



*Feeling stressed,
anxious or depressed?*

You are not alone

- Depression & anxiety are common in parents before & after birth
- Talk to a counselor or healthcare provider

You can get help!

Self-Care Tips:

- Get support from family & friends
- Ask for help when you need it
- Get enough rest
- Make time for yourself
- Eat a healthy diet
- Join a support group: online or in-person
- Keep active by walking, stretching, or doing any other form of exercise that helps you feel better
- Avoid harmful substances & chemicals at home & work
- Don't give up! It may take more than one try to get the help you need





Solano County Perinatal Mental Health Resources

Solano County Mental Health Access Line
1-800-547-0495

Solano County Mental Health 24-hr Crisis Line
988 - callers may call or text

BEACON Health Strategies - Partnership Health Plan of
California
Members Only 1-855-765-9703
TTY: 800-735-2929
www.partnershiphp.org

Accessible Mental Health Care - Home-based Telehealth
Access from your tablet, phone or computer
530-646-7269 - Partnership Healthplan Members Only

Kaiser Mental Health/Psychiatry - Members Only
Services provided at Vallejo & Vacaville centers only
Vallejo 707-645-2700
Vacaville 707-624-2830

Postpartum Support International warm line
1-800-944-4773
Online Support Groups at www.postpartum.net
available in English/Spanish

24-hr Suicide Prevention Line
1-855-587-6373

Solano County Substance Abuse Services
1-855-765-9703

SolanoConnex.org

Help is available!

SOLANO
PUBLIC
HEALTH

