

Coping with Anxiety and Depression

Here are some ways to help:

- Get lots of rest
- Eat a healthy diet
- Exercise regularly
- Don't be afraid to ask for help
- Avoid stress
- Make time to go out
- Find time for yourself
- Keep a journal of your feelings
- Discuss your feelings with others
- Talk to your doctor about how you feel
- Connect with a support group



Crisis Services:

Centralized Assessment Team

(24 hours 7 days/week)
(866) 830-6011
(714) 517-6353

Orange County Crisis Prevention Hotline

(24 hours 7 days/week)
(877) 727-4747

The OC Warm Line

(877) 910-9276



Orange County Postpartum Wellness Program OCPPW

792 W. Town & Country Road, Bldg. E
Orange, CA 92868
Phone: (714) 480-5160
Fax: (714) 836-4359

The Orange County Postpartum Wellness (OCPPW) program provides early intervention services to women five months pregnant to one year postnatal, experiencing mild to moderate symptoms of depression and/or anxiety attributable to the pregnancy or recent birth of their child.

OCPPW provides the following services:

- Screening and assessment
- Maternal wellness activities
- Individual counseling
- Group counseling
- Maternal wellness community outreach
- Case management

Please see your doctor if you experience the following for more than two weeks:

No energy	Feeling anxious
Feeling lonely	Change in appetite
Restlessness	Feeling Moody
Difficulty making decisions	Feeling confused
Hopelessness	Unable to laugh
Feeling overwhelmed	Confusion
Sadness	Feeling guilty
Loss of interest in activities	



Referral Process:

The Orange County Postpartum Wellness Program considers all individual referrals from the community, as well as self-referrals that meet the program criteria for Orange County residents. For more information please contact:

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