

Mental Health Resources at Hoag

HOAG SUPPORT GROUP FOR NEW MOMS

949-764-5333 | hoag.org/mmh

This free, ongoing support group focuses on teaching positive coping skills and providing support and education. Facilitated by licensed therapists. Groups meet Mondays 6 p.m. – 7 p.m. and Wednesdays 11 a.m. – 12 p.m.

MELINDA HOAG SMITH CENTER FOR HEALTHY LIVING

307 PLACENTIA AVE., NEWPORT BEACH, CA 92663

Mental Health Center

949-764-6542 | www.hoag.org/mental-health

307 Placentia Ave., Suite 100B, Newport Beach, CA 92663

This is a full-service program for low income uninsured or underinsured people. The Center offers individual, couple, family and group psychotherapy. Women's services include empowerment support groups and maternal mental health. Affordable for individual, family and couples counseling. Client fees are based on a low sliding scale. No one will be turned away due to lack of funding. Services in English, Spanish and Farsi. Office hours are Monday-Friday, 9 a.m. – 7 p.m.

949-764-5394 | Miriam Henderson, MSW

Miriam provides psychotherapy in English and Spanish and focuses on maternal mental health.

Costa Mesa Family Resource Center

949-764-8100

307 Placentia Ave., Suite 203, Newport Beach, CA 92663

The Family Resource Center offers a variety of Skills groups, Support Groups, Family Counseling services, and Classes for the residents of Costa Mesa and Newport Beach.

HOAG MATERNAL MENTAL HEALTH SUPPORT LINE

949-764-5333 | Monday-Friday, 9 a.m. – 5 p.m.

Answered by a clinical navigator, this support line will help maternity patients struggling with depression or anxiety connect to mental health providers (counselors, psychotherapists, psychiatrists, support groups, residential treatment, home visitation programs, and online resources) in the community.

HOAG MATERNAL MENTAL HEALTH CLINIC*

949-764-8191 | Monday-Friday, 9 a.m. – 5 p.m. | hoag.org/mmh

500 Superior Ave., Suite 315, Newport Beach, CA 92663

The clinic treats women trying to conceive, pregnant women and new moms up to one year after delivery.

The clinic offers individual and group psychotherapy with a licensed marriage and family therapist as well as medication safety evaluations and management during pregnancy and breast-feeding by a reproductive psychiatrist. Many insurances accepted.

HOAG FOR HER CENTER FOR WELLNESS

949-557-0190 | Stephanie Buehler, MPW, PsyD, CST-S

Dr. Buehler is a licensed psychologist and AASECT-Certified Sex Therapist. Dr. Buehler specializes in couples with infertility, and couples in the post-partum period recover sexual function and pleasure.

AFTER-SCHOOL PROGRAM INTERVENTIONS AND RESILIENCY EDUCATION (ASPIRE)

949-764-6360 | www.hoag.org/ASPIRE

Hoag offers the acclaimed After-School Program Interventions and Resiliency Education (ASPIRE), an evidence-based intensive outpatient program to treat teen anxiety, depression and other mental health conditions. ASPIRE offers teens and their families practical tools to overcome current mental health concerns and effectively navigate future challenges. The multidisciplinary treatment team combines education and multiple counseling and training modalities to prepare teens with healthy coping strategies.