

Statewide Perinatal Mental Health Resources

UW Perinatal Telepsychiatry Clinic

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

<https://perc.psychiatry.uw.edu/perinatal-psychiatry-virtual-clinic/>

Perinatal Support Washington

Organization offers a warm line, perinatal mental health directory, provider training, 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 outpatient reproductive psychiatry and a day treatment program for people with perinatal mood disorders.

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

Northwest Infant Survival and SIDS Alliance

Emotional support for those who are affected by pregnancy loss and infant 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, and miscarriage.

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

Maternal Mental Health Hotline: (833) 852-6262

Free, 24/7 hotline for people who are pregnant and new parents. Offers emotional support and referrals to resources in English and Spanish and interpreter services in 60 languages.

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Perinatal Substance Use Resources

Washington Recovery Helpline: (866) 789-1511

24/7 helpline for substance use referrals and support.

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

Swedish “Yes We Can” Consultation Line: (833) 937-9326

Provider to provider psychiatry consultation line for providers in WA state with questions about perinatal substance use disorders

The First Clinic

Legal aid to prevent substance-use-related family separation for families with a baby in the hospital

<https://thefirstclinic.org/>

Parent-Child Assistance Program (PCAP)

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

<https://pcap.psychiatry.uw.edu/>

Pregnant and Parenting Women (PPW) Program

Residential and outpatient SUD treatment for Medicaid-eligible pregnant and parenting people.

<https://www.hca.wa.gov/assets/program/fact-sheet-ppw-services.pdf>

Chemical-Using Pregnant Women (CUP) Program

An inpatient treatment program for Medicaid-eligible people who are pregnant.

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/chemical-using-pregnant-women>

Statewide General Mental Health Resources

Mental Health Crisis Lines: 988

Look up your [county's crisis line](#) or call 988 to be connected to mental health crisis services

<https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/mental-health-crisis-lines>

Designated Crisis Responders (DCRs) List

A contact list for designated crisis responders (DCRs) in each of the 39 counties in Washington.

<https://www.hca.wa.gov/assets/billers-and-providers/designated-crisis-responders-contact-list.pdf>

Washington Counselors of Color Network

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

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

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

A free service that connects families with mental health providers.

[Using WA Mental Health Referral Service for Children/Teens \(seattlechildrens.org\)](#)

Ingersoll Gender Center Provider Directory

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

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

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

This 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>

Mount Sinai Parenting Guides

Parent-facing guides about infant and toddler development and behavior

[Parent Guides | Mount Sinai Parenting Center](#)

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/>

Mother's Mind

Learn about understanding and coping with intrusive thoughts during the postpartum period.

<https://www.momsmindmatters.com/>