

Comprehensive Perinatal Services Program Resource & Referral Identification Guide

Clinic Name: _____

Address: _____

Contact Person: _____ Phone #: _____

Updated on (date): _____ by: _____

Referral/Resource should be no more than 5-10 miles from your clinic.

Always call to verify services for every referral/resource on your list.

SERVICE	RESOURCE/REFERRAL
<p>Abortion Services</p>	<p>Planned Parenthood is an organization with locations all over LA County that offers many reproductive health services, including abortion. Use caution if looking for other abortion services through 211. Some of these listings will automatically discourage the patient's choice to explore the option of abortion.</p> <p>Call: 1-800-230-PLAN or 1-800-230-7526 Website: www.plannedparenthood.org</p> <p><u>Local Agency/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Adolescent Family Life Program (AFLP)</p>	<p>AFLP provides comprehensive case management services to pregnant and parenting teens and their children. AFLP addresses the teen's social, health, educational, and economic needs through comprehensive case management. Teens are eligible to enroll in AFLP through age 18.</p> <p>There are 4 organizations that provide AFLP services in LA County. To find the office in your area, visit the website below and scroll to "Los Angeles County."</p> <p>https://www.cdph.ca.gov/Programs/CFH/DMCAH/AFLP/Pages/Sites.aspx</p> <p><u>Local Agency/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Adoption Services	<p>Call 211 or visit https://www.211la.org/ for local adoption resources. Please ensure the agency you list works with birth mothers/pregnant women, and is not an agency that only provides services to foster and adoptive parents.</p> <p><u>Local Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Adult Children of Alcoholics	<p>Adult Children of Alcoholics (ACA) is a Twelve Step recovery program for persons who have grown up in alcoholic homes.</p> <p>Call: 1-310-534-1815 Email: information@acawso.com Visit website to find local meeting locations/times: https://adultchildren.org/</p>
Adult School/GED Program	<p>Call your local school district, local community college, or call 211.</p> <p><u>Local Adult School/GED Program/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Al-Anon /Alateen	<p>Al-Anon provides group support to people who are struggling with the effects of someone else's problem drinking.</p> <p>Alateen is a teen support group for teens who are struggling with the effects of someone else's problem drinking.</p> <p>Call: 1-818-760-7122 or 1-818-547-3027 Visit website to find local meeting locations/times: https://alanonla.org/</p>
Alcoholics Anonymous (AA)	<p>Alcoholics Anonymous (AA) is a 12 Step recovery program for people with alcoholism.</p> <p>Call AA's Los Angeles Helpline at: 1-323-936-4343 Website: https://lacoaa.org/ Email: info@lacoaa.org</p>

Breastfeeding Education Classes (Prenatal)	<p><u>WIC</u> Contact your local WIC office for information about breastfeeding classes. Call WIC at: <u>Automated Line</u>: 1-888-942-9675 or <u>In-Person Line</u>: 1-800-852-5770. Visit: https://www.myfamily.wic.ca.gov/</p> <p><u>Delivery Hospital</u> Contact the delivery hospital to ask if they offer breastfeeding classes.</p> <p><u>818Breastfeeds</u> www.818breastfeeds.org is a website which provides information about breastfeeding support in the San Fernando Valley and Santa Clarita areas. This website provides information on breastfeeding classes, consultants, WIC locations, and how to order breast pumps. The website also has a link to BreastfeedLA.org for information on areas outside the San Fernando Valley.</p> <p><u>Local Breastfeeding Education Classes/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Breastfeeding Help Lines	<p><u>General Help Lines:</u> La Leche League Breastfeeding Helpline (24/7): 1-877-452-5324 or 1-877- 4 LA LECHE National Women’s Health and Breastfeeding Helpline: 1-800-994-9662</p> <p><u>WIC Help Lines</u> Antelope Valley Hospital: 1-661-726-6393 City of Long Beach: 1-562-570-4242 Northeast Valley Health Corp.: 1-818-837-6349 Pasadena Public Health Department: 1-626-744-6520 PHFE: 1-888-278-6455 South LA Health Projects: 1-323-905-1248 Watts Health Corp: 1-323-568-3070</p>

<p>Breastfeeding/ Lactation Consultant</p>	<p><u>WIC</u> Contact your local WIC office for breastfeeding/lactation consultation. Call WIC at: <u>Automated Line</u>: 1-888-942-9675 or <u>In-Person Line</u>: 1-800-852-5770. Visit: www.myfamily.wic.ca.gov</p> <p><u>Delivery Hospital</u> Contact the delivery hospital to see if they offer breastfeeding/lactation consultation.</p> <p><u>818Breastfeeds</u> www.818breastfeeds.org is a website which provides information about breastfeeding support in the San Fernando Valley and Santa Clarita areas. This website provides information on breastfeeding classes, consultants, WIC locations, and how to order breast pumps. The website also has a link to BreastfeedLA.org for information on areas outside the San Fernando Valley.</p> <p><u>Local Breastfeeding/Lactation Consultant Resource/Phone#:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Breastfeeding Support Group</p>	<p><u>WIC</u> Contact your local WIC office for information about breastfeeding support groups. Call WIC at: <u>Automated Line</u>: 1-888-942-9675 or <u>In-Person Line</u>: 1-800-852-5770. Visit: www.myfamily.wic.ca.gov</p> <p><u>Delivery Hospital</u> Contact the delivery hospital to see if they offer breastfeeding support groups.</p> <p><u>BreastfeedLA</u> BreastfeedLA provides training opportunities, events and resources relating to breastfeeding support. To find a provider near you offering breastfeeding services visit: www.breastfeedla.org/resources-map and search by zip code and filter by type of services provided (i.e., pump rentals, Baby-Friendly hospitals, free/low-cost, virtual/telehealth).</p> <p><u>La Leche</u> – www.llusa.org La Leche League USA provides information and support for breastfeeding, including information about local breastfeeding support groups. To find a group near you, visit https://llusa.org/locator/ and search by zip code.</p> <p><u>Local Breastfeeding Support Group/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

California Children Services (CCS)	<p>California Children Services (CCS) is a state program for eligible children with certain diseases or health problems. CCS helps children get the care they need, up to age 21. Services include diagnostic and treatment services, medical case management, and physical and occupational therapy services.</p> <p>Call: 1-800-288-4584 Website: https://www.dhcs.ca.gov/services/ccs/Pages/default.aspx</p>
CalFresh (SNAP)	<p>CalFresh (also known as SNAP) is a program administered by the California Department of Social Services (CDSS). CalFresh can help women obtain healthy and nutritious food if they meet income requirements. The program issues electronic benefits that can be used to buy most foods at many markets and food stores.</p> <p>Call: 1-877-847-3663 or 1-877-847-FOOD Website: https://www.cdss.ca.gov/inforesources/calfresh</p>
California Smokers' Helpline	<p>The California Smoker's Helpline and website offers free telephone counseling, self-help materials, and online help to people who want to quit smoking.</p> <p>Call: 1-800-300-8086 (English) or 1-800-600-8191 (Spanish) Website: http://www.kickitca.org</p>
CalWORKS	<p>CalWORKS is a cash aid program for low income families that is administered through the Los Angeles County Department of Social Services (DPSS).</p> <p>Visit: https://dpss.lacounty.gov/en/cash/calworks.html to learn more about the program and locate your local Department of Public Social Service (DPSS) office.</p> <p><u>Local DPSS Office/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

Car Seat Program (Free or Low-Cost)	<p>The LA County Injury & Violence Prevention Program has information about child safety seat laws and low-cost/no-cost child safety seat distribution programs in Los Angeles County.</p> <p>Call: 1-213-351-7825 or visit: http://www.publichealth.lacounty.gov/mch/cpsp/Child%20Safety%20Seat%20List.pdf</p> <p>Visit: www.chp.ca.gov/Programs-Services/Programs/Child-Safety-Seats for information about child safety seat laws.</p> <p><u>Local Car Seat Resource/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Child Abuse Prevention Programs	<p>Child abuse prevention programs are aimed at preventing child abuse <i>before</i> it occurs. This is different from child abuse reporting. Therefore, <u>DO NOT</u> list LA County DCFS Child Abuse Hotline as your resource for this section.</p> <p>Child abuse prevention services can range from a variety of community and home-based services including parent support groups, parent education classes, family support services, etc.</p> <p>Call 211 for local child abuse prevention programs.</p> <p><u>Local Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Child Health & Disability Prevention (CHDP) Provider	<p>The Child Health & Disability Prevention (CHDP) Program provides free health check-ups to help children stay healthy. Low income children are eligible up to age 19. Children with Medi-Cal are eligible up to age 21.</p> <p>To find a CHDP provider call: 1-800-993-2437 or visit: http://www.publichealth.lacounty.gov/cms/provider_finder.htm</p> <p><u>Local CHDP Provider/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

Child Protection Hotline (Los Angeles County)	<p>To make a mandated child abuse report, or to consult with DCFS regarding concerns about a child, call the Los Angeles County Child Protection Hotline.</p> <p>Call: 1-800-540-4000 (inside California Only) Call: 1-213-639-4500 (for calls outside California) Website: https://dcfs.lacounty.gov/contact/report-child-abuse/</p>
Childbirth Classes	<p>Refer to delivery hospital</p>
Childcare Resources	<p><u>Child Care Alliance of Los Angeles</u> Child Care Alliance of Los Angeles can connect you to your local Resource & Referral Agency, which can provide a list of referrals to childcare providers in your local area.</p> <p>Call: 1-323-274-1380 or 1-888-922-4453 Website: www.ccala.net</p> <p><u>Head Start</u> Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. Head Start can help you find free or low-cost childcare.</p> <p>Call: 1-877-773-5543 Visit: https://prekkid.org/ Or find a facility near you at: https://eclkc.ohs.acf.hhs.gov/center-locator</p> <p><u>Local Head Start/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>Child Care Aware</u> Child Care Aware provides information about childcare programs in your area through their toll-free referral line and their website.</p> <p>Call: 1-800-424-2246 Website: www.childcareaware.org</p>

<p>Confidential/ Anonymous STD Testing Location</p>	<p><u>Los Angeles County Department of Public Health</u> Contact the Los Angeles County Department of Public Health’s Division of HIV and STD Programs to find local and confidential STD testing.</p> <p>STD Hotline: 1-800-758-0880 Website: www.publichealth.lacounty.gov/dhsp/STDclinics.htm Clinic information: www.publichealth.lacounty.gov/chs/Docs/STDSchedule.pdf</p> <p><u>Local County STD Clinic/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>Planned Parenthood</u> Planned Parenthood is an organization with locations all over LA County that offers many reproductive health services, including STD testing.</p> <p>Call: 1-800-230-PLAN or 1-800-230-7526 Website: www.plannedparenthood.org</p> <p><u>Local Planned Parenthood/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>www.freeSTDcheck.org</u> FreeSTDcheck.org can assist you in locating clinics that provide free STD testing in Los Angeles County.</p> <p>Website: www.freestdcheck.org</p>
<p>Dentist (Must accept Medi-Cal)</p>	<p>Dental services are currently provided as one of the many benefits under Medi-Cal. To find a Medi-Cal dental provider:</p> <p>Call: 1-800-322-6384 Visit: https://dental.dhcs.ca.gov/find-a-dentist/home</p> <p><u>Local Dentist/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Domestic Violence Hotline (Los Angeles County)	<p>Call: 1-800-978-3600</p> <p>Visit: https://dpss.lacounty.gov/en/jobs/gain/sss/domestic-violence.html for more information and resources.</p>
Domestic Violence Hotline (National)	<p>Call: 1-800-799-7233</p> <p>Visit www.thehotline.org for more information and resources.</p>
Domestic Violence Shelter	<p>Find local Domestic Violence shelters by calling 211 or call the LA County Domestic Violence Hotline at 1-800-978-3600 for referrals.</p>
Emergency Housing/ Homeless Shelter	<p><u>Los Angeles Homeless Services Authority (LAHSA)</u> You can contact the LAHSA Emergency Response Team if you are homeless or at risk of becoming homeless. Their hours are Monday-Friday, from 7:30am-4:30pm.</p> <p>Call: 1-213-225-6581 Visit: www.lahsa.org/get-help</p> <p>You can also call 211 24 hours/day for emergency housing information.</p>
Employment Resource Center	<p><u>American Job Center (AJC)</u> American Job Centers help people search for jobs, find training, and answer employment related questions. To find the nearest AJC near you:</p> <p>Call: 1-877-US2-JOBS (1-877-872-5627) or Visit: https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx</p> <p><u>WorkSource</u> WorkSource is a collaboration of organizations that offers services to residents of Los Angeles County at No Cost. Services include access to job listings, skill assessments, information about local education and training providers, help with filing claims for unemployment, personalized employment plans, and individual employment counseling. WorkSource centers typically have phones, fax machines, computers and copiers. Job seekers can make interview appointments, access the Internet, and view video training courses. To find your local center:</p> <p>Call 1-213-744-7300 or Visit: www.ewddlacity.com/index.php/employment-services/adults-age-24-and-older/worksource-centers</p> <p><u>Local Employment Resource Center/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

English as Second Language (ESL) Classes	<p>Contact your local school district, community college, or call 211 for ESL class referrals. Please ensure the resource you list is no-cost/low-cost.</p> <p><u>Local ESL Classes/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Exercise or Fitness Resources	<p>Contact local city/county parks, local recreation centers, and local YMCAs for information about low-cost exercise classes in your area.</p> <p><u>County of Los Angeles Department of Parks and Recreation</u> Visit https://www.laparks.org/ for information about local parks and their fitness/exercise activities.</p> <p><u>YMCA</u> The YMCA also offers fitness and recreation programs. Some YMCA's offer sliding scale fees for those who cannot afford the full cost of membership. To locate your local YMCA: Visit: www.ymca.net/find-your-y</p>
Family Planning	<p>If family planning services are not offered at your clinic, refer to Planned Parenthood or other local family planning agency.</p> <p>Contact Planned Parenthood at: 1-800-230-PLAN or 1-800-230-7526 Website: www.plannedparenthood.org</p> <p><u>Local Family Planning Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Food Bank	<p><u>Los Angeles Regional Food Bank</u> Call or visit the Los Angeles Regional Food Bank online to locate a local food pantry in your area: Phone: 1-323-234-3030 Website: www.lafoodbank.org/find-food/pantry-locator/</p> <p><u>USDA National Hunger Clearinghouse</u> Call the National Hunger Hotline at 1-866-348-6479 for local food providers in your area, as well as information on government programs and benefits.</p> <p><u>Local Food Bank/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

Gestational Diabetes and Postpartum Care-California Department of Public Health	<p>Gestational Diabetes Mellitus (GDM) is diagnosed only during pregnancy. In gestational diabetes, blood sugar rises because of pregnancy-related hormonal changes. Gestational diabetes usually develops during the last half of pregnancy. In most cases, blood sugar levels can be controlled with diet and exercise, but some people may need oral medication or insulin. African American, Native American/Alaska Native, Hispanics, Asian Americans, and Pacific Islanders are at a higher risk for developing gestational diabetes. Most people with gestational diabetes return to normal blood sugars after delivery. If a person is overweight or obese, weight loss is recommended to prevent or delay the onset of Type 2 diabetes.</p> <p>Website: https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/Diabetes/Gestational-Diabetes-and-Postpartum-Care.aspx</p>
Grief & Loss Resources	<p><u>Miss Foundation Los Angeles Chapter:</u> Offers local support group meetings, online support, events, family workshops, and grief & loss resources (loss of a child). Call: 1-888-455-MISS or 1-888-455-6477 Website: http://la.missfoundation.org/</p> <p><u>Pregnancy After Loss Support (PALS):</u> Online magazine, online peer-to-peer support, grief & loss resources. Website: https://pregnancyafterlosssupport.org/</p> <p><u>The Compassionate Friends:</u> Local support and online groups for those grieving the death of a child. Call: 1-877-969-0010 Website: www.compassionatefriends.org</p> <p><u>First Candle</u> Provides a 24/7 Grief Support Hotline staffed with grief counselors related to the death of a baby. Call: 1-800-221-7437 Website: https://firstcandle.org/</p> <p><u>Return to Zero</u> Online resource for bereaved parents, supportive friends & family, and providers Website: https://rtzhope.org/ Downloadable materials: https://rtzhope.org/purchase-materials Pregnancy & infant loss directory: https://rtzhope.org/support</p>
Health Educator	<p>List the Health Educator, agency, or hospital where you refer patients with high risk conditions or with other health education needs, such as childbirth and infant care classes. Consider listing birth hospitals that offer low-cost/no-cost perinatal classes. Please refer to the CPSP Health Education Consultant list on the L.A. County CPSP website as needed for Health Education consultants that serve your clinic's area: http://publichealth.lacounty.gov/mch/cpsp/CPSPwebpages/cpsp_resourcerev.htm</p> <p>Please ensure that any resource you list accepts Medi-Cal or is low-cost/no-cost.</p> <p><u>Health Educator/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

**Home Visitation
Program**

Los Angeles County Home Visitation Program

The Los Angeles Home Visitation Program provides home visitation services at no-cost up until the child is 2 years old. To be eligible, the woman must live in LA County and be considered low income. Contact the program via phone or email to check eligibility.

Call: 1-213-639-6478 Email: HomeVisit@ph.lacounty.gov

Early Head Start

Early Head Start serves low-income families with pregnant women, infants and toddlers up to age 3. The program provides home visitation services focused on child and family development as well as linking families to services such as medical, mental health, nutrition, and education. Clients are served by various agencies throughout Los Angeles County based on their zip code.

Call: 1-877-773-5543 or 1-877-PRE-K-KID

Visit: <https://prekkid.org/>

Local Early Head Start/Address/Phone #:

Welcome Baby

Welcome baby is a free program that provides support to new moms. To be eligible, women must deliver at one of the 14 participating hospitals in LA County. Services can include a hospital visit, a parent coach, information about breastfeeding and other topics, and an in-home appointment, referrals, and baby-and mom-friendly items.

Website: www.first5la.org/home-visiting-programs

Contact: a participating delivery hospital to enroll in Welcome Baby:

Antelope Valley Health Partners – Lancaster - (661) 942-4719

California Hospital Medical Center – Los Angeles - (213) 342-3127

Centinela Hospital Medical Center – Inglewood - (310) 677-7995

Citrus Valley Medical Center - Queen of the Valley Campus – West Covina - (626)851-2749

Martin Luther King, Jr. Community Hospital – Los Angeles - (424)-338-8000

Miller Children's and Women's Hospital Long Beach - (562) 933-2410

Northridge Hospital Medical Center - (818) 885-3575

Providence Little Company of Mary Medical Center San Pedro - (310) 514-5444

	<p> Providence Holy Cross Medical Center – Mission Hills - (818)496-4173 St. Francis Medical Center – Lynwood - (310) 900-4710 St. Mary Medical Center – Long Beach - (562) 491-4841 Torrance Memorial Medical Center - (310) 514-5444 Valley Presbyterian Hospital - Van Nuys - Van Nuys, CA (818) 781-8120 White Memorial Medical Center – Los Angeles - (323) 260-5712 </p> <p>Another way to find local home visitation programs is to visit http://homevisitingla.org/</p>
Housing Resources	<p> <u>LA County Housing Resource Center</u> For information identifying housing in LA County including affordable housing, emergency housing, and housing for people with special needs. Call: 1-877-428-8844 Website: www.housing.lacounty.gov </p> <p> <u>HUD (Housing and Urban Development)</u> Provides information about tenant’s rights, California’s renter’s guide, and information regarding housing legal assistance. Call: 1-213-894-8000 for the HUD Los Angeles Field Office Website: www.hud.gov/states/california </p> <p> <u>Housing Rights Center</u> Serves LA County and provides information about tenants’ rights, rental listings, and housing legal assistance. Call: 1-800-477-5977 Website: www.housingrightscenter.org </p>
Infant Care Supplies	<p>Call 211 or visit https://baby2baby.org/impact/ to see a list of agencies that receive donated baby supplies.</p>

Interpretation Service	<p><u>Fee for Service Medi-Cal clients</u> Call the “Language Line” at 1-800-874-9426 (If you do not know your provider access code type 000000 and ask operator to look up code.)</p> <p><u>Health Net interpreter services for Medi-Cal clients</u> Call: 1-800-675-6110</p> <p><u>LA Care interpreter services for Medi-Cal clients</u> Call Pacific Interpreters at 1-855-322-4034. You will need the patient’s LA Care Member ID# and the provider’s NPI#.</p>
Lactation Accommodation Laws	<p>Visit Breastfeed LA’s website for current information about Lactation Accommodation Laws that apply to women in LA County.</p> <p>Website: www.breastfeedla.org/know-your-rights</p>
Legal Assistance (Free or low-cost)	<p><u>Neighborhood Legal Services of Los Angeles County</u> Provides advocacy and legal representation to residents of LA County, and also has self-help legal access centers throughout LA County. Call: 1-800-433-6251 Website: https://nlsla.org/</p> <p><u>Legal Aid Foundation of Los Angeles</u> Provides legal representation to low income residents of LA County. Call: 1-800-399-4529 Website: https://lafla.org/</p> <p><u>Public Counsel</u> Provides no-cost legal services to residents in LA County. Call: 1-213-385-2977 (main office) Website: www.publiccounsel.org/home</p> <p><u>Local Legal Assistance Agency/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Local Law Enforcement Agency (Police/Sheriff Dept.)	<p>Call 211 to find local law enforcement contact information. Contact your City Police Department. Contact LAPD for the City of Los Angeles. Unincorporated and contracted cities contact their Sherriff’s Department.</p> <p><u>Local Law Enforcement Agency/Address/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Los Angeles County Department of Public Social Services (DPSS)	<p>The Los Angeles County Department of Public Social Services (DPSS) has programs to provide temporary financial assistance to pregnant women and teens. These programs include CalWorks, CalLearn & CalFresh.</p> <p>Visit https://dpss.lacounty.gov/en.html to learn more about the programs, and to locate your local DPSS office.</p> <p><u>Local DPSS Office/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Medi-Cal	<p>To obtain information about applying for Medi-Cal, call: 1-866-613-3777</p> <p>You can also apply online at: https://www.yourbenefits.laclrs.org/ybn/Index.html https://dpss.lacounty.gov/en/resources/offices.html?program=medical&title=Medi-Cal%2520Offices</p> <p><u>Local DPSS Office/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Medi-Cal Managed Care Member Services	<p>Health Net Member Services: 1-800-675-6110 LA Care Member Services: 1-888-839-9909</p>
Mental Health Clinic	<p><u>Access Center – Los Angeles County Department of Mental Health (DMH)</u> For referrals to local mental health clinics that accept Medi-Cal and serve the uninsured, call the Los Angeles County Department of Mental Health’s Access Center. You can also locate a local clinic by visiting their website. Call: 1-800-854-7771 Website: https://dmh.lacounty.gov/</p> <p><u>L.A. Care Behavioral Health Services:</u> For L.A. Care patients, you can call 1-877-344-2858 for referrals to mental health services provided through Beacon Health Strategies, Inc.</p> <p><u>Los Angeles County 211</u> You can also call 211 for additional information about local mental health clinics.</p> <p><u>Local Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

Mental Health Urgent Care Clinic	<p><u>Access Center – Los Angeles County Department of Mental Health (DMH)</u> For the most up to date information on DMH urgent care mental health clinics, call the LA County Department of Mental Health’s Access Center. Call: 1-800-854-7771</p> <p><u>You may also contact the following clinics directly:</u> (Eastside) Exodus Urgent Care Center (Los Angeles) 323-276-6400 (Westside) Exodus Urgent Care Center (Culver City) 310-253-9494 MLK Urgent Care Center by Exodus (Los Angeles) 562-295-4617 Olive View Urgent Care Services (Sylmar) 818-485-0888 La Casa Mental Health Urgent Care Center (Long Beach) 562-630-8672</p> <p>*Call the urgent care before referring the client to see if the client is appropriate for the urgent care center. Pregnant clients are taken on a case-by-case basis*</p>
MotherToBaby	<p><u>MotherToBaby</u> MotherToBaby provides information about what is safe for pregnant and breastfeeding women including information on: medications, herbal products, infections, vaccines, maternal medical conditions, illicit substances, and other common exposures such as paint, pesticides, hot tubs, etc.</p> <p>Call: 1-866-626-6847 Website: https://mothertobaby.org/</p>
My Health LA	<p>My Health LA provides free primary health care services to people who are uninsured and meet certain income requirements. Services are provided through community clinics. To enroll in My Health LA visit a My Health LA Partner Clinic.</p> <p>Call: My Health LA Member Services at 1-844-744-6452 for questions. Visit: https://dhs.lacounty.gov/our-locations/</p>
National Parent Helpline	<p>The National Parent Helpline connects parents with an advocate who listens, offers support, helps problem solve, and connects parents to supportive resources.</p> <p>Call: 1-855-4-A-PARENT or 1-855-427-2736 Website: www.nationalparenthelpline.org</p>
Narcotics Anonymous	<p>Narcotics Anonymous is a 12 Step recovery program that offers group meetings and peer support to persons with drug and/or alcohol addiction(s).</p> <p>Call: 1-800-863-2962 To find your local meeting location, visit: www.na.org/meetingsearch</p>

Parent Support/ Self-Help	<p><u>National Parent Helpline</u> The National Parent Helpline allows callers to speak with a trained Helpline Advocate who will provide emotional support and link callers to services if necessary. Call: 1-855-4-A-PARENT or 1-855-427-2736 (Monday-Friday 10am-7pm) Website: www.nationalparenthelpline.org</p> <p><u>Share!</u> Share! - Self Help and Recovery Exchange hosts self-help groups in Downtown Los Angeles and Culver City. Call: 1-213-213-0100 for Downtown LA or 1-310-305-8878 for Culver City Website: https://shareselfhelp.org/</p> <p>Call 211 for additional parent support and self-help programs in your local area.</p>
Prenatal Diagnostic Center (PDC)	<p><u>California Perinatal Screening Program</u> The California Prenatal Screening Program (PNS) provides free follow-up diagnostic services at State-approved Prenatal Diagnosis Centers (PDCs) for women with screening results indicating a high-risk for a birth defect. Services offered at these Centers include genetic counseling, ultrasound, and amniocentesis.</p> <p>To download the current list of local Diagnostic Centers, visit: https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/patientinformation.aspx</p> <p><u>Local PDC/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Primary Care Provider/Local Community Clinic	<p>Call 211 to locate a provider or clinic in your area. You can also find referrals through LA County DHS:</p> <p><u>Los Angeles County Department of Health Services (DHS)</u> LA County DHS allows you to search for local hospitals and clinics on their website by entering your zip code. To find a local clinic or hospital, visit: https://dhs.lacounty.gov/find-a-clinic-or-hospital/</p>

Psychiatric Mobile Response Services	<p><u>Access Center – Los Angeles County Department of Mental Health (DMH)</u>For psychiatric mobile response services in LA County, call the LA County Department of Mental Health’s Access Center. Call: 1-800-854-7771 and request psychiatric mobile response services.</p>
Public Library or Adult Literacy Program	<p>Check with your local city/county library for the types of programs and services offered.</p> <p>Visit LA County Library at: https://lacountylibrary.org/ Visit: LA City Library at: www.lapl.org</p> <p><u>Local Library/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Registered Dietitian (RD)	<p>List the Registered Dietitian (RD) or agency where you refer patients with high risk conditions or with other nutrition counseling needs. <u>DO NOT</u> list WIC or LA Care Family Resource Centers in this section, as they do not currently provide one-on-one medical nutrition therapy services.</p> <p>Please refer to the CPSP Nutrition Consultant list on the L.A. County CPSP website as needed for Nutrition consultants that serve your clinic’s area: http://publichealth.lacounty.gov/mch/cpsp/CPSPwebpages/cpsp_resourcerev.htm</p> <p>Please ensure that any resource you list accepts Medi-Cal or is low-cost/no-cost. You can also verify with the client's insurance IPA if this benefit is included</p> <p><u>Registered Dietitian/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
School Program for Pregnant/Parenting Teens	<p>Check with your local school district for pregnant/parenting teen programs.</p> <p><u>Local Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

Safe Surrender Program	<p>The Safely Surrendered Baby Law allows parents to surrender their baby within 72 hours of birth to a local fire department, hospital or other safe surrender site, with no questions asked. It is confidential, and parents will not be prosecuted.</p> <p>At the time of surrender, a bracelet is placed on the baby for identification purposes and a matching bracelet is provided to the parent, in case the baby is reclaimed. A parent has up to 14 days from the time of surrender to reclaim their baby.</p> <p>A voluntary medical questionnaire will be offered, but it can be declined. The questionnaire is to collect medical information for the health and survival of the infant. All identifying information that pertains to a parent is strictly confidential.</p> <p>Call: 1-877-BABY-SAFE or 1-877-222-9723 Website: www.cdss.ca.gov/safe-surrender-baby</p>
Smoking Cessation Program	<p><u>The California Smoker's Helpline</u> The California Smokers' Helpline provides telephone counseling. Their website provides self-help materials, and online help in 6 languages.</p> <p><u>Kick It California</u> Call: 1-800-300-8086 (English) or 1-800-600-8191 (Spanish) Website: http://www.kickitca.org</p> <p><u>SmokeFree.Gov</u> SmokeFree.Gov provides access to smoking cessation programs via text messages, phone apps, an online chat feature, and a hotline where you can speak to a coach.</p> <p>Call: 1-800-784-8669 or 1-800-QUIT-NOW Visit: https://smokefree.gov/</p>
Social Worker (Clinical)	<p>List the clinical Social Worker (i.e., an ACSW or LCSW) or mental health agency where you refer patients with high risk psychosocial conditions, such as perinatal mood & anxiety disorders, or other psychosocial needs.</p> <p>Please refer to the CPSP Social Work Consultant list on the L.A. County CPSP website as needed for Social Work consultants that serve your clinic's area: http://publichealth.lacounty.gov/mch/cpsp/CPSPwebpages/cpsp_resourcerev.htm</p> <p>Please ensure the resource you list here accepts Medi-Cal or is low-cost/no-cost.</p> <p><u>Social Worker/Phone #:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Substance Abuse Treatment (Outpatient, Medi-Cal provider)	<p>List a local outpatient Medi-Cal substance abuse program you can refer patients to for alcohol and/or drug use, abuse or dependence.</p> <p>Call the Substance Abuse Service Helpline at: 1-844-804-7500</p> <p>To search for treatment programs by zip code: Call: 2-1-1 for referrals or Visit: http://sapccis.ph.lacounty.gov/sbat/</p> <p><u>Local Agency/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
Text4Baby	<p>This is a text-based service for pregnant women and postpartum moms to receive free text messages with information about pregnancy and the baby's first year of life. Text4Baby website also contains reading materials on pregnancy and postpartum topics.</p> <p>To enroll text BABY to 511411 (or BEBE for Spanish). Visit: www.text4baby.org</p>
Transportation Services	<p><u>Medi-Cal Non-Medical Transportation Benefit:</u> Medi-Cal now covers free transportation to and from a doctor's visit, pharmacy, dental, and mental health appointments, etc.</p> <p>To arrange transportation, call the patient's health plan at:</p> <ul style="list-style-type: none"> • Anthem Blue Cross: (877) 931-4755 • Blue Shield Promise: (877) 433-2178 • Health Net: (800) 675-6110 • Kaiser: (844) 299-6230 • LA Care: (866) 529-2141 • Molina: (844) 292-2688 • For Fee for service Medi-Cal email DHCS-Benefits@dhcs.ca.gov <p><u>Metro.Net</u> Visit the Metro.net website to view maps, get information about timetables and fares, plan trips and get information on traffic.</p> <p>Call 1-323-466-3876 or 1-323-GO-METRO Visit: www.metro.net Download the "Go Metro Los Angeles" app on your smartphone</p> <p><u>Other Transportation Resource (if available)/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>

WIC Program	<p>WIC is a food and nutrition education program for pregnant, breastfeeding, and postpartum people, infants, and children under age five who have a low income (up to 185% of the federal poverty level) and are at nutritional risk. WIC helps families by offering nutrition education and breastfeeding support, providing healthy supplemental foods and making referrals to healthcare and community services.</p> <p>To find your local WIC office: Call: Automated Line: 1-888-942-9675 or In-Person Line: 1-800-852-5770 Visit: https://m.wic.ca.gov/Clinics/ClinicSearch.aspx or https://bit.ly/2TxJ6cN</p> <p>For information about WIC: Visit: www.myfamily.wic.ca.gov</p> <p><u>Local WIC/Address/Phone #:</u></p> <hr/> <hr/> <hr/> <hr/>
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