



Sacramento New Parent Telehealth Counseling

Feeling overwhelmed?
Unsure how to manage difficult emotions?
You are not alone.

Mercy Medical Group now offers free counseling services via phone or the computer, funded by Mercy Foundation and Dignity Health Foundation.

- Work through negative thoughts and emotions
- Discuss your concerns as you figure out your new role as a parent
- Learn new ways to cope with difficult situations
- Services are confidential
- Up to 8 sessions, at no cost to you

Don't delay, get the support you need from the comfort of your home.

To get started, call 209.938.0831.



A Service of Dignity Health Medical Foundation