

# We All Have a Role in Supporting Families

## Mental Health Providers

- Provide therapy, tools, and strategies to address symptoms of anxiety, depression, and distress before, during, and after pregnancy
- Support transition to parenthood and healthy attachment
- Prescribe medication as appropriate



"I thought being a parent would feel differently. I didn't expect to feel like this."

"Together we can find the right tools and support that will help you feel better."

## Peer Support

- Connect and share honestly with other new parents
- Empower, inspire, and validate journey through parenthood
- Offer accessible help when and how you want it: groups, online, chat forums



"Parenthood does not come with instructions. We are all learning along the way and doing the best we can for our families."

"Sometimes I feel like everyone else has it together but me."

## Health Care & Social Service Providers

- Nurture and maintain relationship with family before, during, and after pregnancy
- Create a safe place to ask for mental health support
- Screen, discuss, refer and prescribe medication as appropriate



"I'm exhausted, overwhelmed and struggling. I don't know what is wrong. I just know something isn't right."

"Many new parents feel this way. There is help available."

## Parents of new baby

**Many new parents experience distress that can affect the whole family.** This can happen at any time before, during, or after any pregnancy.

Distress can look like:

- Trouble sleeping even when exhausted
- Scary thoughts like hurting self or baby
- Feeling sad, numb, or disconnected from life
- Anxious all the time and overwhelmed with worry
- More anger, rage, and irritability than normal
- Guilt and shame about not bonding with baby

**With help, these feelings can go away.**

## Family, Friends & Support People

- Offer support with presence and love
- Anticipate family's need for nourishing meals, help with errands, and support completing daily chores
- Advocate for and help connect family with resources



"I feel like a failure. I just can't get everything done."

"Parenting is hard work and no one can do it alone. We can help."

# How Can We Help?

## Mental Health Providers

New Hope Psychiatry  
newhopenorthwest.com

Mobile Mama Therapy\*  
mobilemamatherapy.com

Kendra Pasma  
kendrapasma.com

Ingrid Robinson\*  
ingridrobinsonlmhc.com

Sea Mar Behavioral Health  
360-734-5458

PAL for Moms - UW Psychiatry  
877-725-4666 (PAL4MOM)  
Consultation line for providers

Dorcas Nung  
dorcasing.com

Clarissa Pearce  
clarissapearce.weebly.com

Answers Counseling\*  
360-255-7855

Medicaid Access Line/VOA  
888-693-7200

\*Specialist accepting  
Medicaid, contact for specifics

Crisis Line  
800-584-3578

Crisis Chat Services  
imhurting.org



## Steps to Wellness

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## Health Care & Social Service Providers

Bellingham Center for Healthy Motherhood\*  
centerforhealthymotherhood.com

Prenatal Care Provider:  
OB/GYN, Midwife, or Family Practice MD

Primary Care Provider  
Community Support Programs  
Maternity Support Services (MSS),  
Women, Infants, & Children (WIC),  
home visiting, case managers

MGH Center for Women's Mental Health  
womensmentalhealth.org

Postpartum Stress Center  
postpartumstress.com

## Peer Support

Village Circle, Mama Café  
Centerforhealthymotherhood.com

Mending Baby Loss  
mendingbabyloss.org

Bellingham Technical College Parenting Education,  
btc.edu

Brigid Collins Parenting Academy  
brigidcollings.org

Kaleidoscope Play & Learn  
ccanorthwest.org

Postpartum Support International  
postpartum.net/psi-online-support-meetings/

Perinatal Support WA Warm-Line  
1-888-404-7763

Perinatal Mental Health Alliance for Women of Color  
pmhawoc.org

LGBTQ support, education, and advocacy  
ourfamily.org

## Family, Friends & Support People

**Feed the family:**  
Set up a meal train  
(ie. Mealtrain.org), go grocery  
shopping, or help prep healthy  
snacks for parents to eat easily

**Help with household tasks:**  
Do the dishes, start laundry, fold and put  
away clean clothes, or clean the bathroom

**Advice-free companionship:**  
Just listen and validate how hard parenting is

**Sleep:**  
Create quiet time so either parent can rest

**Be available:**  
New parenthood is lonely - text messages,  
emails, and calls let new parents know you are  
thinking of them and that they are  
doing a great job