



North State Telehealth New Parent Counseling

Are you pregnant, or a new parent, feeling anxious or depressed?

You deserve support.

- 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

Dignity Health licensed clinicians can provide counseling over the phone or computer.

- Services are confidential
- Up to 8 sessions, at no cost
- You or your health care provider can call **209.938.0831**.