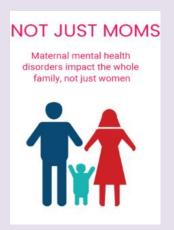
MATERNAL MENTAL HEALTH

Inyo County Resources









Until Your Next Appointment

What can you do to help you feel better?

Stay connected with others
Rest when your baby rests
Ask for and accept help
Take time for yourself
Reduce your stress
Eat healthy

Do something active everyday

Watch this video Maternal Mental Health Symptoms and Solutions



English
https://www.youtube.com/
watch?v=I24R92wZ88I



Spanish
https://www.youtube.com/
watch?v=XaSHcwMstu8

*Scan the QR code with the camera on your smartphone

Other Resources

IMACA

Heating and utilities for qualified families Food Pantry 1st Wed. of the Month for Valley Apartment Residents Only 137 E South St., Bishop (760) 873-8557

Wild Iris — Family Counseling and Crisis Center
Free and confidential support for victims and families of domestic
violence, sexual assault, or child abuse
150 N Main St, Bishop
(760) 873-6601 office
(877) 873-7384 crisis line (24/7)
www.wild-iris.org

Inyo County, HHS Public Health and Prevention - First 5 and WIC

Home Visiting, Parenting, breastfeeding and supplemental nutrition support 1360 N Main St. Bishop

1360 N Main St. Bishop (760) 873-6453 - First 5 760-872-1885 — WIC

Salvation Army

Food Bank 10am-3pm M-F; bring ID and proof of income 137 S Main St, Bishop (760) 872-2124

Inyo Legal Self-Help Center & Family Law Facilitator

Legal assistance for divorce, child custody, child support, etc. 301 W Line St, Bishop (760) 872-6240

Relief After Violent Encounter

Crisis counseling, assault counseling, emergency housing, etc. 50 Tu Su Ln, Bishop (760) 873-3584 office (760) 873-9018 Hotline (24/7)

Toiyabe Indian Health Project - Community Health and WIC Parenting, breastfeeding and supplemental nutrition support 250 N. See Vee Lane Bishop, CA (760) 872-2622 – Community Health (760) 872-3707 - WIC

MATERNAL MENTAL HEALTH

Inyo County Resources

It can be difficult to talk openly about how you are feeling when you become a new parent. You might feel:

- pressure to be happy and excited
- like you must be on top of everything
- worried you're a bad parent if you're struggling with your mental health
- worried that your baby will be taken away from you if you admit how you are feeling

It is important to ask for help or support if you need it.

♣ National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262) (Call 24/7)

In this packet

Referral Guide

Until Your Next Appointment

Other Resources

One in five women have symptoms of depression during pregnancy or in the year after giving birth.

It is important to ask for help or support if you need it.

Referral Guide	Call for appointment
Northern Inyo Healthcare District	760-873-2849
Rural Health Clinic	153 Pioneer Ln, Bishop, CA
Northern Inyo Healthcare District	760-873-2602
Rural Health Clinic – Women's Health	153 Pioneer Ln, Bishop, CA
Toiyabe Indian Health Project	760-873-6394
Family Services	250 N. See Vee Lane Bishop, CA
Inyo County, HHS	760-873-6533
Behavioral Health	1360 N Main St., Bishop, CA
Inyo County, HHS	1-800-841-5011
Behavioral Health Access Line (After-Hours Line)	
Inyo County, HHS	760-873-4923
Substance Use Disorder – Perinatal Group	1360 N Main St., Bishop, CA
Mono County	760-924-1740
Behavioral Health	1290 Tavern Road, Mammoth Lakes, CA
Mono County	1-800-687-1101
Behavioral Health Access Line (After-Hours Line)	

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