

Perinatal Mental Health Resources

When you need extra support

This handout provides resources for anyone looking for extra support during pregnancy, birth, parenthood, loss, and infertility. Please reach out to the resources listed in this handout for support related to any of these concerns.

Your Local Clinic

Talk with your obstetric provider or the social worker at the clinic where you received your prenatal care. They can connect you to resources that are the best fit for you. If you received care at:

- Maternal and Infant Care Clinic (MICC), call 206.598.4070.
- Women's Health Care Clinic at UWMC - Roosevelt, call 206.598.5500.
- Harborview Women's Clinic, call 206.744.2013.
- Harborview Family Medicine Clinic, call 206.744.4362.

If you are unsure who to call and delivered your baby at UWMC - Montlake, call the post-partum social worker at 206.598.7561.



There are many resources you can call for support.

Community Resources

Perinatal Support Washington

1.888.404.7763, perinatalsupport.org

This nonprofit provides mental health resources for parents. Their website gives a "Warm Line" number to call for support. They offer help finding resources and support groups, and can provide a list of therapists and psychiatrists who specialize in perinatal concerns.

Psychology Today

psychologytoday.com/us

This website helps you find mental health providers. You can search by the type of insurance they accept, providers who are in your area, special areas of focus, and more.

Your Insurance

Call your health insurance provider to ask about preferred mental health providers in your area. You can also search online for providers who take your type of insurance.

Crisis Support

If you feel you are in crisis and need help right away, please choose one of these options:

- Call 911
- Go to your nearest emergency room
- Call your county crisis line:
 - In King County 206.461.3222
 - In Pierce County 1.800.576.7764
 - In Snohomish county 1.800.584.3578

To find phone numbers for crisis lines in other counties in Washington state, visit www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
