

SIERRA 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: 05/15/2026

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: 05/15/2026

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, CA 95661

Contact: (916) 624-8990

Website:

<https://sierraph.org/#:~:text=SPH%20also%20offers%20prenatal%20classes,accept%20federal%20or%20state%20funding.>

Last Verified On: 05/15/2026



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/medicaid/Documents/Doula-Directory.pdf>

Last Verified On: 05/15/2026



SIERRA 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: 05/15/2026

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: 05/15/2026

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: 05/15/2026

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/adopt-ion-kit/>

Last Verified On: 05/15/2026

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: 05/15/2026

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.jfcs.org/im-pregnant/>

Last Verified On: 05/15/2026

Sierra Child & Family Services

“Our vision is to bring our services, at whatever level a child or family may need, to all of the communities we serve, overcoming whatever barriers may exist.”

Location: 4250 Fowler Lane #204

Diamond Springs, Ca 95619

Contact: (530) 626-3105

Website:

<https://www.sierrachildandfamilyservices.org/>

Last Verified On: 05/15/2026



SIERRA COUNTY PERINATAL RESOURCES

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: 05/15/2026

Off on Women’s Health, Breastfeeding

“Find health information on the benefits of breastfeeding and answers to common questions from new moms.”

Website:

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

Last Verified On: 05/15/2026

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: 05/15/2026

HOME VISITING PROGRAMS

California Home Visiting Program

“The birth of a baby is an exciting time. It can also be overwhelming, especially for those without a positive parenting model or support network to guide them.”

Contact: (916) 650-0300

Website:

<https://www.cdph.ca.gov/Programs/CFH/DMC/AH/CHVP/Pages/default.aspx>

Last Verified On: 05/15/2026

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, Ca 95661

Contact: (916) 624-8990

Website: <https://sierraph.org/classes/>

Last Verified On: 05/15/2026



SIERRA COUNTY PERINATAL RESOURCES

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: 05/15/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 05/15/2026

Sierra County Behavioral Health

“When someone is experiencing a severe mental health crisis they may need face to face response urgently. Mobile crisis providers will respond to wherever the crisis is occurring in the local community and will work to stabilize individuals in their home setting.”

Contact: (877) 757-0029

Website:

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

Last Verified On: 05/15/2026

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: (800) 944-4773

Text Spanish: (971) 203-7773

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

Last Verified On: 05/15/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2025
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: 05/15/2026

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: 05/15/2026



SIERRA COUNTY PERINATAL RESOURCES

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: 05/15/2026

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: 05/15/2026

First 5 Sierra County

“First 5 Sierra supports the High Sierra’s Family Resource Center in offering a variety of family programs.”

Location: 701 Main St, PO Box 556

Loyalton, CA 96118

Contact: (530) 993

Website: <https://www.first5sierra.org/>

Last Verified On: 05/15/2026

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, CA 95661

Contact: (916) 624-8990

Website:

<https://sierraph.org/#:~:text=SPH%20also%20offers%20prenatal%20classes,accept%20federal%20or%20state%20funding.>

Last Verified On: 05/15/2026



SIERRA COUNTY PERINATAL RESOURCES

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: 05/15/2026

Loyalton WIC Office

Location: 202 Front Street, P.O. Box 7,
Loyalton, CA 96118

Contact: (530) 993-6703

Last Verified On: 05/15/2026

Downieville WIC Office

Location: 22 Maiden Lane, P.O. Box 38,
Downieville CA 95936

Contact: (530) 289-3711

Last Verified On: 05/15/2026