

# MENDOCINO COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Mendocino County Comprehensive Perinatal Services Program

“CPSP services include: Health education, Nutrition education, Psycho-social counseling”

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2700

**Website:**

<https://www.mendocinocounty.org/departments/public-health/nursing/comprehensive-perinatal-services-program>

Last Verified On: 05/30/2025



### 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: 05/31/2025

### 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: 05/30/2025

### 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: 05/30/2025



# MENDOCINO COUNTY PERINATAL RESOURCES

## ABORTION INFORMATION

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### 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: 05/31/2024

### 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/?fwp\\_country\\_search=united-states&fwp\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 05/31/2024

## ADOPTION RESOURCES

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### 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: 05/31/2024

### 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](https://www.americanadoptions.com/pregnant/free_info)

Last Verified On: 05/30/2025

### 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: 05/30/2025

### 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: 05/31/2024



# MENDOCINO COUNTY PERINATAL RESOURCES

## BREASTFEEDING & LACTATION SUPPORT SERVICES

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

### **Mendocino BreastStart**

“Congratulations on your new baby! As a mother, one of the best things that only you can do for your baby is to breastfeed. Breastfeeding is more than a lifestyle choice — it is an important health choice. Breast milk protects babies from illness and infection and promotes their brain development. Any amount of time that you can breastfeed will help both you and your baby. Every mother has the potential to succeed and make breastfeeding a wonderful experience.”

**24-Hour English/Spanish Helpline:** (855) 855-MILK (6455)

**Website:** <http://breaststart.org/>

Last Verified On: 05/30/2025

### **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: 05/31/2024

### **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: 05/30/2025

## CAR SEAT PROGRAMS

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### **Car Seat Installation**

“Is your car seat installed correctly? Did you know we have certified car seat installation experts at First 5 Mendocino? Stop by our office on either of these dates/times and have your car seat checked or installed!”

**Location:** 419 Talmage Rd. Suite J, Ukiah, CA 95482

**When:** 2nd Wednesday of each month 9:00AM - 12:00PM or 4th Wednesday of each month 9:00AM - 12:00PM

**Contact:** (707) 462-1233

**Website:** <https://first5mendocino.org/families/child-health-development/child-safety/#1650474317666-f89ee5f4-76bd>

Last Verified On: 05/30/2025

### **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: 05/31/2024





# MENDOCINO COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### Healthy Families Mendocino County

“A relationship-based program supporting families with children from pregnancy through three years of age.

**Location:** 501 Low Gap Road

Ukiah, CA 95482

**Contact:** (707) 472-2735

**Website:**

<https://www.mendocinocounty.org/departments/public-health/nursing/healthy-families-mendocino-county>

Last Verified On: 05/30/2025

### NCO Home Base Program

“NCO Head Start home visits provide comprehensive services to support and strengthen the relationships between you and your infant or toddler”

**Location:** 550 N. State St. Ukiah, CA 95482

**Contact:** (707) 462-2582

**Website:** <https://www.ncoinc.org/nco-head-start/services-1/pregnant-women/>

Last Verified On: 05/30/2025

## MATERNAL MENTAL HEALTH RESOURCES

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### 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: 05/30/2025

### 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: 05/30/2025

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2025



# MENDOCINO COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES, continued

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### 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: 05/30/2025

### 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: 05/30/2025

## PERINATAL SUBSTANCE USE RESOURCES

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### Ford Street Project Outpatient Treatment Program

“Provides a state licensed outpatient program for individuals seeking assistance with substance abuse issues.”

**Location:** 139 Ford Street  
Ukiah, CA 95482

**Contact:** (707) 462-1934

**Website:** <https://www.fordstreet.org/substance-abuse-treatment>

Last Verified On: 05/30/2025

### 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: 05/30/2025



# MENDOCINO COUNTY PERINATAL RESOURCES

## POSTPARTUM SUPPORT SERVICES

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### 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: 05/30/2025

### 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: 05/30/2025

## WOMEN, INFANTS & CHILDREN (WIC)

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“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: 09/16/2025

### Ukiah WIC Office

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2743

Last Verified On: 05/30/2025

### Willits WIC Office

**Location:** 474 East Valley Road  
Willits, CA 95490

**Contact:** (707) 472-2743

**Toll Free:** (855) 843-2949

Last Verified On: 05/30/2025

### Fort Bragg WIC Office

**Location:** 790 South Franklin Street  
Fort Bragg, CA 95437

**Contact:** (707) 964-7106

Last Verified On: 05/30/2025