

Postpartum Support

Account Name	Description	Phone	Website	Shipping City
Candice James IBCLC	Candice James is a certified lactation consultant in Reseda, CA, offering personalized breastfeeding and postpartum support both in-home and online. She helps with breastfeeding challenges, newborn care, and postpartum adjustment, including emotional support and returning to work. Candice also provides parenting guidance and is inclusive of all families. She accepts major insurance and supports families throughout their breastfeeding journey.	805-835-2777	https://www.candicejamesibclc.com/	
First 5 LA	A free, voluntary program offering prenatal and postpartum support to all families. Services include hospital and home visits, parenting education, breastfeeding assistance, and referrals to community resources. Families receive personalized guidance, health and safety information, and baby- and mom-friendly supplies during pregnancy and through a baby's first nine months.	213-482-5902	https://www.first5la.org/welcome-baby/	Los Angeles
Maternal Mental Health NOW	For pregnancy or postpartum mental health support in Los Angeles County, visit the Maternal Mental Health Resource Directory online or call 211. Outside LA County, contact Postpartum Support International at 1-800-944-4773 or postpartum.net. This service does not offer a hotline or email advice. If you or a loved one has thoughts of self-harm or harming the baby, call 911 immediately. Seeking help is the first step to recovery.	1-800-944-4773	https://www.maternalmentalhealthnow.org/	