

RESOURCES

Humboldt County Behavioral Health
24-hour crisis line:
707-445-7715 | Toll Free: 888-849-5728

Humboldt County Public Health Nursing
Phone: 707-268-2105 | Toll Free: 855-707-9355

Cal Poly Humboldt University Counseling
24-hour crisis line for students: 707-826-3236

First 5 Humboldt
Phone: 707-445-7389 | humkids.org

2-1-1 Humboldt
Phone: 211 | 211humboldt.org

Postpartum Support International
800-944-4773 | postpartum.net



Postpartumprogress.com

National Suicide and Crisis Lifeline
Phone: 988 | 988lifeline.org/help-yourself/maternal-mental-health/



National Crisis Text Line
Text: HOME to 741741

National Maternal Mental Health Hotline
833-9-HELP4MOMS

Partners, Family, Friends Resources



2023 Postpartum Support Guide

Humboldt
Pregnancy
& Postpartum
Support Network



Humboldt County
Department of
Health & Human
Services

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85% EXPERIENCE BABY BLUES

- After giving birth, 1 in 8 will experience depression and/or anxiety.
- 2-25% of partners experience depression. This increases to 50% if the birthing parent is experiencing postpartum depression.

If you aren't feeling better 21 days after your baby is born, you may be experiencing depression and/or anxiety.

With support, you will get better.



Self-Assessment for Perinatal Depression and Anxiety



- I have been unable to laugh and see the funny side of things
- I have not looked forward to things I usually enjoy
- I have blamed myself unnecessarily when things went wrong
- I have been anxious or worried for no good reason
- Things have been getting the best of me
- I have felt scared or panicky for no good reason
- I have been so unhappy that I have had difficulty sleeping
- I have felt sad or miserable
- I have been so unhappy that I have been crying
- The thought of harming myself, my baby, or others has occurred to me

(Adapted from the Edinburgh Postnatal Depression Scale. Cox, J.L., Holden. J/M and Sagovsky, R. 1987)

If one or more apply:

- Talk to your partner, family or friends, and give them things to do to help
- Ask someone if you need help making the first phone call
- Tell your doctor or baby's doctor about your feelings
- Ask for a visiting nurse through Public Health
- Find support with other new parents
- Talk to a counselor or therapist
- Take time for rest, exercise and eat healthy foods.

