

# Postpartum Depression Resources



## *Southern Alameda County*

### **New Moms Support Group**

*Weekly drop-in support group facilitated by a licensed therapist at Kaiser Permanente Union City.*

510-675-3080

### **Postpartum Support International**

1-800-944-4773  
[postpartum.net](https://www.postpartum.net)

### **Postpartum Dads**

[postpartumdads.org](https://www.postpartumdads.org)

### **Postpartum Men Online Forum**

[postpartummen.com](https://www.postpartummen.com)

### **Alameda County Crisis Support Services**

*Toll-free 24/ 7 crisis line.*

1-800-309-2131