

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.

