAL	DOESN'T HAPPEN IMMEDIATELY	FOGGY & UNCLEAR	ABOUT MINOR THINGS	WEEPY & EMOTIONAL	YOU START TO FEEL BETTER
PPD/PPA	MAKES YOU ANGRY	DOESN'T REALLY HAPPEN AT ALL	FULL OF SCARY THOUGHTS	IF YOU ARE A GOOD MOTHER	NOTHING/ GUILT/ EXT. SADNESS	YOU START TO FEEL WORSE

Remember:

- About 80% of new moms experience baby blues, typically subsiding within 1 month after delivery
- If you experience symptoms longer than 2-4 weeks, they begin during pregnancy or anytime in the year after birth, or they make it hard for you to function, you may be experiencing postpartum depression or anxiety (PPD/PPA)

