



Public Health Division
Family Health

County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1060 EMELINE AVE., SANTA CRUZ, CA 95061
TELEPHONE: (831) 454-4339 FAX: (831) 454-5049 TDD: Call 711

Treatment & Recovery Resources for Pregnancy/Postpartum*

COVID 19 Information:

Due to COVID-19 presence, there may be modifications to services offered for area resource agencies. There is also potential for ongoing modifications. To ensure you have the most accurate information, please call agencies ahead to verify current services, cost, and availability.

Narcan:

SafeRx

Narcan, a very ease to administer medication that is used to reverse life-threatening symptoms of overdose, may be available upon request to SafeRx. Supplies are limited. To make a request, please email Rita at rita@hipscc.org

Helplines:

California Substance Use Line

Tele-consultation service for providers to help facilitate prevention and treatment efforts.
24/ 7 line: (844) 326-2626

National Suicide Prevention Hotline

1-800-273-8255- English
1-888-628-9454- Spanish

Northern CA Cocaine Anonymous: Recovery from Cocaine & Other Mind-Altering Substances

South Bay Helpline (408) 966-9344

Postpartum Support International (English/Spanish)

- Toll-free 24/7 warmline: **(800) 944-4773**
- Leave a confidential message and a trained volunteer will call you back within 24 hours.
- **Text: 503- 894- 9453 (Eng.) Text: 971- 420-0294 (Span)**
- Cost: Free

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Supporting Mamas

Confidential helpline

- **Call (408) 475-4408.** Leave a message and a trained volunteer will call you back within 24 hours.

Crisis Text Line

- No cost- 24/7 confidential text crisis line. Text **“GO”** to **741-741** to chat with a trained mental health crisis counselor.

Treatment & Recovery Resources for Pregnancy and Postpartum	Services	Cost / Insurance
<p>Janus of Santa Cruz Perinatal (English/ Spanish) www.janussc.org/treatment-services/perinatal-treatment/</p> <p>200 7th Ave. Suite 150 Santa Cruz, California</p> <p>831-462-1060 Local 866-526-8772 Toll Free 831-462-5267 DUI Program</p>	<p>24-hour residential alcohol/drug treatment program for pregnant and parenting women and their children through age five.</p>	<p>Call to verify. Private insurance, Medi-Cal, & sliding scale.</p>
Additional Resources	Services	Cost/Insurance
<p>Bodhi Addiction Treatment & Wellness https://bodhiaddiction.com/</p> <p>425 Capitola Ave. Suite #1, Capitola, CA, 95010 (831) 359-4350 Local (844) 952-7268</p>	<p>Individual case management; rehabilitation services with referrals; addiction treatment consultation; professional addiction counseling; outpatient recovery program and mentorship. Virtual services available.</p>	<p>Call to verify current pricing. Fees vary by treatment. Sliding scale options.</p>

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<p>Access Team (English/ Spanish) Adult Mental Health Services of Santa Cruz County</p> <p>http://www.santacruzhealth.org/HSAHome/HSADivisions/BehavioralHealth/HowtoReceiveMentalHealthServices.aspx</p> <p>24/ 7 Access line: (800) 952-2335</p> <p>Walk-in Crisis Services Available Monday - Friday 8 am – 5 pm. 1400 Emeline Avenue Santa Cruz, CA 95060</p>	<p>24/7 crisis line and walk in crisis services.</p> <p>Call 911 if you are at risk for harm to yourself or others.</p>	<p>Toll- free line. Additional services based on eligibility.</p>
<p>Al-Anon and Alateen (Teens) (English and Spanish) https://district23alanon.org/ Call: (831) 462-1818</p>	<p>Support groups for relatives and friends of alcoholics. Virtual meetings available. Alateen is a group for teens. See website for more information on local meetings/ events.</p>	<p>No cost.</p>
<p>Alcoholics Anonymous of Santa Cruz (AA) http://aasantacruz.org/</p> <p>5732 Soquel Drive Soquel, CA, 95073 24-Hr Phone (831) 475-5782</p>	<p>Alcoholics Anonymous is a fellowship group that supports one another in recovery from alcoholism. Virtual meetings available.</p>	<p>No cost. Contributions welcomed.</p>

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<p>Cocaine Anonymous of Santa Cruz (CA) https://canorcal.org/</p>	<p>Cocaine Anonymous is a support group that is not limited to any one substance. Uses the twelve steps. Virtual meetings available.</p>	<p>No cost. Contributions welcomed.</p>
<p>Dignity Health (English/ Spanish) 2018 Mission Street, Santa Cruz, CA, 95060 Call: (831) 706-2220</p> <p>Taking Care of Mama Support Group Contact Barbara Sheehy for information. Barbara.sheehy@dignityhealth.org (415) 544-2395</p>	<p>Primary care and treatment services available. Many locations throughout Santa Cruz County. Call ahead to verify service availability.</p> <p>Virtual support group for pregnant and postpartum mothers. Held on Tuesdays 2:00 to 2:45 pm (PST)</p>	<p>Call to verify eligibility and insurance for primary care and Medication Assisted Treatment services.</p> <p>No cost support group.</p>
<p>El Camino Hospital (English/ Spanish) https://www.elcaminohealth.org/services/maternal-health/specialty-programs/maternal-outreach-mood-services</p> <p>24/7 Health line: (800) 216-5556 To schedule a free, confidential assessment call (866) 789-6089</p>	<p>Mother-baby unit with inpatient & outpatient care.</p>	<p>Call to verify pricing and insurances accepted.</p>

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<p>Encompass Community Services- Santa Cruz Residential Recovery & Alto Counseling Center (English/ Spanish)</p> <p>https://www.encompasscs.org/substance_use_disorder_treatment</p> <p>(831) 226-3728 or by email: recoverysupport@encompasscs.org</p>	<p>Adult/ youth substance use counseling and residential treatment programs.</p>	<p>Call to verify eligibility.</p>
<p>GRASP-Grief Recovery After a Substance Passing California Chapter Information: http://grasphelp.org/community/meetings/united-states-chapters/california/</p> <p>San Francisco Bay Area GRASP Chapter Contact: Elizabeth Andersen Email: eshow818@gmail.com Phone: (650) 793-2359</p>	<p>Support group for loved ones after a substance passing. Nearest local chapter- Los Altos. Must pre-register for meetings by contacting the facilitator.</p>	<p>No charge for GRASP groups.</p>
<p>Jesus Mary Joseph Home https://stfrancissoupkitchen.org/jmj/ Call: (831) 459-8046</p>	<p>Transitional shelter for unhoused women and children.</p>	<p>No cost. Time limit for length of stay and residents must be seeking employment and permanent housing.</p>

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<p>Kaiser Permanente (English/ Spanish) https://thrive.kaiserpermanente.org/care-near-you/northern-california/santacruz/</p> <p>5615 Scotts Valley Dr. Scotts Valley, CA, 95066 Call: (408) 972-3366</p> <p>1931 Main Street, Watsonville, CA, 95076 Call: (408) 972-3366</p>	<p>Treatment services available. Call ahead to verify service availability.</p>	<p>Call to verify eligibility and insurance.</p>
<p>Monarch Services (English/ Spanish) https://www.monarchscc.org/</p> <p>Watsonville Office 233 East Lake Avenue Watsonville, CA 95076 (831) 722-4532</p> <p>Santa Cruz Office 1509 Seabright Avenue Santa Cruz, CA 95062 (831) 425-4030</p> <p>TDD: (800) 735-2929 (California Relay Service)</p> <p>24-Hour Bilingual Crisis Line Domestic Violence, Sexual Abuse and Human Trafficking Crisis Line 1(888) 900-4232</p>	<p>Services include emergency shelter, peer counseling, advocacy, support groups, drop-in support, and assistance with restraining orders.</p>	<p>No cost for services. Call to obtain more information on eligibility.</p>

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<p>NAMI- National Alliance on Mental Illness- Santa Cruz County (English/ Spanish) https://www.namisc.org/</p> <p>Help Line: (831) 427-8020 x7 Español: (831) 205-7074</p>	<p>Offers support groups and trainings for those affected by mental illness and their loved ones. Offers a help line staffed by volunteers. Calls are usually returned within 24-hrs.</p>	<p>No cost.</p>
<p>Nar-Anon/ Narateen https://www.nar-anon.org/</p> <p>toll free: (800) 477-6291</p>	<p>Support groups for relatives and friends of those with addiction. Narateen is a group for teens. See website for more information on local meetings/ events.</p>	<p>No cost.</p>
<p>Narcotics Anonymous Facebook Page: Santa Cruz NA: Surfin' the Net for Recovery https://www.facebook.com/groups/santacruzna/</p> <p>Santa Cruz Area Helpline: (855) 562-2789</p>	<p>Non-profit group that uses the 12-step program to encourage sobriety. Virtual and phone meetings may be available</p>	<p>No cost. Contributions welcomed.</p>
<p>New Life Santa Cruz Addiction Treatment www.newlifesc.org</p> <p>707 Fair Ave. Santa Cruz, CA 95060 (888) 474-6758 Toll free (831)427-1007 Local</p>	<p>Residential & outpatient treatment; individual, group, & family counseling; drug & alcohol re-entry education. Children and adolescents live on-site with parents. Vocational and educational support; toxicology screening & aftercare.</p>	<p>Please call for details.</p>

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<p>Never Use Alone https://neverusealone.com/ Call line: (800) 484-3731 Mandy's Line: (800) 943-0540</p>	<p>The call line asks for first name, location, and call back number for the caller. The operator will stay on the line during use and will notify emergency services if the caller is non-responsive.</p> <p>In addition to the call line is a second phone number- Mandy's Line. Mandy's line is a support line for individuals struggling with substance use disorder who need someone to talk to. All operators have experienced substance use disorder and can relate to the caller to provide support.</p>	<p>Toll free numbers.</p>
<p>Palo Alto Medical Foundation (English/ Spanish)</p> <p>https://www.sutterhealth.org/pamf</p> <p>Contact for Medication Assisted Treatment (MAT): Dr. Bill Morris- (408) 314-9338</p> <p>Westside 1301 Mission Street, Santa Cruz, CA 95060 Call: (831) 458-6300</p> <p>Santa Cruz 2025 Soquel Avenue, 2nd Floor Santa Cruz, CA 95062 Call: (831) 458-5524</p>	<p>Primary care and treatment services available. Many locations throughout Santa Cruz County. Call ahead to verify service availability.</p>	<p>Call to verify eligibility and insurance.</p>

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<p>Soquel 2950 Research Park Drive Soquel, CA 95073 Call: (831) 458-6272</p> <p>Aptos 7600 Old Dominion Court Aptos, CA 95003 Call: (831) 458-6200</p> <p>Capitola 815 Bay Avenue Capitola, CA 95010 Call: (831) 460-7333</p> <p>Watsonville 550 South Green Valley Road Watsonville, CA 95076 Call: (831) 458-5865</p>		
<p>Planned Parenthood (English/ Spanish) https://www.plannedparenthood.org/</p> <p>398 South Green Valley Road Watsonville, CA 95076 (831) 724-7525</p> <p>1119 Pacific Ave. Suite 200 Santa Cruz, CA 95060 (831) 426-5550</p>	<p>Abortion services; birth control; general health care; HIV & STD Testing; LGBTQ Services; women's health; pregnancy services; and Vaccines.</p>	<p>Most insurances accepted. Call to verify costs and insurance information.</p>

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<p>Pregnancy Resource Center of Santa Cruz County www.santacruzprc.org Santa Cruz Clinic 1570 Soquel Drive, Suites 3 & 4 Santa Cruz, CA 95065 (831) 475-2200 24 hr. Helpline</p> <p>Downtown Santa Cruz Clinic 138-B Walnut Avenue Santa Cruz, CA 95060 (831) 454-8481</p>	<p>Pregnancy testing & ultrasound; Prenatal care up to 32 weeks; STD testing & treatment; Medical, WIC and resource referrals. Short and long-term counseling. Tangible assistance with maternity and baby clothing and other supplies as available.</p>	<p>Call to verify costs and insurance information.</p>
<p>Postpartum Support International (PSI) (English/ Spanish) www.postpartum.net</p> <p>Warm line: (800) 944 4773 text: (503) 894 9453 English text: (971) 420 0294 Spanish</p>	<p>Telephone warm-line, text-line, and online support groups. Online listing of online counseling providers who specialize in maternal wellness.</p>	<p>No cost for PSI Virtual Support Groups.</p>
<p>Respero Ministries https://respero.org/ (831) 334-8268</p>	<p>Individual counseling; counseling courses and workshops. Virtual and phone services available.</p>	<p>No cost counseling.</p>
<p>SafeRx https://www.hipscc.org/saferx</p>	<p>A county coalition of social service, healthcare, and government entities partnering for best practices of prescription pan medicines. The website lists information on safe medication and sharps disposal sites for</p>	<p>More information is available on their website. To make a request for Narcan, please email Rita at rita@hipscc.org</p>

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	<p>Santa Cruz County. Additional resources on their website include pain management information and general information on opioids. Professional resources include practice guidelines and prescribing information. Narcan may be available upon request. Supplies are limited.</p>	
<p>Salud Para La Gente (English/ Spanish) https://splg.org/</p> <p>Salud Para La Gente 204 East Beach Street Watsonville, CA 95076 831-728-0222</p> <p>*Additional locations available in Watsonville/ Freedom area.</p>	<p>Prenatal care; well child checks; counseling services; family health care; pediatric care; dental care; vision care; wellness & counseling. Specialty care. Telephone options for counseling available.</p>	<p>Most insurances accepted. Questions on cost/insurance or billing can be directed to: 831-707-2755</p>
<p>Santa Cruz Community Health Centers (English/ Spanish) www.schealthcenters.org</p> <p>Santa Cruz Women's Health Center 250 Locust Street Santa Cruz, CA 95060 (831) 427-3500</p> <p>East Cliff Family Health Center 21507 East Cliff Drive Santa Cruz, CA 95062 (831) 427-3500</p>	<p>Primary care; prenatal care and education; birth control dispensary; behavioral health services; substance use treatment; health education; acupuncture and chiropractic Services. Assistance with benefit enrollment.</p>	<p>Most insurances accepted. Call to verify costs and insurance information.</p>

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<p>Santa Cruz County Health Services (English/ Spanish)</p> <p>http://santacruzhealth.org/HSAHome/HSADivisions/ClinicServices/PrimaryCareandUrgentCareServices.aspx</p> <p>North County- (HAS) Health Services Agency 1080 Emeline Ave, Santa Cruz, CA, 95060 Call: (831) 454-4100</p> <p>HPHP Homeless Persons Health Project 115 A Coral Street Santa Cruz, CA, 95060 Call: (831) 454-2080</p> <p>Watsonville South County- HAS 1430 Freedom Blvd, Suite D, Watsonville, CA, 95076 Call: 831-763-8400</p> <p>Watsonville Homeless Health Center 1430 Freedom Blvd, Suite C, Watsonville, CA, 95076 Call: 831-763-8400</p>	<p>Santa Cruz County Health Services Agency offers primary care and mental health care services. Services include treatment for Opioid and Stimulant Dependence.</p>	<p>Please call to verify current pricing and insurances accepted.</p>
<p>Siena House Maternity Home www.sienahouse.org</p> <p>108 High Street Santa Cruz, CA, 95060 (831) 425-2229</p>	<p>Residential program offering support, education & guidance for pregnant & early postpartum women. Pre/postnatal care, resource referral, counseling, & education.</p>	<p>Call for eligibility requirements. No fee.</p>

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<p>Smart Patients Postpartum Community https://www.smartpatients.com/partners/ppd</p>	<p>Online forum offered in partnership with Postpartum Support International to provide information and support to pregnant and new mothers suffering with perinatal mood and anxiety disorders.</p>	<p>No cost.</p>
<p>Sobriety Works https://sobrietyworks.com/ 8030 Soquel Ave., Suite 103 Santa Cruz, Ca 95062 (831) 476-1747</p>	<p>An addiction treatment center offering day treatment, relapse prevention, a women's group and after care. Counseling services are also available.</p>	<p>Please call to verify treatment costs.</p>
<p>Supporting Mamas https://supportingmamas.org/ Support in Northern California (408) 475-4408 Confidential text line (408) 475 4408</p>	<p>Online, text, phone, and email support</p>	<p>Cost: Local calling/texting rates apply</p>
<p>The Camp Recovery Center https://www.camprecovery.com/ 3192 Glen Canyon Rd Scotts Valley, CA 95066 (855) 213-5633</p>	<p>Residential and outpatient treatment; teen residential program; group, individual, and family counseling; and recreational & experiential therapies.</p>	<p>Please call to verify current pricing and insurances accepted.</p>
<p>The Evolving Door https://www.facebook.com/sobersite/</p>	<p>Sober living environment that aims to provide a supportive setting for residents.</p>	<p>Contact to verify cost of rent.</p>

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<p>69 Mt. Hermon Road Scotts Valley, CA, 95066 (831) 535-2008</p>		
<p>The Online Postpartum Mood Disorders (PPMD) Support Group http://www.ppdsupportpage.com/</p>	<p>Online community forum to connect with other women who are experiencing mood disorders after pregnancy, giving birth or adoption. The forum is open to family and friends and other professionals in reproductive health.</p>	<p>No cost.</p>
<p>Walnut Avenue Women and Children's Center (English/ Spanish) http://www.wafwc.org/ (831) 426-3062</p> <p>24/7 domestic violence hotline: 1 (866) 269-2559</p>	<p>Offers a range of support services for family, children, and youth. Early childhood education, workshops, prevention education, one on one support, support groups, and peer and legal advocacy.</p>	<p>Call to verify information on cost and eligibility.</p>

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