New Parent Resource Guide

**Hospital Resources**
Mercy Medical Center Redding  530.225.6000
Mercy Maternity Center  530.255.7480

**Breast Feeding Support**
Le Leche League  530.221.4720
WIC Lactation  530.229.8446

**Postpartum Depression Support**
Suicide Prevention Lifeline  800.273.8255
800.273.8255 or Text CONNECT to 741741

**Other Community Resources**
Shasta Community Health Center  530.246.5710
WIC  530.225.5168
Poison Control  800.222.1222

**In the event of an emergency—call 9-1-1**

**Other Important Phone Numbers**
OB Physician:

Pediatrician:

Family Physician: