

# *Postpartum Depression Resources in San Francisco*

*September 2009*

## ***Resources for Emergencies***

- **911**
- **SF DPH Mobile Crisis Treatment Team (415) 355-8300**  
11 AM – 11 PM Monday - Friday  
12 PM – 8 PM Weekends and holidays.  
Anyone, including clients, can call for an evaluation of a psychiatric crisis in the community. Will see clients in the home or elsewhere, including the street, regardless of insurance status.
- **SFGH Psychiatric Emergency Services (415) 206-8125**  
1001 Potrero Avenue  
24 hours a day, seven days a week.  
Evaluation for hospitalization/legal hold.
- **Westside Integrated Services - Community Crisis Clinic (415) 355-0311**  
245 11th Street (at Howard)  
8 AM – 8 PM Monday – Friday  
9 AM – 6 PM Saturday.  
Drop-in only; no appointments. Clients should go early to be seen. Provides services in English and Spanish. For information, call and press 5, leave a message, and they will return your call.

## ***Referrals to Outpatient Mental Health Resources***

- **Community Mental Health Access Referral Line (415) 255-3737**  
8 AM – 5 PM, Monday – Friday.  
Referrals to mental health therapists in San Francisco. Client can have Medi-Cal or be uninsured, but no private insurance. San Francisco residents only. Call and leave a message with basic questions and they will return your call. Provides services in English, Spanish, and Chinese.

## ***Telephone Counseling***

- **Postpartum Health Alliance of Northern California - Postpartum Depression Stressline 1-888-678-2669**  
9 AM – 9 PM seven days a week.  
Free and confidential telephone support and referral to medical providers and support groups for women experiencing postpartum blues, depression, and anxiety. Call and leave a message and they will return your call within 24 hours. Provides services in English and Spanish.
- **National Perinatal Hotline - Postpartum Moms' Line 1-800-773-6667**  
24 hours a day, seven days a week.  
Provides counseling and referrals for women experiencing postpartum depression. Provides services in English and Spanish.

- **Suicide Prevention (415) 781-0500 / 1-800-SUICIDE**  
24 hours a day, seven days a week.  
Trained volunteer counselors provide crisis telephone counseling, information, and referral.
- **TALK Line Family Support Center/ SAFESTART (415) 441-KIDS or (415) 441-5437**  
1757 Waller Street (between Stanyan and Shrader)  
TALK Line phone hours:  
24 hours a day, seven days a week.  
Parent drop in hours:  
9 AM – 2 PM Monday – Thursday;  
5 PM – 7 PM Monday evenings.  
Parental stress, child abuse prevention, emergency respite care, single parent network, parents' group, crisis counseling, substance abuse services and ongoing therapy. Childcare is available starting at 10 AM.

## ***Community Resources***

- **Public Health Nursing – Women's and Children's Referral Line 1-800-300-9950**  
8 AM – 5 PM Monday – Friday.  
Home visits to high-risk prenatal and postpartum women and chronically ill children. Provides services in English, Spanish, and Chinese.

***(Community Resources continued)***

- **Infant Parent Program**  
**(415) 206-5270**  
2550 23rd Street (at SFGH), Building 9, #130  
8 AM – 5 PM, Monday – Friday.  
Intensive mental health services to children at risk. Birth – age 3. Home visits by professional staff. Provides individual psychotherapy treatment. Focus on mother-baby relationship. Serves only San Francisco residents with Medi-Cal.
- **UCSF Pregnancy and Postpartum Mood Assessment Clinic**  
**(415) 353-1980**  
UCSF Outpatient Obstetrics Clinic  
400 Parnassus Avenue, Plaza Level  
Evaluations for pregnant and postpartum patients who may be suffering from depression/anxiety. Treatment referrals made to therapists and for medication, resources, and support groups in the greater Bay Area. Provides education and counseling on postpartum depression for women and their partners. Call Tuesday-Friday to schedule an appointment.
- **Epiphany In-Home Services Program**  
**(415) 567-8370**  
100 Masonic Avenue  
Provides in-home parenting education and support services to parents with children 0 – 5 years old. No income limit. Insurance or Medi-Cal are not required.
- **Asian Perinatal Advocates Family Support Services**  
**(415) 616-9797**  
730 Commercial Street  
Home visitation program, counseling, family hotline, domestic violence program, support groups and Family Resources Network.

- **Parents Place**  
**(415) 359-2454**  
[parentsplacesf@jfcs.org](mailto:parentsplacesf@jfcs.org)  
Koret Family Resource Center  
1710 Scott Street  
Full service parenting resource center offering consultation for parents, counseling for children and families, and referrals, as well as a wide variety of parent-child activity groups, parenting education groups and workshops, a free lending library, and more. Phone consultation available as appropriate. Services available in English, Spanish, Cantonese, Russian, and Polish.

***Resources for SFGH & Community Health Network (CHN) Outpatients***

- **Psychiatry Services at SFGH OB Clinic (5M) (415) 206-3409**  
Postpartum psychiatric follow-up services (3-6 months) for SFGH and CHN women who were previously seen prenatally for psychiatric consultation at SFGH's High Risk OB Clinic (5M) on Thursday mornings, 9 AM - 12 PM. If a client is a patient of the High Risk OB Clinic, she can call Dr. Anna Spielvogel at 206-5191. New clients can make an appointment for prenatal psychiatric services by calling SFGH Women's Health Center (5M) at 206-3409 8 AM – 5 PM Monday – Friday, and asking to make a Psychiatry appointment during the Thursday morning High Risk OB Clinic. Women who have not been seen prenatally may be provided services postpartum if an opening is available. CHN and SFGH clinic providers can call Dr. Anna Spielvogel, Dept. of Psychiatry, (415) 206-5191 for consultation Tuesday through Friday.

***Child Protective Services***

- **SF Human Services Agency  
Child Abuse Reporting**  
**(415) 558-2650**  
24 hours a day, seven days a week.

***Online Resources***

- [www.postpartum.net](http://www.postpartum.net)  
**Postpartum Support International**  
Promotes awareness, prevention and treatment of perinatal mood disorders. Helps women access information, social support and informed professional care. Website directs to regional coordinators to help with local resources. There is also a "Chat with the Expert" line that covers various postpartum topics. See website for schedule.
- [www.healthypregnancy.ucsf.edu](http://www.healthypregnancy.ucsf.edu)  
Free internet-based prevention of postpartum depression project developed by Alinne Barrera and Ricardo Munoz, PhD, UCSF.