

Perinatal mental health resources



Having a baby is a joyous experience that comes with significant challenges related to new routines, changes in roles and relationships, emotional struggles, and more. This list includes:

- Community resources
- Lactation support
- Father support
- Perinatal mental health support
- Grief and loss support
- Warmlines and hotlines
- Crisis resources

Please call your insurance for a list of providers to verify which therapists listed are contracted with your insurance plan. Direct any specific questions regarding qualifications or billing to the providers listed.



Community resources

■ Local resources ■ National resources ■ Spanish-speaking

Community Hospital of the Monterey Peninsula ■ Ohana

ohana@montagehealth.org | (831) 760-1441

Ohana's perinatal mental health program emphasizes the mental well-being of parents, which in large part contributes to a foundation of good mental fitness for the child. Free perinatal community groups (for both birthing person and partner) are available. Contact Ohana to learn about free upcoming community workshops.

Birth Network of Monterey County ■

birthnetworkofmonterey.com | birthnetworkmonterey@gmail.com

Birth Network of Monterey County is dedicated to empowering birthing persons to honor and celebrate the birthing process. They envision a community where parents access resources to make informed choices for their birth and early parenting experiences.

Carmel Clay Public Library ■

carmelclaylibrary.org

Carmel Clay Public Library offers programming for new parents and young children including drop-in playdates, story time, lively songs, arts and crafts, and more.

First 5 Monterey County ■

first5monterey.org | (831) 444-8549

First 5 Monterey County's Early Childhood Collaborative provides families with services including resources for families with children prenatal through age 5, child development screenings, parenting information and classes, and parent-child playgroups. They also help families with referrals and assist with coordination of services. Services vary by location.

Kweens' Kounsel ■

kweenskounsel@gmail.com

Kweens' Kounsel provides a space that is intentionally and culturally designed by Black women community leaders for the advocacy of Black birthing families and Black providers.

Monterey Bay Moms ■

montereybaymoms.org | montereybmoms@gmail.com

Monterey Bay Moms offers family-friendly recommendations and local happenings in the community.

Monterey Birth and Wellness Center ■

montereybirthcenter.com | (831) 717-4723

Monterey Birth and Wellness Center provides evidenced-based midwifery, free community classes, workshops, lactation support, and new parent groups.

Monterey Pelvic Health ■

montereypelvichealth.com

Monterey Pelvic Health is a pelvic floor physical therapy clinic that specializes in treating patients during pregnancy and postpartum. They provide treatment for common aches and pains in pregnancy, preparation for labor, and rehabilitation postpartum to help reach your goals and find freedom from pain and dysfunction.

Parenting Connection of Monterey County ■ ■

parentingconnectionmc.org | hello@parentingconnectionmc.org

These free and confidential support groups are for mothers and partners to find comfort, validation, and resources from peers and an experienced facilitator. They offer wellness circles that provide postpartum support and resources to guide you through the first year of your baby's life. Many groups are offered virtually through Zoom as well as in-person.

Parent's Place ■

pgadulthood.pgusd.org | (831) 646-6623

Parent's Place in Pacific Grove is a parent education program for parents and their children ages birth through 3, offering workshops to parents, parent-child age-related groups, hands-on music, movement, a library, outdoor play spaces, and sensory classes.

Postpartum International ■

postpartum.net

Groups are conducted using a peer-to-peer support model and are not intended for those experiencing a mental health crisis. Please reach out to the National Suicide Prevention Lifeline (988) if you are in need of crisis support.



Community resources

■ Local resources ■ National resources ■ Spanish-speaking

The Parent Center, Salinas Adult School ■

salinasuhd.org | (831) 796-6900

The Parent Center offers parents and caregivers support before, during, and after pregnancy through parent education, parent and child activity classes, an outdoor children's garden, and a preschool in Salinas.

Stroller Strong Moms ■

info@strollerstrongmoms.com

This mothers' group focuses on community and fitness through classes, group activities, and opportunities for mothers to come together and build connections.



Military resources

Naval Postgraduate School ■

Fleet and Family Support Center

monterey.navylifefsw.com | (831) 656-3060

Support includes counseling and assistance, life skills, and sexual assault prevention and response.

Postpartum Support International | Help for military families ■

postpartum.net/get-help/military-families

Military families face unique stressors that make them more susceptible to experiencing perinatal mental health disorders. Resources include support groups and resources specific for veterans.



Lactation support

Birth Network of Monterey County ■

birthnetworkofmonterey.com | birthnetworkmonterey@gmail.com

Birth Network of Monterey County's website features an extensive list of International Board-Certified Lactation Consultants.

Breastfeeding Support and More with Miss Merilee ■

merileebreastfeeding.com | (831) 277-1139

Merilee Rockefeller-Kolpaczyk is a registered nurse and an International Board-Certified Lactation Consultant, and Certified Lamaze Childbirth Instructor with 34 years of experience working at Community Hospital of the Monterey Peninsula.

Community Hospital of the Monterey Peninsula ■

Breastfeeding support and education

montagehealth.org | (831) 625-4987

Rely on the experienced lactation staff at Community Hospital of the Monterey Peninsula for breastfeeding support and education. Lactation education services are provided by experienced International Board-Certified Lactation Consultants. Inpatient and outpatient services are available. The outpatient services are by appointment only, Monday through Friday.

Earth Milk Moon ■

earthmilkmoon.com

Earth Milk Moon provides in-home postpartum wellness care, lactation and infant feeding support, and classes and support groups during pregnancy and postpartum.

La Leche League Monterey ■

4 Harris Court, Suite A, Monterey | (831) 373-0555

This group connects local breastfeeding moms so they can participate in and receive mother-to-mother breastfeeding support.

First 5 Monterey County ■

first5monterey.org | (831) 444-8549

First 5 Monterey County's Early Childhood Collaborative provides families with services including resources for families with children prenatal through age 5, child development screenings, parenting information and classes, and parent-child playgroups. They also help families with referrals and assist with coordination of services. Services vary by location.

Monterey Peninsula Pediatric Medical Group ■

mppmg.com | (831) 333-0999

Your baby must be an established patient. Monterey Peninsula Pediatric Medical Group is a locally owned pediatric practice committed to serving the health needs of children from birth to college.

Mother's Milk Bank ■

mothersmilk.org/donate-milk | (877) 375-6645

Breast milk donation fulfills an important role in keeping babies healthy and thriving. Must have a minimum of 100 ounces.

Mum's the Word ■

mumstheword.biz | (831) 238-0655

Michelle Nizza is a licensed midwife who offers breastfeeding help with the goal of providing equitable and respectful pregnancy, birth, and postpartum care for all.

Natividad Medical Center Lactation Clinic ■

(831) 796-1652

All are welcome and can be seen and supported regardless of financial or insurance status. Call for an appointment or a face-to-face meeting (open seven days per week, 9 a.m.–5 p.m.).

Salinas Valley Health Lactation Services ■

salinasvalleyhealth.com | (831) 759-3060

Salinas Valley Health's lactation clinic provides an introduction to breastfeeding with International Board-Certified Lactation Consultants. Clinic hours are Monday through Friday by appointment.

Women, Infants, and Children (WIC) ■ ■

(831) 796-2888

WIC provides practical nutrition information and everyday healthy living tips for families from nutrition experts who specialize in nutrition for mothers and their children. Support and information about breastfeeding is available, including access to peer counselors and International Board-Certified Lactation Consultants. Contact the Monterey County Health department to make an appointment with WIC.

831Breastfeeds ■

831breastfeeds.com

831Breastfeeds is a local guide for lactation resources in Monterey, San Benito, and Santa Cruz counties. Whether you are a breast/chest feeding parent or family member, hospital or healthcare organization, employer, or other interested community member, 831Breastfeeds will offer assistance in finding the information you need.



Father support

■ Local resources ■ National resources ■ Spanish-speaking

Breakthrough for Men ■

breakthroughformen.org

This nonprofit founded in 1987 provides men with skills to free themselves from non-productive, painful, or abusive aspects of their lives. Though there are not workshops specific to becoming a father, many of the participants who attend are fathers themselves and benefit from the structure and curriculum of the workshops and groups.

Center for Men's Excellence ■

menexcel.com

Expectant fathers enjoy an informal, hands-on class that provides practical information and a real boost of confidence about handling the baby's impending arrival. Join for virtual new father classes.

Dope Black Dads ■

dopeblackdads.com

Dope Black Dads is a digital safe space for fathers who wish to discuss their experiences of being black, a parent, and masculinity in the modern world. The aim is to celebrate, heal, inspire, and educate black fathers for better outcomes for black families.

Latinx Parenting, Brown Fatherhood Series ■

latinxparenting.org/brown-fatherhood

Join Latinx Parenting in rich conversations about identity and culture with brown fathers committed to decolonizing themselves and their families. The facilitators discuss the work that they are currently doing in their communities to combat machismo by reframing and reimaging masculinity in the families.

Padre Cadre ■

padrecadre.com

Padre Cadre addresses two of the most common issues fathers face: a lack of information specifically for dads, and the tendency for new dads' worlds to shrink down to just work and family. Padre Cadre equips men with tools to help them thrive as fathers. You will find the option to ask questions anonymously and connect with a "mentor dad."

Postpartum Support International | Help for dads ■

postpartum.net/get-help/help-for-dads

One in ten dads gets postpartum depression, and up to 18 percent develop a clinically significant anxiety disorder such as generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder at some point during the pregnancy or the first year postpartum. Join support groups, text the helpline, or find local listings of paternal mental health support.



NICU support

Hand to Hold ■

handtohold.org

The NICU can be a very lonely and isolating experience, but you don't have to do it alone. It is vitally important to find a support network, and Hand to Hold can help. Hand to Hold includes counseling, support groups, peer mentorship, and online communities.

NICU Helping Hands ■

nicuhelpinghands.org

The NICU journey can be an overwhelming experience for parents and having family support can alleviate the hardship. Project NICU provides customized family support that includes parent support, parent education, sibling support, peer mentorship, and antepartum support.

Postpartum Support International | NICU ■

postpartum.net/get-help

Led by trained PSI facilitators, the online NICU group is intended for parents of babies who are currently or formerly in the NICU.



Medical professionals who can prescribe medications for a perinatal mental health diagnosis

■ Local resources ■ National resources ■ Spanish-speaking

Community Hospital of the Monterey Peninsula ■ Behavioral Health Outpatient Services, Psychiatry

576 Hartnell Street, Monterey | (831) 625-4600

montagehealth.org

Insightful professionals offer counseling and a postpartum group for women struggling with postpartum mental health. Referrals can be made to that group by a primary care doctor or a mental health provider. Conducts sessions virtually and in-person

Accepts Blue Cross, Blue Shield, Tricare, Cigna, Aetna, United Healthcare, United Behavioral Health, Multiplan, Medicare, Coastal TPA, Magellan

Donna Hepburn, PsyRN ■

Psychiatric nurse | dhepburn@sbcglobal.net

Conducts sessions virtually

Accepts private pay

Montage Medical Group ■

montagemedicalgroup.org

Psychiatrists diagnose and treat mental, emotional, and behavioral health conditions through counseling, medication management, and other approaches. Conducts sessions virtually and in-person

Accepts Aetna, Aetna Medicare Advantage, Aspire, Blue Cross, Blue Shield, CCAH (Beacon Health Options), Cigna, Coastal, Coventry, EMSF, Health Net, Medicare, NX Health, PHA, Tri-Care, UHC (Optum), VA, Valley Health Plan, and private pay

Cindy A Stein, PhD, CNM, MPH ■

Doctorate in Nursing, Masters in Midwifery and Public Health
cindyastein.com

Conducts sessions virtually and in-person

Accepts private pay and can superbill

Perinatal mental health therapists who accept private insurance and/or private pay

■ Local resources ■ National resources ■ Spanish-speaking

Community Hospital of the Monterey Peninsula ■ Behavioral Health Outpatient Services, Psychiatry

576 Hartnell Street, Monterey | (831) 625-4600

montagehealth.org

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Accepts Blue Cross, Blue Shield, Tricare, Cigna, Aetna, United Healthcare, United Behavioral Health, Multiplan, Medicare, Coastal TPA, Magellan

Erika Cadenas, LMFT, PMH-C ■ ■

1340 Munras Avenue, suite 225, Monterey | (831) 275-0786

eacadensmft@gmail.com

Conducts sessions virtually and in-person (mornings only)

Accepts Blue Shield, Carelon, and private pay

Stephanie Cook, LMFT ■

wellspringbranches.com | (831) 647-8490

Conducts sessions virtually

Accepts Coastal TPA and private pay

Jennifer Golden, LCSW ■

Lincoln 2, NW of 7th, Carmel-by-the-Sea | (831) 905-7798

Conducts sessions virtually and in-person

Accepts Coastal TPA, private pay and can be billed as an out-of-network provider

Rebecca Hardt, MA, LMFT, PMH-C ■

rebeccahardt1mft@gmail.com | (831) 268-6273

Conducts sessions virtually

Accepts Aetna, Anthem, Cigna and Evernorth, Coastal TPA, Coventry, GEHA, Healthnet, Humana, MHN, Monterey Bay IPA, Optum, Oscar Health, Oxford, Sutter, UMR, UnitedHealthcare UHC

Kathryn Holden-Klinger, LMFT ■

kathrynmft@gmail.com | (831) 233-9894

Conducts sessions virtually

Accepts Cigna and private pay

Sarah Lauterbach, LMFT, PMH-C ■

sarahlauterbachlmft@gmail.com | (408) 692-2502

Conducts sessions virtually

Accepts Aetna, Anthem, Tricare (Select or Veteran's Choice only), Cigna and Evernorth, Optum, UnitedHealthcare UHC, and private pay

Montage Medical Group ■

montagemedicalgroup.org

Psychiatrists diagnose and treat mental, emotional, and behavioral health conditions through counseling, medication management, and other approaches. Conducts sessions virtually and in-person

Accepts Aetna, Aetna Medicare Advantage, Aspire, Blue Cross, Blue Shield, CCAH (Beacon Health Options), Cigna, Coastal, Coventry, EMSF, Health Net, Medicare, NX Health, PHA, Tri-Care, UHC (Optum), VA, Valley Health Plan, and private pay

Mindful Child and Family Therapy

mcaft.com | (650) 297-3400

Locations are in Los Altos and Half Moon Bay

Conducts sessions virtually and in-person

Accepts Kaiser, private pay, and can be billed as out-of-network provider

Laura Schwinn, PsyD ■

mindyoursoul.health | (831) 204-0323

Conducts sessions virtually

Accepts Aetna, private pay, and can be billed as out-of-network provider

Sheryl Stewart, LMFT ■

207 16th Street, suite 315, Pacific Grove | (831) 373-2502

Conducts sessions virtually and in-person

Accepts Blue Shield (Magellan), Anthem, Blue Shield of CA, Aetna, United Behavioral Health, and private pay

Celia Trujillo, LCSW, PMH-C ■ ■

celiatrujillolcsww.com

Conducts sessions virtually

Accepts some Blue Shield plans



Perinatal mental health providers who accept Medi-Cal

Local resources National resources Spanish-speaking

Carelon Behavioral Health (Formerly Beacon Health Options) ■

carelonbehavioralhealth.com | (800) 397-1630

(Monday–Friday, 8 a.m.–8 p.m. eastern time)

Provides a brief screening and connection to local resources

Stephanie Cook, LMFT ■

wellspringbranches.com | (831) 647-8490

Conducts sessions virtually

Montage Medical Group ■

montagemedicalgroup.org

Psychiatrists diagnose and treat mental, emotional, and behavioral health conditions through counseling, medication management, and other approaches. Conducts sessions virtually and in-person

Accepts Aetna, Aetna Medicare Advantage, Aspire, Blue Cross, Blue Shield, CCAH (Beacon Health Options), Cigna, Coastal, Coventry, EMSF, Health Net, Medicare, NX Health, PHA, Tri-Care, UHC (Optum), VA, Valley Health Plan, and private pay

Monterey County Behavioral Health, Access to Care ■

(888) 258-6029 | Monday–Friday, 8 a.m.–8 p.m.

Clinics are located in Marina, Salinas, Soledad and King City

Provides a brief screening and connection to local resources

Sheryl Stewart, LMFT ■

207 16th St Suite 315, Pacific Grove | (831) 373-2502

Conducts sessions virtually and in-person

Perinatal mental health therapists who accept Tricare

Local resources National resources Spanish-speaking

Community Hospital of the Monterey Peninsula ■ Behavioral Health Outpatient Services, Psychiatry

576 Hartnell Street, Monterey | (831) 625-4600

montagehealth.org

Conducts sessions virtually and in-person

Accepts Blue Cross, Blue Shield, Tricare, Cigna, Aetna, United Healthcare, United Behavioral Health, Multiplan, Medicare, Coastal TPA, Magellan

Stephanie Cook, LMFT ■

wellspringbranches.com | (831) 647-8490

Conducts sessions virtually

Kathryn Holden-Klinger, PhD ■

kathrynlmft@gmail.com | (831) 233-9894

Conducts sessions virtually

Sarah Lauterbach, LMFT, PMH-C

sarahlauterbachlmft@gmail.com | (408) 692-2502

Conducts sessions virtually

Select or Veteran's Choice only

Montage Medical Group ■

montagemedicalgroup.org

Psychiatrists diagnose and treat mental, emotional, and behavioral health conditions through counseling, medication management, and other approaches. Conducts sessions virtually and in-person

Accepts Aetna, Aetna Medicare Advantage, Aspire, Blue Cross, Blue Shield, CCAH (Beacon Health Options), Cigna, Coastal, Coventry, EMSF, Health Net, Medicare, NX Health, PHA, Tri-Care, UHC (Optum), VA, Valley Health Plan, and private pay



Perinatal mental health therapists who accept private pay or will provide a superbill

■ Local resources ■ National resources ■ Spanish-speaking

Kristina Anzell, LCSW ■

kristina@connectionisthekey.com | (831) 204-8165
Conducts sessions virtually, "walk and talk," and Wellness course

Aline Bendeck, LMFT, PMH-C ■

6465 Carmel Rancho Boulevard, suite 3, Carmel
(415) 943-3667
Conducts sessions virtually and in-person

Family Tree Wellness

www.familytreewellness.org | (408) 345-5572
Located in Campbell
Conducts sessions virtually and in-person

Kayti McDaniel, LCSW, PMH-C ■

kaytimcdaniel.com | hello@kaytimcdaniel.com
Conducts sessions virtually

Lauren Reppy, LMFT, PMH-C

laurenreppymft.com | lauren@laurenreppy.com
Located in Santa Cruz
Conducts sessions virtually and in-person

Celia Trujillo, LCSW, PMH-C ■ ■

celiatrujillolcsw.com
Conducts sessions virtually



Grief and loss support

Heal Together, Coastal Kids Home Care ■

healtogether.org | (831) 320-0947
Heal Together provides pregnancy and infant loss support for the whole family. One-on-one grief counseling and telehealth help you understand the grieving process. Bereavement groups are offered for children and adults.

Hand to Hold | Support for Bereaved Families ■

handtohold.org/bereavement
No one understands what it is like to suffer the loss of a baby like a parent who has been there. Wherever you are in your grief, we want you to know that you are not alone. Hand to Hold is ready to support you, whether it is today, a month from today, or a year from today. Support includes support groups, counseling, one-on-one peer support, and additional bereavement resources and organizations.

Sarah Lauterbach, LMFT, PMH-C ■

sarahlauterbachLMFT@gmail.com | (408) 692-2502
Conducts sessions virtually
Accepts Aetna, Anthem, Tricare (Select or Veteran's Choice only),
Cigna and Evernorth, Optum, UHC: UnitedHealthcare, and private pay

Magnolia Dream Doula Services ■

magnoliadreamdoula@gmail.com | (831) 975-3442
Vanessa Ortega, pregnancy and infant loss doula

NICU Helping Hands | The Angel Gown Program ■

nicuhelplinghands.org/programs/angel-gown-program
The Angel Gown® Program provides comfort for bereaved families through the gift of a beautiful custom-made gown for final photos and for burial services. We provide support resources and mentoring programs for bereaved families as well. There is no greater gift that can be given to a grieving family than affirming the importance of the life of their child by offering the simple gift of our Angel Gown® garments and supporting them emotionally and educationally afterwards.

Postpartum Support International | Loss & Grief in Pregnancy and Postpartum ■ ■

postpartum.net
Experiencing the loss of a pregnancy, infant, or child brings unimaginable pain, grief, and isolation. Non-judgmental support, information, and connection with others is available to you. Resources include pregnancy and infant loss support groups, a provider directory, and a comprehensive list of helpful resources.



Warmlines and hotlines

■ Local resources ■ National resources ■ Spanish-speaking

The following resources provide support for moms and dads struggling with their thoughts and feelings about the changes that come with pregnancy and a new baby.

Maternal Mental Health Warmline ■ ■

parentingconnectionmc.org | (831) 783-5933

The warmline offers free, confidential, and bilingual facilitators who will return your call, listen to your concerns, offer a postpartum screening, and help connect you with local resources. Support groups are also offered.

National Maternal Mental Health Hotline ■ ■

(833) 943-5746 (English/Spanish)

This is a 24/7, free, and confidential calling or texting hotline for pregnant and new moms. Interpreter services are available in 60 languages.

Postpartum Support International Helpline ■ ■

(800) 944-4773 (English call/text, Spanish call only)

(971) 203-7773 (Spanish text only)

Leave a confidential message any time and a trained and caring volunteer will return your call or text during business hours. They will listen, answer questions, offer encouragement, and connect you with local resources as needed.



Crisis resources

Community Hospital of the Monterey Peninsula ■ ■ Emergency Department

montagehealth.org | (831) 624-5311

If you or someone you know is experiencing a mental health emergency that requires urgent attention, Community Hospital's Emergency department has a team of psychiatric social workers, nurses, and doctors who can provide an urgent evaluation and recommendations for next steps in care. Following evaluation, patients may be referred to inpatient, crisis stabilization, or outpatient services for further care.

Suicide and Crisis Lifeline ■ ■

Call or text 988

Suicide prevention hotline ■ ■

Serving Monterey, Santa Cruz, and San Benito counties
(877) 663-5433 (ONELIFE)

Domestic violence crisis line ■ ■

(831) 372-6300

Monterey County communications ■

(831) 755-5100

Request to speak with an officer who is crisis-intervention-trained to handle psychiatric emergencies and crises.

Monterey County Rape Crisis Center ■ ■

mtryrapecrisis.org

(831) 375-HELP (4357) (Monterey Peninsula)

(831) 424-HELP (4357) (Salinas and South County)

The helplines are free, confidential, and available 24/7 in Spanish and English. Sexual assault counselors are ready to provide crisis intervention services and referrals to survivors, family, friends, and community members.

National Domestic Violence Hotline ■ ■

thehotline.org | (800) 799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources or information. Help is available in English, Spanish, and other languages. Chat support is available online or by texting "START" to 88788.

National Sexual Assault Hotline ■

rainn.org | (800) 656-HOPE (4673)

Safe and confidentially connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available online.

Natividad Medical Center Crisis Unit ■ ■

(831) 755-4111

Request to speak with a crisis team member if you or someone you know is in need of support.

For questions, please contact the
Perinatal Mental Health program:
ohanaprevention@chomp.org



Ohana
Montage Health