

FREE PERINATAL PSYCHIATRY CONSULT LINE FOR PROVIDERS

Perinatal PCL (PAL for Moms)

877.725.4666 (PAL4MOM) WEEKDAYS 9 AM – 5 PM

Providing telephone consultation to
healthcare providers caring for patients
with behavioral health needs during
pregnancy and postpartum

Funded by
Washington State
Health Care Authority

UW Medicine
DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES



**For more information visit
perc.psychiatry.uw.edu/perinatal-pcl
or contact us at ppcl@uw.edu**

Perinatal PCL Information

How does it work?

- Call **877-725-4666 (PAL4MOM)** weekdays 9am - 5pm
- Complete a brief 2-3 minute intake
- Consult with a UW perinatal psychiatrist (usually immediately, or within 1 business day)
- Receive written documentation of recommendations and resources

Who can call Perinatal PCL?

Any provider in Washington State who cares for pregnant or postpartum patients.

What kinds of questions can I call about?

We consult on any behavioral health-related questions for patients who are pregnant, in the first year postpartum, or who have pregnancy-related complications (e.g. pregnancy loss, infertility). Topics may include:

- Depression, anxiety, other psychiatric disorders (e.g., bipolar disorder, post-traumatic stress disorder), or co-occurring substance use disorders
- Pregnancy loss, complications, or difficult life events
- Weighing risks and benefits of psychiatric medication
- Non-medication treatments
- Resources & referrals

Who provides telephone consultation?

Faculty members in the UW Department of Psychiatry and Behavioral Sciences with expertise in perinatal mental health.