



**COVID-19:  
Maternal Mental Health (MMH) Resources  
As of July 6, 2020**

<p><b>Are telehealth therapy/psychiatry services offered through IEHP?</b></p>	<p>Yes – IEHP Behavioral Health Providers may provide telehealth services by phone or video. To set one up, call your Provider or visit <a href="http://www.iehp.org">www.iehp.org</a> to find a Provider near you.</p>
<p><b>How do I access Behavioral Health Services?</b></p>	<p>Call IEHP at <b>1-800-440-IEHP (4347)</b> or visit <a href="http://www.iehp.org">www.iehp.org</a> to find a Provider near you.</p>
<p><b>What are some of my Behavioral Health benefits?</b></p>	<p>IEHP Providers offer therapy, psychiatry, group therapy and more.</p>
<p><b>Will I still be able to see my prenatal care Provider in person for my prenatal and postpartum visits?</b></p>	<p>Yes – In-person prenatal care is vital. However, our prenatal care Provider may also offer telehealth visits when appropriate. Please follow up with your OBGYN for details on how to set up your appointments.</p>

<p><b>What are some online services and resources I can access for more support?</b></p>	<ul style="list-style-type: none"> <li>• Corazon Counseling Service, Inc. is hosting FREE online Motherhood Circles the second and fourth Thursdays each month at 7pm. To sign up, email: <a href="mailto:emmaparadalove@gmail.com">emmaparadalove@gmail.com</a></li> <li>• Corazon Counseling Service Inc. hosts pregnancy and infant loss support groups online. To sign-up, email: <a href="mailto:mocuriel@gmail.com">mocuriel@gmail.com</a>.</li> <li>• Reach Out: Mamas y Bebés <ul style="list-style-type: none"> <li>○ Virtual Mom’s Wellness Group: Class is offered by phone or video for moms who are pregnant or have children 0-12 months.</li> <li>○ To complete a phone screening, call Gloria Lopez at (909) 982-8641.</li> </ul> </li> <li>• Postpartum Support International (PSI) offers online support groups for: <ul style="list-style-type: none"> <li>○ Perinatal (Pregnancy and Postpartum) Mood Support Group</li> <li>○ Pregnancy Mood Support Group</li> <li>○ NICU Parents Support Group</li> <li>○ Pregnancy and Infant Loss Support Group for Moms</li> <li>○ Military Moms Support Group</li> </ul> </li> <li>• To learn more or to sign up for any of these online support groups, go to: <a href="https://www.postpartum.net/psi-blog/psi-covid-19-resources/">https://www.postpartum.net/psi-blog/psi-covid-19-resources/</a></li> </ul>
<p><b>What about breastfeeding resources?</b></p>	<p>Inland Empire La Leche League offers a FREE online support group the first Tuesday of every month. To learn more, visit: <a href="http://www.lllie.org/">http://www.lllie.org/</a>.</p>