

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:



Dignity Health[®]
Mercy Medical Center
Redding

