



PERINATAL  
SUPPORT  
WASHINGTON

# RESOURCES & REFERRALS

## PIERCE COUNTY

*Community resources for pregnant and postpartum families in Pierce County, WA*

**FREE SUPPORT LINE: 1-888-404-7763 (PPMD).** Perinatal Support Washington's Warmline offers free telephone support. Talk to a mom who has been there or a licensed therapist. Leave a message and we'll call you back.

**FREE WELLNESS PLAN TEMPLATE** to keep track of your recovery plan: [perinatalsupport.org/pdfs-to-download](http://perinatalsupport.org/pdfs-to-download).

### MEDICATION PRESCRIBERS

**Multicare Good Samaritan Behavioral Health.** Counseling and medication management. 325 E. Pioneer Ave., Puyallup. (888) 445-8120. Accepts Medicaid and private insurance.

**Greater Lakes Mental Health Care.** Therapy and medication provider for Medicaid clients. 9330 59th Ave SW, Lakewood. (253) 581-7020.

### THERAPISTS

**Sarah Atchison, LMFT.** Integrated Therapy Services NW. Pregnancy and postpartum counseling. Accepts private insurance and Molina. [www.childtherapynow.com](http://www.childtherapynow.com). 3560 Bridgeport Way W, Suite 2C, University Place. (253) 460-7248.

**Multicare Good Samaritan Behavioral Health.** Counseling and medication management. 325 E. Pioneer Ave., Puyallup. (888) 445-8120. Accepts Medicaid and private insurance.

**Alyssa Haggmann, LMFT.** 2205 N. 30th St Suite A, Tacoma. (253) 254-6681. [www.alysahaggmann.com](http://www.alysahaggmann.com). Private insurance and some Medicaid.

**Teresa Eltrich-Auvil, LMFT.** 105B W. Main, #105, Puyallup. (253) 310-6626. [www.picketfencetherapy.com](http://www.picketfencetherapy.com). Private insurance only. Medicaid soon.

**HopeSparks.** Behavior health and parent education. 6424 N. 9th St., Tacoma. (253) 565-4484. [info@hopesparks.org](mailto:info@hopesparks.org). [Hopesparks.org](http://Hopesparks.org).

**Sheryl Adams, LICSW.** 11505 Burnham Dr NW #104, Gig Harbor. (253) 292-5017. Regence accepted. Has sliding scale fee.

**Carrie St. John, LCSW.** 6201 Pacific Ave Suite C-3, Tacoma. (253) 365-5240. <https://lifetransitions2020.com/carrie-st-john/>. Accepts most insurance plans and some Apple Health plans.

**Christy Christian, LMHC.** 920 Alder Ave., #203-A, Sumner. (253) 370-7970.

**Suzette Kincaid, LMFT.** Kincaid Counseling Services. 917 Pacific Ave Suite 305, Tacoma. (253) 242-3229. [Kincaidcounseling.weebly.com](http://Kincaidcounseling.weebly.com). Accepts Regence and Premera.

**Greater Lakes Mental Health Care.** 9330 59th Ave SW, Lakewood WA 98499, (253) 581-7020. Therapy and medication provider for Medicaid clients.

### CONTACTING A NEW PROVIDER

Creating your own care plan can be difficult. Enlist a friend or family member to help you, and feel free to call Perinatal Support Washington's warmline for help creating an individualized care plan.

Locating a new provider can be challenging. It is important to feel comfortable with a provider, but stick to discussing logistics at first. Once you know they take your insurance and have appointments available, then you can share more about your story and see if they are a good fit for you.

#### What to have on hand when you call a new provider:

- Insurance or health care card
- List of current medications

#### Questions to ask:

- Do you have experience with postpartum mood and anxiety disorders?
- Do you take my insurance?
- What is your experience working with women of color?
- Can I bring my baby?
- Can I bring someone else (partner, parent, friend, doula) to the session with me?
- When is your soonest appointment?
- Do you do phone appointments (Note that insurance often won't cover this.)

### TELEPHONE SUPPORT

*You may want to talk with someone today.*

**Perinatal Support WA free Warmline.** (888) 404-7763(PPMD). Offers free phone support. We can help find ways to start feeling better today and provide resources and referrals in Washington.

**Postpartum Support International Warmline** (English and Spanish). (800) 944-4773(4PPD). A volunteer will return your call and give you information, encouragement, and names of resources near you.

**Parent Trust of Washington Family Help Line.** (800) 932-4673 Monday-Friday 9am-5pm. Parents and caregivers can contact the helpline coaches for individualized support, information, and referrals; parenting education and techniques; and assistance with stress reduction and advocacy.

## NEW PARENT GROUPS

*Support groups can provide support for moms experiencing the everyday challenges of new parenthood and those experiencing postpartum emotional challenges.*

**Balance After Birth for Women of Color.** Thursdays, 10-11:30am. Babies up to 12 months welcome. St. Clare WIC Clinic Bridgeport Center. Contact Linda White, (253) 588-9597.

**MOMS (Moms Offering Moms Support) Club.** Support, activities, and service opportunities for at-home moms. MOMS Club of DuPont: [www.momsclubofdupont.org](http://www.momsclubofdupont.org). MOMS Club of Tacoma: [www.momscluboftacoma.org](http://www.momscluboftacoma.org).

**MOPS (Mothers of Preschoolers, birth to Kindergarten).** For moms of newborns through kindergartners. Multiple locations in Pierce County; to find the group closest to you, search at [www.mops.org/groupsearch](http://www.mops.org/groupsearch).

## SUPPORT AT HOME

*It may help to have a support person at home with you and your baby to offer help with the baby or chores or just to listen.*

**Northwest Association for Postpartum Support (NAPS).** [www.napsdoulas.com](http://www.napsdoulas.com). Provides nurturing doula care for all mothers and families after birth. Call the Doula Referral line at (206) 956-1955 or email [referrals@napsdoulas.com](mailto:referrals@napsdoulas.com) to find a doula near you. Washington state.

**DoulaMatch.** [Doulamatch.net](http://Doulamatch.net). Searchable database of birth and postpartum doulas. Includes doula availability, verified credentials, contact information, and testimonials.

## BREASTFEEDING SUPPORT

*Difficulty breastfeeding is a huge risk factor for perinatal mental health complications. If you're struggling with breastfeeding, reach out for help.*

**Breastfeeding support groups. La Leche League.** [www.llofwa.org/la-leche-league-south-king-and-pierce-counties](http://www.llofwa.org/la-leche-league-south-king-and-pierce-counties). North Tacoma, 1st Friday 10:30am, location varies. [llofnorthtacoma@yahoo.com](mailto:llofnorthtacoma@yahoo.com). Contact Raissa, (253) 212-6159. Parkland, 3rd Tuesday 7pm, Lakeview Church of Christ, 1709 112th St. S., Tacoma. Contact Betty, (253) 539-1209.

**Pierce County Breastfeeding Alliance.** Breastfeeding and perinatal mental health resources in Pierce County. <http://www.pcofpc.org/wp-content/uploads/2016/04/PC-Breastfeeding-resources-3.pdf>

**Breastfeeding peer counselors.** Prenatal and postpartum breastfeeding education and support. Lakewood and Parkland WIC Clinics. Contact Gina Teobaldo, (253) 539-6788, [ginateobaldo@chifranciscan.org](mailto:ginateobaldo@chifranciscan.org).

## SPANISH RESOURCES

**PSI International warmline.** (800) 944-4773(4PPD), #1. Apoyo de PSI para las familias hispano parlantes. Llame al número de teléfono gratuito para obtener recursos, apoyo e información gratuita. Déjenos un mensaje y un voluntario le devolverá la llamada.

## CRISIS SERVICES

**If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:**

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby

### Pierce County Crisis Line

(800) 576-7764 or TDD (253) 798-4349. 24 hours a day/seven days a week. Speak to a mental health professional who is trained to support individuals and families who are overwhelmed and need assistance.

### National Suicide Prevention Lifeline: 1-800-273-8255

Get connected with a skilled, trained crisis counselor at a crisis center in your area. 24 hours a day/7 days a week.

## COMPLEMENTARY THERAPIES & WELLNESS

**SourceYoga.** (253) 756-8066. 2712 N. 21st St., Suite A, Tacoma. [info@sourceyogaonline.com](mailto:info@sourceyogaonline.com). [www.sourceyogaonline.com](http://www.sourceyogaonline.com). Postnatal yoga, gentle strength building and stretching. Infants to crawlers welcome.

**Nicole Howard, LMP.** Essential Healing Massage and Birth Doula Services. (253) 380-3697. 15324 Main St. E., Suite B., Sumner. [Info@sumnermassage.com](mailto:Info@sumnermassage.com). [www.sumnermassage.com](http://www.sumnermassage.com).

**Macall Gordon.** Gentle Sleep Coaching and parent support. (425) 481-6470. [mgordon@thatfirstyear.com](mailto:mgordon@thatfirstyear.com), [www.thatfirstyear.com](http://www.thatfirstyear.com). Also available via Skype

## INFANT DEVELOPMENT

*If you have concerns about child development or parenting, it can help to have a supportive provider like those below.*

**Community Health Care Infant Support Services.** Provides medical, educational, and social resources from birth to 1 year. Can supply interpreters. Terri Treakle, Infant Case Manager, (253) 376-3251. Medicaid insurance pays.

**Early Head Start Home Visiting.** Home visits from pregnancy through age 3. Child development curriculum, activities to support development and learning. No cost to families experiencing low income or unstable housing. Interpreters available. <https://eclkc.ohs.acf.hhs.gov/programs/article/home-based-option>.

**Sea Mar CHC Maternity Support Service (MSS) and Infant Case Management (ICM).** Pregnancy through infants age 1 who have Washington Apple Health. MSS offers preventative health and education services/interventions for pregnant and postpartum clients. ICM offers information and assistance for medical, social, educational services for children up to 1 year. Home and/or office visits. Tacoma MSS/WIC: 1516 S. 11th St., (253) 280-9836. University Place MSS/WIC: 3560 Bridgeport Way W. Suite 1A, (253) 343-6050. Puyallup MSS: 10217 125th St Ct Suite 300, (253) 280-9836.

**Parents As Teachers (PAT).** Parent education via personal visits. Free to expectant mothers and caregivers of children 0-3 who live in Pierce County. [IFDParentsasteachers.org](http://IFDParentsasteachers.org), or call Melissa at (253) 414-5575.

## ONLINE INFORMATION AND RESOURCES

*Online resources can be helpful when leaving the house. These are our trusted resources.*

**Perinatal Support Washington.** [www.perinatalsupport.org](http://www.perinatalsupport.org). Information and resources for families and professionals in Washington state.

**Postpartum Support International.** [www.postpartum.net](http://www.postpartum.net). Information and resources for families and professionals.

**Postpartum Progress.** [www.postpartumprogress.org](http://www.postpartumprogress.org). Blog and personal stories.

**Postpartum Dads.** [www.postpartumdads.org](http://www.postpartumdads.org). Help for dads and families by providing first-hand information and guidance through postpartum depression.

**ICAN International Cesarean Awareness Network.** [www.ican-online.org](http://www.ican-online.org). ICAN South Sound Facebook group (<https://www.facebook.com/groups/ICANOnline/>) provides support and local information. Periodic in-person meetings in Pierce County.

**UppityScienceChick.com.** Easy-to-read printouts on medication and medication alternatives for postpartum depression.

**PATTCh (Prevention and Treatment of Traumatic Childbirth).** Information and resources for families and professionals about traumatic childbirth.

## SMARTPHONE APPLICATIONS

**MommyMeds.** Check safety of medications used while pregnant and breastfeeding.

**MGH Perinatal Depression Scale (MGHPDS).** Screening for perinatal depression.

## ONLINE SUPPORT

**PSI Closed Facebook Group.**  
[www.facebook.com/groups/25960478598](http://www.facebook.com/groups/25960478598)

**PSI private online forum.**  
[www.smartpatients.com/partners/postpartumprogress](http://www.smartpatients.com/partners/postpartumprogress).

**PPMD Support Group chatroom.**  
[www.tapatalk.com/groups/postpartumdepression](http://www.tapatalk.com/groups/postpartumdepression).

**Solace for Mothers.** Online support community for traumatic birth. <http://www.solaceformothers.org/online-forum/online-community-for-mothers/>