**Perinatal Resources**

Resources

* Mt. SAC’s- Employee Counseling Center (ECC): (909) 274-6211 | [www.mtsac.edc/ecc](http://www.mtsac.edc/ecc) | employeecounselingcenter@mtsac.edu
* Los Angeles County Perinatal Mental Health Task Force: [www.MaternalMentalHealthLA.org](http://www.MaternalMentalHealthLA.org)
* Postpartum Support International: (800) 944-4773
* ACCESS Line (Los Angeles County Mental Health phone referral service): (800) 854-7771
* Center for Postpartum Health: [www.postpartumhealth.com](http://www.postpartumhealth.com)
* Breastfeeding Task Force of Greater Los Angeles: [www.breastfeedla.org](http://www.breastfeedla.org)
* Suicide and Crisis Lifeline dial or text 988
* 211 Los Angeles County Information Line: Dial 211 or [www.211la.org](http://www.211la.org)

Books

* Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression (2006). Shoshana S. Bennett
* Overcoming Postpartum Depression and Anxiety (1998). Linda Sebastian
* This Isn’t What I Expected: Overcoming Postpartum Depression (1994). Karen Kleiman, Valerie Raskin
* Life Will Never Be the Same: The Real Mom’s Postpartum Survival Guide (2010). Ann L. Dunnewold PhD, Diane G. Sanford PhD
* The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to help you overcome Anxiety, Worry, Panic Attacks, Obsessions and Compulsions (2009) Pamela S. Wiegartz, Kevin L. Gyerkoe