

REAL TALK. REAL OPTIONS.

Resources and Support Card

RESOURCES AND SUPPORT

Birth Control & Family Planning:

services to support an individual's decision about when, or if, to have children

Planned Parenthood

[www.plannedparenthood.org/
planned-parenthood-los-angeles](http://www.plannedparenthood.org/planned-parenthood-los-angeles)

211 LA

www.211la.org

Federally Qualified Health Centers (FQHC)

To find a location near you, visit:
www.findahealthcenter.hrsa.gov

One Degree

www.1degree.org

LA County Department of Health Services

(844) 804-0055
[www.dhs.lacounty.gov/
womens-health/our-services/
womens-health/family-planning/](http://www.dhs.lacounty.gov/womens-health/our-services/womens-health/family-planning/)

Family PACT

www.familypact.org

Prenatal Care:

services to support a healthy pregnancy, breastfeeding, and self-care during pregnancy

MAMA's Neighborhood

(844) 37-MAMA's
[www.dhs.lacounty.gov/
womens-health/our-services/
womens-health/prenatal/
mamas-neighborhood/](http://www.dhs.lacounty.gov/womens-health/our-services/womens-health/prenatal/mamas-neighborhood/)

The Comprehensive Perinatal Services Program

(213) 639-6419
[www.cdph.ca.gov/Programs/CFH/
DMCAH/CPSP](http://www.cdph.ca.gov/Programs/CFH/DMCAH/CPSP)

LA Care Healthy Pregnancy Program

[www.lacare.org/healthy-living/
library/healthy-pregnancy-
program](http://www.lacare.org/healthy-living/library/healthy-pregnancy-program)

Postpartum Care:

services to support caring for newborn baby and self-care after birth

Empowered Postpartum

www.empoweredpostpartum.org

Centers for Disease and Control

www.cdc.gov/hearher/pregnant-postpartum-women/index.html

SUD TREATMENT CHAMPIONS

Substance Use Disorder (SUD) Treatment:

services to support an individual's decision to reduce the impact of substance use, abuse, and addiction

Behavioral Health Services, Inc.

www.bhs-inc.org
Raunda Jones
RJones@bhs-inc.org
(310) 679-9126

Didi Hirsch Psychiatric Services

www.didihirsch.org
Jennie Wyatt Coste
JWyattCoste@didihirsch.org
(818) 897-2609

Lundquist Institute for Biomedical Innovation/Options for Recovery

www.optionsforrecovery.com
Darlene Walker
DWalker@lundquist.org
(323) 457-1898

JWCH Institute, Inc.

www.jwchinstitute.org
Nora O'Connor
NOConnor@jwch.org
(866) 733-5924

Healthright360 (Prototypes)

www.healthright360.org
Mechelle Monroe
MMonroe@prototypes.org
(909) 624-1233