

# Resources

# Psychiatry Consultation Services for Washington State Healthcare Providers

## Psychiatry Consultation Line (PCL)

for prescribing providers with adult psychiatry and/or addictions questions

**877-WA-PSYCH (877-927-7924)** | [pclwa@uw.edu](mailto:pclwa@uw.edu)

**Prescribing providers call anytime, 24/7**

**Non-prescribing providers call Mon-Fri, 8- 5**

[www.pcl.psychiatry.uw.edu](http://www.pcl.psychiatry.uw.edu)

## Partnership Access Line (PAL)

for primary care providers with child and adolescent psychiatry questions

**866-599-7257** | [paladmin@seattlechildrens.org](mailto:paladmin@seattlechildrens.org)

**8am- 5pm, Monday- Friday** (excluding holidays)

[www.seattlechildrens.org/PAL](http://www.seattlechildrens.org/PAL)

## Perinatal Psychiatry Consultation Line (PPCL)

for providers with behavioral health questions related to pregnancy and postpartum

**877-PAL4MOM (877-725-4666)** | [ppcl@uw.edu](mailto:ppcl@uw.edu)

**9am- 5pm, Monday- Friday** (excluding holidays)

[www.perc.psychiatry.uw.edu/perinatal-pcl](http://www.perc.psychiatry.uw.edu/perinatal-pcl)

## Psychiatry & Addictions Case Conferences (UW PACC-ECHO)

for providers interested in didactic presentations and case-based learning

[uwpacc@uw.edu](mailto:uwpacc@uw.edu)

**12:00-1:30 pm, Thursdays**

[www.ictp.uw.edu/programs/uw-pacc](http://www.ictp.uw.edu/programs/uw-pacc)



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## General Resources for Providers

### **LactMed**

Peer-reviewed database that provides data on the safety of medications during breastfeeding.

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

### **InfantRisk Center**

Phone app and call center that provide evidence-based data on medication and drug safety in pregnancy and breastfeeding.

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

### **Massachusetts General Hospital Center for Women's Mental Health**

A reproductive psychiatry resource and information center.

<https://womensmentalhealth.org/>

### **Reprotox**

Database with information about medications during pregnancy, breastfeeding, and development. Requires subscription.

<https://reprotox.org/>

## Statewide UW Resources for Providers

### **UW Perinatal Psychiatry Consultation Line (Perinatal PCL): (877) 725-4666**

Telephone consultation, recommendations, and referrals for healthcare providers caring for patients with behavioral health disorders during pregnancy and postpartum. Available weekdays 9 am- 5 pm.

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

### **UW Psychiatry Consultation Line (PCL): (877) 927-7924**

Telephone consultation and recommendations for providers caring for adult patients (18+) with mental health and/or substance use disorders. Available 24/7 for prescribers, weekdays for non-prescribers.

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

### **Partnership Access Line (PAL): (866) 599-7257**

Telephone consultation and recommendations for primary care providers caring for children and adolescents with behavioral health disorders. Available weekdays 8 am- 5 pm.

<https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/>

### **UW Psychiatry and Addictions Case Conference-ECHO (UW PACC)**

A free, weekly teleconference that includes an educational presentation by UW psychiatrists and case presentations. Archive of past presentations can be searched for presentations on the perinatal period.

<https://ictp.uw.edu/programs/uw-pacc>

## Statewide Perinatal Mental Health Resources

### **Perinatal Support Washington: (888) 404-7763**

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

<https://perinatalsupport.org/>

### **UW Perinatal Telepsychiatry Clinic**

A telepsychiatry clinic for perinatal patients that provides one-time evaluations (not ongoing treatment).

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

### **Northwest Infant Survival and SIDS Alliance**

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

<https://nwsids.org/>

### **Prevention and Treatment of Traumatic Childbirth (PATtch)**

An organization that offers information and trainings about traumatic births.

<http://pattch.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>

### **Substance Using Pregnant People (SUPP) 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 \(seattlechildrens.org\)](https://seattlechildrens.org/using-wa-mental-health-referral-service-for-children-teens)

### **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/>