

# MODOC COUNTY PERINATAL RESOURCES

## **PREGNANCY SUPPORT SERVICES**

### **Modoc County Perinatal Services**

“If you think you may be pregnant, are pregnant, or have just had a baby, contact: Modoc County Public Health to find out about the perinatal services.”

**Location:** 441 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6311

**Toll Free:** (800) 762-3003

**Website:**

[https://publichealth.co.modoc.ca.us/children\\_families/healthy\\_pregnancy\\_newborns/perinatal\\_services.php](https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/perinatal_services.php)

Last Verified On: 05/31/2024

### **Modoc County Childbirth Education Classes**

“Childbirth Education Classes are provided through a collaboration between Modoc County Public Health and Early Head Start.”

**Location:** 901 East A Street  
Alturas, CA 96101

**Contact:** (530) 233-6311

**Toll Free:** (800) 762-3003

**Website:**

<http://modochealthservices.org/programs/programs3/perinatal>

Last Verified On: 05/31/2024

### **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: 05/31/2024



### **T.E.A.C.H. Training Employment and Community Help, Inc.**

“The only diverse, multi-program community based non-profit in Modoc County. T.E.A.C.H. is dedicated to assisting and empowering individuals and families to improve their quality of life and self-sufficiency”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**24 Hour Crisis Line:** (855) 855-6745

**Website:** <http://www.teachinc.org/>

Last Verified On: 05/31/2024

### **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: 05/31/2024



# MODOC COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES, Continued

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### First 5 Modoc Resource HUB Parent Resource Center

**Location:** 802 North East Street  
Alturas, CA 96101

**Contact:** (530) 233-6311

**Website:**

<http://044e255.netsolhost.com/wordpress1/parent-resource-hub/>

Last Verified On: 05/31/2024

### 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

**Website:** <https://www.all-options.org/find-support/talkline/>

Last Verified On: 05/31/2024

## ADOPTION RESOURCES

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### TLC Child & Family Services

“TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.”

**Location:** 1800 N. Gravenstein Highway  
Sebastopol, CA 95472

**Contact:** (707) 823-7300

**Website:** <https://tlc4kids.org>

Last Verified On: 05/31/2024

### Adoption Connection

“Counselors are here to explain all of the steps in the adoption process. We can help you understand what would happen between now and the baby’s arrival and afterwards.”

**Location:** 1710 Scott St.  
San Francisco, CA 95115

**Contact:** (888) 517-5580

**Website:**

<https://adoptionconnection.jfcs.org/im-pregnant/>

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: 05/31/2024

### 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: 05/31/2024



# MODOC COUNTY PERINATAL RESOURCES

## CHILDBIRTH CLASSES

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### Modoc County Health Services

“Childbirth Education Classes are provided through a collaboration between Modoc County Public Health and Early Head Start. All expectant women and their birth partners residing in Modoc County are welcome to attend. Classes are taught by certified instructors and topics covered include: fetal development, breathing techniques, timing contractions, stages of labor, comfort measures, breastfeeding, newborn care, local resources and many other issues surrounding the birth of an infant.”

**Location:**

**Contact:** (530) 233-6311

**Website:**

[https://publichealth.co.modoc.ca.us/children\\_families/healthy\\_pregnancy\\_newborns/childbirth\\_education\\_classes.php](https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/childbirth_education_classes.php)

Last Verified On: 05/31/2024

## HOME VISITING PROGRAMS

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### Modoc County Public Health Healthy Beginnings Program

“Case management and home visiting to families who have children 0-5 years of age. Current funding is primarily through FIRST 5 Modoc and the Maternal, Child, and Adolescent Health (MCAH) program. Referrals come from Social Services, Early Head Start, CalWORKS, TEACH, Inc., and other local agencies.”

**Location:** 441 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6311

**Toll Free:** (800) 762-3003

**Website:**

[https://publichealth.co.modoc.ca.us/children\\_families/nurse\\_home\\_visiting/index.php](https://publichealth.co.modoc.ca.us/children_families/nurse_home_visiting/index.php)

Last Verified On: 05/31/2024



# MODOC COUNTY PERINATAL RESOURCES

## HOUSING

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### **T.E.A.C.H. Training Employment and Community Help, Inc. – Emergency Services**

“Emergency services such as Homeless Assistance, Food Bank and Transportation are available based on individual needs and availability of funds.”

**Location:** 112 E 2<sup>nd</sup> Street  
Alturas, CA 96101

**Contact:** (530) 233-3111

**24 Hour Crisis Line:** (855) 855-6745

**Website:** <http://www.teachinc.org/liheap-energy-assistance/>

Last Verified On: 05/31/2024

## 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: 05/31/2024

### **Mind Body Pregnancy**

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

**Website:** <http://mindbodypregnancy.com/>

Last Verified on: 05/31/2024

### **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: 05/01/2025



# MODOC 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: 05/31/2024

### Text4Baby

“Receive free text messages three times per week, timed to their due date or their baby’s birth date, through pregnancy and up until the baby’s first birthday.”

**English Text:** BABY to 511411

**Spanish Text:** BEBE to 511411

**Website:** <https://www.text4baby.org/>

Last Verified On: 05/31/2024

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

### 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: 05/31/2024

## CAR SEAT PROGRAMS

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### 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:** (530) 233-6311

**Website:** <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 05/31/2024



# MODOC COUNTY PERINATAL RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### **Modoc County Behavioral Health**

“Modoc County Behavioral Health provides assessment, diagnosis, and treatment to individuals requiring mental health, substance use disorder or dual diagnosis treatment. The outpatient treatment team consists of trained professionals including licensed therapists, behavioral health nurses, case managers, counsellors, and support staff.”

**Location:** 441 North Main Street  
Alturas, CA 96101

**Contact:** (530) 233-6312

**Toll Free:** (800) 699-4880

**Website:**

[https://publichealth.co.modoc.ca.us/children\\_families/index.php](https://publichealth.co.modoc.ca.us/children_families/index.php)

Last Verified On: 05/31/2024

### **Sunrays of Hope, Inc. Wellness Center**

“Sunrays of Hope is a wellness center and a drop-in center at the same time. As a wellness center, it works in providing opportunities in receiving emotional and tangible peer support, through times of personal or professional crises.”

**Location:** 113 E North Street  
Alturas, CA 96101

**Contact:** (530) 233-9696

Last Verified On: 05/31/2024

### **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: 05/31/2024





# MODOC COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

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### **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: 05/31/2024

### **Postpartum Support International Online Support Meetings**

“Black Mamas Matter Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss”

**Website:** <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/31/2024

### **PALS – Pregnancy After Infant Loss Online Support Groups**

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

**Website:**

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICES

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### **La Leche League of Northern California and Hawaii**

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

**Website:** <https://lllusa.org/locator/>

Last Verified On: 05/31/2024

### **Modoc County Public Health Breastfeeding Support**

“Certified Lactation Counselors on site for education, support and assistance regarding breastfeeding. Pumps and other supplies are also available for Modoc County residents.”

**Contact:** (530) 233-6311

**Toll Free Contact:** (800) 762-3003

**Website:**

[https://publichealth.co.modoc.ca.us/children\\_families/healthy\\_pregnancy\\_newborns/breastfeeding\\_support.php](https://publichealth.co.modoc.ca.us/children_families/healthy_pregnancy_newborns/breastfeeding_support.php)

Last Verified On: 05/31/2024



# MODOC COUNTY PERINATAL RESOURCES

## WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

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### Northeastern Rural Health Clinics - Modoc County WIC

“WIC program is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC.”

**Location:** 106 East Modoc Street  
Alturas, CA 96101

**Contact:** (530) 233-5800

**Website:** <https://www.wicstore.org/california-wic-alturas-california-northeastern-rural-health-clinics.htm>

**State Website:**

<https://www.myfamily.wic.ca.gov/>

Last Verified On: 04/08/2025

## PHC MEMBER BENEFITS

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### Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

**Website:**

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 05/31/2024