

MATERNAL MENTAL HEALTH

Inyo County Resources

1 in 7

will experience depression during pregnancy



Up to 1 in 5

women will suffer from a maternal mental health disorder like postpartum depression



More Than 600,000

women will suffer from a maternal mental health disorder in the United States every year



NOT JUST MOMS

Maternal mental health disorders impact the whole family, not just women



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=l24R92wZ88I>



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
(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


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

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