



## Maternal Mental Health Services

At Sharp Health Plan, we understand the unique challenges that come with motherhood, especially when it comes to mental health. Our case management services are here to support you during the prenatal, postpartum, and interpregnancy periods.

Our program can help qualifying members with:

- Understanding health care benefits
- Making appointments
- Doula services (for eligible members)

To participate, a case management referral is required. Referrals can come from any source such as your OB-GYN, your primary care physician, or a facility case manager. Members can also request a referral directly through their Sharp Health Plan online account.



For more information, visit [sharphealthplan.com/mmh](https://sharphealthplan.com/mmh) or scan the QR code.

### Want to learn about all our behavioral health services?

Behavioral health benefits are available to all of our members, with easy access to a large network of behavioral health providers across the county, plus telehealth visits. Visit [sharphealthplan.com/bh](https://sharphealthplan.com/bh) to learn more or call Customer Care at 1-858-499-8300.

