

PLUMAS COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

Talkline: 1 (888) 493-0092

Hours: Monday – Friday 10 a.m. – 1a.m. EST,
Saturday & Sunday 10 a.m. – 6 p.m. EST

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 05/30/2026

Toolkit for Pregnant People and New Parents

“Resources and tools to help pregnant people, breastfeeding people, and new parents caring for infants to protect their health and help people who serve these communities communicate with them.”

Website:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html>

Last Verified On: 05/30/2026

DHCS Doula Directory

“The Doula Directory lists Medi-Cal enrolled doulas by county who opted to be included in the directory. It includes their specialties, language, ethnicity, contact information, and other information that doulas shared with DHCS for the directory.”

Website:

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx>

Directory:

<https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/30/2026



Plumas Rural Services – Family Empowerment Center

“This service provides information, training, support and advocacy to parents and guardians of children and young adults with ANY disability in Lassen, Modoc, Plumas and Sierra Counties.”

Location: 711 East Main Street, Quincy, CA 95971

Website:

<https://plumasruralservices.org/Family-Empowerment-Center>

Contact: (530) 283-2735 ext. 880

Last Verified On: 05/30/2026

First 5

“The First 5 Plumas and partnering grantees work to ensure Plumas County children have the best start in their first 5 years of life.”

Contact: (530) 394-7016

Location: 270 Hospital Rd Suite 206 Quincy, CA 95971

Website: www.first5plumas.org

Last Verified On: 05/30/2026



PLUMAS COUNTY PERINATAL RESOURCES

ABORTION INFORMATION

I Need An A

“Provide simple, up-to-date, and localized source of information for people seeking abortions.”

Website: <https://www.ineedana.com/>

Last Verified On: 05/30/2026

International Abortion Federation

“Abortion is still available and there are resources to help you get the care you need.”

Contact: (800) 772-9100

Website: https://prochoice.org/patients/find-a-provider/?fwc_country_search=united-states&fwc_state_search_united_states=ca

Last Verified On: 05/30/2026

ADOPTION RESOURCES

Adoption Choices

“Adoption Choices of Northern California is a **private, non-profit licensed adoption facilitator** which assists both birth parents and prospective adoptive parents to engage in successful adoption experience.”

Contact: (530) 891-0302

Toll Free: (800) 607-9200

Website: <http://ac-nc.org/>

Last Verified On: 05/30/2026

American Adoptions

“Interested in making an adoption plan for your child? Talk to an adoption specialist today.”

Toll Free Contact:

(800) – ADOPTION (236-7846)

Website:

https://www.americanadoptions.com/pregnant/free_info

Last Verified On: 05/30/2026

Lifetime Adoption

“Pregnant or considering adoption for your child? Get a FREE adoption planning kit today.”

Toll Free Contact: (800) 923-6784

Website:

<https://lifetimeadoption.com/birthmothers/adoption-kit/>

Last Verified On: 05/30/2026

Adoption Connection

“Counselors are here to explain all of the steps in the adoption process.”

Location: 1710 Scott St.

San Francisco, CA 95115

Contact: (800) 972-9225

Website:

<https://adoptionconnection.ifcs.org/im-pregnant/>

Last Verified On: 05/30/2026

BREASTFEEDING & LACTATION SUPPORT SERVICES

***Please refer to the WIC listing below for additional breastfeeding and lactation support services.**

La Leche League of Northern California and Hawaii

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

Contact: (877) 375-6645 Ext. 3

Website: <https://llnocal.org/>

Last Verified On: 05/30/2026

Off on Women's Health, Breastfeeding

“Find health information on the benefits of breastfeeding.”

Website:

<https://www.womenshealth.gov/patient-materials/health-topic/breastfeeding>

Last Verified On: 05/30/2026



PLUMAS COUNTY PERINATAL RESOURCES

CAR SEAT PROGRAMS

OTS - California Office of Traffic Safety

“OTS Website includes a listing of child passenger safety education and low-cost purchase or loaner programs in each county. Also included in each county’s listing is the information for the local designated Child Passenger Safety (CPS) Coordinator.”

Toll Free Contact: (916) 509-3030

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 05/30/2026

HOME VISITING PROGRAMS

Plumas County Public Health – Family First Home Visiting Program

“The first few years of a child’s life are important. Home visiting for families with pregnant women and young children supports parents by offering information on child development, and family health and wellbeing.”

Contact: (530) 552-3919

Location: 270 County Hospital Road, Suite 111 Quincy, CA 95971

Website:

<https://www.plumascounty.us/2238/Family-First-Home-Visiting-Program>

Last Verified On: 05/30/2026

First 5

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Contact: (530) 394-7016

Location: 270 Hospital Rd Suite 206 Quincy, CA 95971

Website: www.first5plumas.org

Last Verified On: 05/30/2026

MATERNAL MENTAL HEALTH RESOURCES

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

Last Verified On: 05/30/2026

Paternal Postpartum Depression Guide

Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/30/2025

Postpartum Support International Helpline

“In English and Spanish, emergency services.”

PSI Helpline: (800) 944-4773

Text English: (800) 944-4773

Text Spanish: (971) 203-7773

Website: <https://www.postpartum.net/>

Last Verified On: 05/30/2026



PLUMAS COUNTY PERINATAL RESOURCES

MATERNAL MENTAL HEALTH RESOURCES, continued

National Maternal Mental Health Hotline

“A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline’s trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages.”

Call/text: (833) TLC-MAMA (833-852-6262)

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/30/2026

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-4773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/30/2026

PERINATAL SUBSTANCE USE RESOURCES

Mother To Baby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/30/2026

Plumas Rural Services – Family Empowerment Center

“This service provides information, training, support and advocacy to parents and guardians of children and young adults with ANY disability in Lassen, Modoc, Plumas and Sierra Counties.”

Location: 711 East Main Street, Quincy, CA 95971

Website: <https://plumasruralservices.org/Family-Empowerment-Center>

Contact: (530) 283-2735 ext. 880

Last Verified On: 05/30/2026

Plumas County Dept. of Social Services

“Our pledge is to provide services courteously and professionally.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website: <https://www.plumascounty.us/94/Social-Services>

Last Verified On: 05/30/2026



PLUMAS COUNTY PERINATAL RESOURCES

POSTPARTUM SUPPORT SERVICES

Postpartum Support International Helpline

"In English and Spanish, serves more than 600 callers a month, and rapidly refers callers to appropriate local resources including emergency services."

PSI Helpline: (800) 944-4773

Text English: (503) 894-9453

Text Spanish: (971) 420-0294

Website: <https://www.postpartum.net/>

Last Verified On: 05/30/2026

Nourishing Newborns

"Nourishing Newborns offers unparalleled support to Moms and infants through free home visits with a Certified Postpartum Doula, Infant Massage Instructor, and Breastfeeding/Lactation Medicine Physician."

Text or Call: (530) 616-8448

Email: nourishingnewborns@gmail.com

Website: <https://www.nourishnewborns.org/>

Last Verified On: 05/30/2026

DADS Chat with an Expert – Postpartum Support International

"Free call-in forum for dads facilitated by a perinatal mood disorder expert."

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/>

Last Verified On: 05/30/2026

WOMEN, INFANTS & CHILDREN (WIC)

"WIC services include: Practical nutrition information and everyday healthy living tips for you and your family. Nutrition experts who specialize in nutrition for mothers and their children. Support and information about breastfeeding your baby, including access to breastfeeding experts. Help in finding health care and other valuable community services. Benefits to buy healthy foods, such as fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, tofu and more!

Website: <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>

Last Verified On: 05/30/2026

Plumas County WIC – Quincy

Location: 711 E Main St, Quincy, CA 95971

Contact: (530) 283-4093

Website:

<https://plumasruralservices.org/women-infants-children>

State Website:

<https://www.myfamily.wic.ca.gov/>

Last Verified On: 05/30/2026