

Frequently Asked Questions

ORANGE COUNTY POSTPARTUM WELLNESS (OCPPW) PROGRAM

What services does the program provide?

OCPPW offers screening and assessment, individual/family/group therapy, a variety of educational groups, wellness activities, and case management services.

What are your program criteria?

The program provides services to women who are residents of Orange County who are five months pregnant to one year postnatal and who are experiencing mild to moderate symptoms of depression and/or anxiety attributable to the pregnancy or recent birth of their child.

What is the cost of program services?

There is no cost for participating in the program as services are funded by the Mental Health Services Act (Proposition 63).

What languages are program services provided in?

Services are provided in English, Spanish, Vietnamese and Farsi. Translation is available for other languages.

Do I have to have someone refer me to your services?

The program accepts all referrals from county programs, non-county community partners and self-referrals. A mother or family member can inquire about our services by calling (714) 480-5160.

I don't have transportation to your office. Can you come to where I live?

Program services are provided at both our office location and wherever a mother lives (home, apartment, shelter) within Orange County.

What are some symptoms of postpartum depression?

Symptoms of postpartum depression include having no energy, feeling lonely or restless, feeling overwhelmed, sad or moody, eating too much or too little, sleeping too much or too little, feeling anxious or guilty and having loss of interest in previous enjoyable activities, crying a lot for two weeks or more.

Where is the program located?

OCPPW Program is located at 792 W. Town and Country Rd, Bldg E., Orange, CA 92868, Phone: (714) 480-5160.

