



Prenatal Depression Bay Area 2015

Good food, sleep, exercise, therapy, and acupuncture can help you cope. Here are some trusted care providers who specialize in treating prenatal depression. If you are feeling beyond these options, please call MOMS for a free consultation. They exist because you are experiencing very real hormonal shifts that are unique to pregnancy. As with all things mind and body, medical solutions are sometimes necessary.

Inpatient Program

Maternal Outreach Mood Services (MOMS), El Camino Hospital
(650) 988-7841 or (866) 789-6089
Google MOMS El Camino, as their link is too long.

Therapists

Jessica Sorci
San Jose
(408) 345-5572
jessicasorci.com

Kristen Wright
Los Gatos
(408) 600-8036
kristenwrightlmft.com

Elizabeth Eastman
Palo Alto
(650) 473-9965
eastmanpsychotherapy.com

Dolat Bolandi
Los Gatos
(408) 264-0100
dolatbolandi.com

Acupuncturists

Kim Silsby
Los Altos
(650) 948-9642
whitepeony.com

Cindi Ignatovsky
Campbell
(408) 761-6251
healthinharmonytcm.com