

Maternal Mental Health Resources

Sacramento & Placer Counties



In-Person Meetings, Counseling & Support Groups

Sutter Mother's Heart Support Group

1st & 3rd Wednesdays 5:30-7pm
1625 Stockton Blvd, Suite 201
Led by: Jacqueline Masullo, LCSW
Contact: 916-887-4037
**Open to the Community*

CONNECTED UCD Postpartum Support Group

Led by Elizabeth DeFazio, RN, MS
Contact OB Dept, Dr. Shannon Clark for referral: 916-734-6900
connectedhealthclinic@gmail.com
**Open to UCD patients; referrals*

Just Between Moms Support Group

Meets 2nd Monday from 10-11am
The Root Sacramento
Led by Catherine O'Brien, LMFT
Contact: 916-718-9501

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

Sacramento County Behavioral Health Access Team

Phone: 916-875-1055

Kaiser Postpartum Conditions Group

**Open to Kaiser Members Only*
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*

Insights Counseling Prenatal & Postpartum Counseling Mom Squad

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

In-Person/ Phone/Online Support

National Suicide Prevention Lifeline 800-273-8255

2-1-1 Sacramento

Dial 2-1-1 or 1-800-500-4931
<http://www.211sacramento.org/211/>

"A Mothers Heart"

Warm Line: 916-681-2907
www.a-mothers-heart.org

Placer County Mental Health Triage Line

Phone: 916-787-8860

Lighthouse Family Resource Center Postpartum Depression Counseling

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

KidsFirst Counseling & FRC Maternal Wellness Counseling

124 Main Street, Roseville
Contact: 916-774-6802

The Place Within Counseling

Services in Roseville & Auburn
Contact: 916-772-6158

ShineON Postpartum Support Roseville

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

Postpartum Support International

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

Postpartum Support International Weekly Online Chat – Wednesdays

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

Sacramento Children's Home Crisis Nurseries (Emergency Child Care)

North Area: 916-679-3600
South Area: 916-394-2000