

Maternal Mental Health Community Resources

Riverside and San Bernardino Counties

Free /Low Cost Counseling Services and Medication Evaluations

- Riverside- Medi-cal CARE LINE: 800-706-7500
- San Bernardino- Medi-cal county clinics: 888-743-1478/888-743-1481
- IEHP: 1800- 440-4347
- San Bernardino- Catholic Charities: (909) 763-4970
- Riverside- Carolyn E Wylie Center: (951) 683-5193
- Loma Linda University Behavioral Health- (909) 558-4934
- San Bernardino-South Coast Community Services: (909) 792-0747
- San Bernardino- Inland Behavioral Health Services: (909) 881-6146
- San Bernardino- SACHS Clinic: (909) 382-7100
- MFI A Women's Place Recovery Perinatal Substance Abuse Program (951) 683-6596

Private Practice Clinicians with Maternal Mental Health Training and Experience

- Dr. Kaeni, PSY.D (909) 451-9951- Support Group in Claremont and Individual therapy
- Tiffany Knowlton, LMFT (909)260-614- Rancho Cucamonga
- Corazon Counseling Service (951) 575-2215 – Riverside (services in Spanish)
- Chynethia Cook, PSY.D (951) 291-7080- Riverside
- Lisa Dryan, LCSW (951) 347-6935-Riverside
- Amanda Vadney, LMFT (951) 639-8263- Temecula (free support group)

Reproductive Psychiatrist

- Quality Life Group, Psychiatric and Psychological Services Riverside: (951) 684-2627
- Dr. Keerthy Sunder: (951) 300-4905- Riverside
- Dr. Aurora Soliguen: (909) 949-0076- Upland
- Dr. Leslie Westlund: Craig (619) 994-7911- Escondido
- Dr. Sonya Rasminsky: (949) 734-4912- Newport Beach

Free Postpartum Support Groups

- San Bernardino- Arrowhead Regional Medical Center: (909) 580-3530
- Redlands Christian Counseling Services (childcare provided): (909) 793-1078 ext. 214
- Pomona Valley Hospital: (childcare provided) (909) 469-9491
- Temecula/Murrieta Healthy Family Beginnings: (951) 639-8263

Emergency Crisis Numbers

- Riverside- (951) 358-4881 (Mental Health CRISIS)
- San Bernardino- (909) 421-9233/ (909) 458-9628
- Suicide Prevention Hotline- (1-800) 273-8255
- Postpartum Depression HELP LINE (1-800) 944-4773

Emergency Psychiatric Services/Hospitalization for Postpartum Crisis

- St. Joseph Hospital- (Caring for Women with Maternal Depression Program) (714) 771-8101
- Community Hospital Long Beach (Perinatal Mood /Anxiety Disorders Program) (855) 245-2443
- Huntington Hospital Pasadena (Maternal Mental Health Program) (626) 397-2330

Informational Websites

Postpartum Support International

www.postpartum.net / (800) 944-4773

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

<https://www.facebook.com/groups/25960478598/>- Closed Facebook Support Group

Postpartum Stress Center

www.postpartumstresscenter.com

National Institute of Mental Health

www.postpartumhealth.com

National Hispanic Prenatal Helpline

www.hispanichealth.org

National Women's Health Information Center

www.womenshealth.gov

Medications in Pregnancy & Lactation

InfantRisk, www.infantrisk.com

MotherRisk, www.motherrisk.com

www.womensmentalhealth.org

Mother to baby (1866)-626-6847- (speak with counselor about meds)

LactMed- database of medications (National Library of Medicine)

www.cdc.gov- [Treating for two safer medication use in pregnancy](#)

Lactation Consultants/Breastfeeding Resources

www.iebreastfeeding.org

Loving Support Riverside County Breastfeeding Helpline (24/7, 365)
1-888-451-2499 English/Spanish

San Bernardino County 24/7 Support
Dial 211 English/Spanish

La Leche League Inland Empire
1-951-888-0297 English, Espanol, German, Irdu, ASL

WIC San Bernardino
San Bernardino Area 909-387-8301
West End (Ontario Area) 800-472-2321
Desert Area 800-472-2321

Pregnancy and infant loss resources

Guild for Infant Survival

Riverside County (951) 571-6259

San Bernardino County (909) 838-1536

Angles Born Still- <http://drivymargulies.com/>

www.foreverfootprints.org

www.firstcandle.org

www.emptycradle.org

www.stillbirth.com

If you or your agency provide services to pregnant and postpartum women in the Inland Empire and would like to be added to this directory of resources please feel free to email:

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Postpartum Support International Co-Coordinator for Riverside County

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