



# Perinatal Psychiatry Consultation Line (Perinatal PCL)

**877.725.4666 (PAL4MOM)      WEEKDAYS 9 AM – 5 PM**

Providing free phone consultation to  
healthcare providers in WA 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



# Perinatal PCL Information

## How does it work?

- Consult with a UW perinatal psychiatrist
- Call 877-725-4666 (PAL4MOM) weekdays 9am - 5pm
- Complete a brief intake
- Receive written recommendations and resources

## Who can call Perinatal PCL?

Any provider in Washington State. This service is free and funded by the state.

## What kinds of questions can I call about?

Behavioral health questions about patients who are pregnant, in the first year postpartum, or who have pregnancy-related complications (e.g. pregnancy loss, infertility).

Topics may include psychiatric disorders and substance use disorders, risks and benefits of psychiatric medications, non-medication treatments, and resources.

