

Sharp Rees-Stealy Medical Centers

Feeling anxious, tearful, or down during pregnancy or postpartum? Help is available.

Sharp HealthCare Support Groups

Sharp Mary Birch Postpartum Depression Support Group (currently hosted virtually): **858-939-4133**

Sharp Mary Birch Postpartum Depression Support Group for Couples (hosted virtually): **858-939-4133**

Sharp Grossmont Postpartum Support Group (currently hosted virtually): **619-740-3483**

Visit sharp.com/health-classes/category/pregnancy-and-childbirth-10 to register.

Postpartum Health Alliance

PHA is dedicated to raising awareness about Perinatal Mood and Anxiety Disorders (PMADs), providing Perinatal Mental Health resources + specialized treatment referrals to San Diego parents, and supporting local clinical and perinatal wellness professionals.

Call their Warm Line: **619-254-0023** to speak with someone who can link you to the many programs and support services offered in the community. Please note that this number forwards to a message service only—so leave a voicemail and they will get back to you, usually within 24 hours.

Visit postpartumhealthalliance.org to see a list of dozens of support groups all throughout San Diego County and online.

Postpartum Support International

Postpartum Support International has a wealth of resources for navigating postpartum.

They also have several online support groups that you can find at

postpartum.net/get-help/psi-online-support-meetings.

Visit postpartum.net for more information.

Well-Mamas

Well-Mamas offers a variety of services including individual counseling, couples counseling, telehealth, webinars and workshops.

Topics include:

- EMDR
- Women's Wellness
- Perinatal Mood and Anxiety Disorders
- Pregnancy and Postpartum Wellness
- Trauma and Traumatic Birth Experience
- Pregnancy Loss
- Group Sessions
- Emotional Support
- Develop a Positive Mama Self-Image
- Increase Confidence and Bond with Baby

Visit wellmamacounseling.com for more information or email info@wellmamacounseling.com.

Find a Therapist

Talking to a therapist can help you to manage your stress, anxiety, depression, and other interpersonal issues that are making it hard to cope right now. Here is how to find a therapist:

- Call the number on the back of your insurance card and request a list of in-network providers
- Visit your insurance company's website and search for providers covered by your plan
- Visit postpartumhealthalliance.org/postpartum-search-providers and search for providers using keywords (example: "Blue Shield," "Anthem Blue Cross," "Tricare," etc.)
- If you have Sharp Health Plan, the following provider groups are covered:
 - Psychiatric Centers at San Diego (PCSD): **619-528-4600** | psychiatriccenters.com
 - Psycare: **858-279-1223** | psycare.org
 - Fusion Care Group: **888-688-0248** | fusioncaregroup.com
 - Psychiatric Alternatives & Wellness Center: **415-237-0377** | psychiatricalternatives.com
 - Within Sight: **858-247-2417** | withinsightinc.com
 - Novell & Novell Counseling Services: **951-252-9911** | novellcounseling.org

Visit sharphealthplan.com/members/types-of-care/behavioral-health to learn more.

Talk to Your Doctor

If you are struggling to get help, or feel like you need additional support accessing resources, ask your doctor about speaking with a Sharp Rees-Stealy social worker. Our master's-trained social workers can provide additional guidance.