



PERINATAL
SUPPORT
WASHINGTON

RESOURCES & REFERRALS

CLALLAM COUNTY

Community resources for pregnant and postpartum families in Clallam County

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.

THERAPISTS

Providers listed here are not "specialists" in perinatal mood or anxiety disorders unless noted. Use the questions in "Contacting a New Provider" to ask about specific experience.

Jaelyn Falcone, MA, LMHC. 113 S Euclid St., Port Angeles. (360) 842-0880. Accepts Medicaid, Molina, and WA EAP. Specializes in women's issues.

Aimee Bradley, MA LMHCA, Honored Spaces Psychotherapy. 330 E. 1st Street, Suite #9, Port Angeles. (360) 808-8518. Honoredpsychotherapy.com or honoredspaces@gmail.com. No insurance, \$95/hr and sliding scale.

Dalis Lagrotta Peninsula Counseling. 435 West Bell St. Sequim. (360) 328-7143 Dalis_Lagrotta@yahoo.com. Insurances accepted: Provider 1, Molina, Shasta, First choice, Signa, TriWest, United, Aetna and Anthem. English/Spanish speaking.

Ellen Fetchiet, ACSW, LICSW, Child, Adult, Family Therapy, Rfetchiet@gmail.com, 204 W Columbus Ave, Port Angeles. (360) 460-2691. Accepts Regence, Premera Blue Cross, Medicaid, Molina, First Choice.

NEW PARENT GROUPS

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

Circle of Hope Support Group, First Step Family Support Center. 25 E. 6th Street, Port Angeles. For support group times please visit www.firststepfamilysupportcenter.org

You and Your New Baby Group, Olympic Medical Center- New Family Services. For moms and children 0-1 Monday/Thursday 4-5:30pm free/drop in. 939 Caroline St, Port Angeles, WA 98362. <http://www.olympicmedical.org/default.aspx?ID=60>. (360) 417-7652. They also offer lactation support one-on-one.

MOPS (Mothers of Preschoolers, birth to Kindergarten). For moms of newborns through kindergartners. 1st and 3rd Thursdays, 9-11:30 am. Fairview Bible Church, 385 Obrien Rd., Port Angeles. <http://www.mops.org/groups/fairview-bible-church>. (360) 457-5905.

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 also 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 families 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.)

MEDICATION PRESCRIBERS

Providers listed here are not "specialists" in perinatal mood or anxiety disorders unless noted. Use the questions in "Contacting a New Provider" to ask about specific experience.

Peninsula Behavioral Health. Two locations: 490 N 5th Ave, Sequim: (360) 681-0585; 118 E. 8th Street, Port Angeles: (360) 457-0431. <http://peninsulabehavioral.org/>

Becky Godby, ARNP, Olympic Psychiatric Care. 502 South Still Road, Suite 102, Sequim. (360) 683-2344. <http://www.olympicpsych.com/>

SPANISH LANGUAGE 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.

TELEPHONE SUPPORT

You may want to talk with someone today.

Perinatal Support WA free warm line, 1-888-404-7763 (PPMD) offers free telephone. We can help find ways to start feeling better today and provide resources in referrals in Washington.

Postpartum Support International warm line (English and Spanish), 1-800-944-4773(4PPD). A volunteer will return your call and give you information, encouragement, and names of resources near you.

Parent Trust of Washington Parent Support Line, 1-800-932-4673, M-F 9 am-5 pm. Parents and caregivers can contact the helpline coaches for individualized support, information and referral; parenting education and techniques; and assistance with stress reduction and advocacy.

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.napsdouglas.com. NAPS' mission is to provide nurturing doula care for all mothers and families after birth. Call the Doula Referral Line to help find a doula near you- Washington State: (206) 956-1955

DoulaMatch, doulamatch.net/. Searchable database of birth and postpartum doulas. Includes doula availability, verified credentials, contact information, and testimonials.

Ricki Carr, Back to Basics Healing. (806)33-66679. Doula/PP Doula and massage work. Sliding scale. <http://www.backtobasicsholistichealing.com/>

ONLINE INFORMATION & RESOURCES

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

Perinatal Support Washington. www.perinatalsupport.org. Information and resources for families and professionals in Washington state.

Postpartum Support International. www.postpartum.net. Information and resources for families and professionals.

Postpartum Progress. www.postpartumprogress.org. Blog and personal stories.

Postpartum Dads. 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. ICAN Facebook group (<https://www.facebook.com/groups/ICANOnline/>) provides support and local information.

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

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

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

Clallam County Crisis Line: (360) 452-4500. 24 hours a day/seven days a week speak to a mental health professional 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.

CLALLAM COUNTY RESOURCES

First Step Family Support Center. 25 E. 6th Street, Port Angeles. www.firststepfamilysupportcenter.org Frist Steps provides wide variety of family support programs.

Lutheran Community Services Northwest 2634 S Francis St Port Angeles, WA 98362 360-452-5437 NW www.lcsnw.org/program/clallam-county-services/ Parent coaching, classes, and community referrals.

Healthy Families of Clallam County www.healthyfam.org/home/
Parenting support, parenting classes, support groups, educational clinics, in-home parent aides.

SMARTPHONE APPLICATIONS

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

LactMed. Check safety of medications used while pregnant and breastfeeding as well as review research summaries.

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

ONLINE SUPPORT

Postpartum Support International's Closed Facebook Group. www.facebook.com/groups/25960478598

Postpartum Support International's private online forum. www.smartpatients.com/partners/postpartumprogress.

PPMD Support Group chatroom. www.tapatalk.com/groups/postpartumdepression.

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

To add a service to this directory please contact:
info@perinatalsupport.org