

Statewide Perinatal Mental Health Resources

UW Perinatal Telepsychiatry Clinic

A telepsychiatry clinic for perinatal patients that provides evaluations and 1-2 follow-up visits (rather than ongoing treatment). Referring providers receive a follow-up note with recommendations.

<https://www.mcmh.uw.edu/perinatal-telepsychiatry-clinic>

Perinatal Support Washington

Organization offers a warm line, perinatal mental health directory, provider trainings, and more.

<https://perinatalsupport.org/>

Prevention and Treatment of Traumatic Childbirth (PATtch)

An organization that offers information and trainings about traumatic births.

<http://pattch.org/>

Swedish Center for Perinatal Bonding and Support

Center offers reproductive psychiatry and a day treatment program for people with perinatal mood disorders.

<https://www.swedish.org/locations/center-for-perinatal-bonding-and-support>

Parent-Child Assistance Program (PCAP)

Free case management program for pregnant and parenting people with substance use disorders.

<https://depts.washington.edu/pcapuw/>

Northwest Infant Survival and SIDS Alliance

Emotional support for those who are affected by pregnancy, infant, or child loss.

<https://nwsids.org/>

National Perinatal Mental Health Resources

Perinatal Support International (PSI)

Free online support groups, and information and resources for parents and professionals.

<https://www.postpartum.net/>

Mother To Baby: (866) 626-6847

Information center for community members that provides free safety data about medications and drugs during pregnancy and breastfeeding. Fact sheets about medications are also available.

<https://mothertobaby.org/>

RESOLVE: (866) 668-2566

A warm line for support around infertility, IVF, adoption, miscarriage, and third-party reproduction.

<https://resolve.org/support/helpline/>

Statewide General Mental Health Resources

County Crisis Lines

24-hour crisis hotlines for each county in Washington.

<https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines>

Washington Recovery Helpline: (866) 789-1511

Helpline for substance use and mental health. Available 24-hours a day.

<http://www.warecoveryhelpline.org/>

Ingersoll Gender Center Health Care Provider Directory

A database of gender-affirming health care providers in WA. Database is searchable by mental health and reproductive health.

<https://ingersollgendercenter.org/ingersoll-directory/>

WA Mental Health Referral Service for Children and Teens: (833) 303-5437

A free service that connects families with outpatient mental health providers who have availability.

[Using WA Mental Health Referral Service for Children/Teens \(seattlechildrens.org\)](https://seattlechildrens.org/using-wa-mental-health-referral-service-for-children-teens)

Washington Counselors of Color Network

A database of multicultural counselors and counselors of color in Washington state.

<https://www.multiculturalcounselors.org/>

Other Perinatal Resources

Within Reach: (800) 322-2588

Hotline, online database, and free care coordination to help families across Washington navigate health and social service systems.

<https://withinreachwa.org/>

First Steps Maternal and Infant Care

Program assists people who are pregnant and on Medicaid in getting access to health and social services.

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/first-steps-maternity-and-infant-care>

Early Head Start

Free early learning for qualifying children ages 0-3. Migrant and Seasonal Head Start and Tribal Head Start available for qualifying children ages 0-5.

<https://www.dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart>

Child Care Aware of Washington: (800) 446-1114

Hotline and database provide free tailored referrals for childcare and early learning to anyone in Washington state.

<https://childcareawarewa.org/>

Nurse-Family Partnership

A free home visiting program that provides visits by a nurse to qualifying families from pregnancy until a child is two years old. Program is available in many Washington counties.

<https://www.nursefamilypartnership.org/>

National Diaper Bank Network

Nonprofit that works to address diaper need. Maintains a database of community-based diaper banks, which distribute free diapers, that includes eight diaper banks across WA state.

<https://nationaldiaperbanknetwork.org/>