

Service Locations:

Tulare
Visalia
Porterville
Lindsay
Dinuba
Earlimart
Cutler-Orosi

For more information, or to make a referral, please contact our Tulare office at **(559) 688-2043**.

Referrals may also be submitted on our website at **www.hopehorizon.org**.

Or, visit your local Family Resource Center (FRC), located throughout Tulare County:

Cutler-Orosi FRC (559) 528-1790
Lindsay FRC (559) 562-8292
Tulare FRC (559) 684-1987
Earlimart FRC (661) 849-3505
Woodlake FRC (559) 564-5212
Visalia FRC/Parenting Network
(559) 625-0384

Our Mission:

To provide compassionate, culturally sensitive mental health services that nurture hope, strengths, and healthy relationships at home, school and in the community.

Our Vision:

That our clients are happy, healthy, and empowered to achieve their highest potential; becoming self-reliant, accomplished, and able to determine and shape the future.



Hope Horizon Mental Health
327 S. K Street
Tulare, CA 93274
Phone: (559) 688-2043
Fax: (559) 688-1304
www.hopehorizon.org

Building Bridges



Perinatal Wellness
Program



Providing hope to children, adults & families.

About Hope Horizon and the Building Bridges Program:

In partnership with local Family Resource Centers and Tulare County's Maternal Child and Adolescent Health Department, the Building Bridges program provides early intervention mental health care for pregnant and new mothers and/or fathers experiencing depression, anxiety or other mood related disorders. These services improve later life outcomes for children, promote bonding and attachment, improve the overall parent/child relationship, and reduce the risk of self-harm and suicide. Services can be provided at any one of our offices or at the local Family Resource Center and can include individual, couple, or family therapy as well as consultation with the Primary Care Provider (PCP) or psychiatrist, if appropriate.

This program is grant funded to provide services to those with no insurance.

What we know about Maternal Depression and Anxiety:

Approximately 15% of women experience significant depression following childbirth. The percentages are even higher for women who are dealing with poverty and can be twice as high for teen parents. Ten percent of women experience depression in pregnancy. In fact, perinatal depression is the most common complication of childbirth.

Symptoms can start anytime during pregnancy or the first year postpartum. They differ for everyone, and might include the following:

- Feelings of anger or irritability
- Lack of interest in the baby
- Appetite and sleep disturbance
- Crying and sadness
- Feelings of guilt, shame or hopelessness
- Loss of interest, joy or pleasure in things you used to enjoy
- Possible thoughts of harming the baby or yourself



Referral Process:

All referrals come through our main office in Tulare and will be assigned by our Building Bridges Team to a therapist specializing in perinatal wellness.

Call (559) 688-2043

Or submit a referral online at
www.hopehorizon.org

*Please attach a completed
Edinburgh Scale to all referrals.*