RESOURCES & REFERRALS
FOR FAMILIES OF COLOR
Community resources for pregnant and postpartum families in Washington State

FREE PARENT SUPPORT LINE: Call or text 1-888-404-7763 (PPMD). Perinatal Support Washington's Warm Line offers warm, understanding and private support through our parent volunteers and trained staff. Answered Live 9 am-4:30 pm, Mon-Fri. All other times please leave a message and we will return your call within 12 hours.


FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: https://perinatailsupport.org/for-parents/#resources

THERAPISTS OF COLOR
PROVIDERS LISTED HERE ARE NOT "SPECIALISTS" IN PERINATAL MOOD OR ANXIETY DISORDERS UNLESS NOTED.

King County:


Consejo (Spanish counseling services). 3808 S. Angeline St, Seattle. (206) 461-4880. consejonew.consejocounseling.org


Pierce County:

Natasha Williams, LICSW 1011 S. L Street Tacoma, WA 98405. (253) 213-3689 www.mommyandmetherapy.com Specialize in Perinatal Mood and Anxiety Disorders and Child Counseling. Insurance: Regence, Premera, First Choice, United, Cigna

Vancouver:
Summer Brown, LMFT. 1314 Kauffman Ave, Vancouver, WA. (360) 602-1477. https://www.therapeuticchangepllc.com Summer is a therapist who identifies as queer serving the LGBTQ community throughout the parenthood journey. Accepts all insurance and has a limited number of Medicaid openings.

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 or Telehealth? (Note that insurance often won't cover this.)
- If you are a student, contact your school's counseling office.

Snoqualmie Behavioral Health. 9450 Ethan Wade Way SE, Snoqualmie. (425) 888-6551, ext 6302. http://www.snoqualmietribe.us/behavioralhealth. Services are available to Tribe members and Native Americans living in King County.


Multicultural Counselors. Multiculturalcounselors.org. An online resource to identify multicultural counselors in your area.


Updated June 2020
**NEW PARENT GROUPS**

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

**Families of Color Seattle.** [https://www.focseattle.org/new-foc-homepage/register-for-a-group/](https://www.focseattle.org/new-foc-homepage/register-for-a-group/). Holds New Parent Groups all around the city of Seattle; ranging from dad-focused groups, transracial families, basic newborn care, and groups for 3-6 month olds.


**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.

**Kiona Nessenbaum.** (206) 432-5341. Kionanessenbaum@gmail.com. Kiona is a doula of color who takes a special interest in serving families of color in the pre- and postnatal time.

**Helen Martin.** (816) 223-7684 www.bornreadydoula.com, helen@bornreadydoula.com. Helen is a doula of color who has a special passion for PMADs and working with families of color.

**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 to help find a doula near you. Washington State.

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

**Open Arms Perinatal Services.** [https://www.openarmsps.org/about-us/](https://www.openarmsps.org/about-us/). Provides services that support, educate, respect, honor, and empower women and their families from pregnancy through birth to early parenting.

**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

**Comprehensive Crisis Services:**

Crisis Clinic’s 24-hour crisis line (King County, WA): Call 1-866-4CRISIS (427-4747)

**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.

**National Sexual Assault Hotline (24/7):**

1 (800) 656 HOPE.

**Washington State Domestic Violence Hotline:**

(8AM - 5PM). 1-800-562-6025

**SEATTLE AREA FAMILY RESOURCES**

**The Denise Louie Education Center.** [http://deniselouie.org/](http://deniselouie.org/). DLEC provides high-quality multicultural early education for kids, support and skills for new parents, as well as extra help for families in need, creating a supportive community for all.

**Families of Color Seattle.** [https://www.focseattle.org/](https://www.focseattle.org/). Parent groups, classes, and events. Building a strong community by supporting families of color through parenting programs, resource sharing, and fostering meaningful connections.

**Open Arms Perinatal Services.** [https://www.openarmsps.org/about-us/](https://www.openarmsps.org/about-us/). Open Arms provides services that support, educate, respect, honor, and empower women and their families from pregnancy through birth to early parenting.

**Seattle Therapy Alliance.** A counseling organization established to provide affordable counseling for women-identified folks on their journeys toward healing. [http://seattletherapyaillance.com/](http://seattletherapyaillance.com/)

**LANGUAGE RESOURCES**

**Perinatal Mood & Anxiety Disorders Resources in Other Languages.** [http://www.postpartum.net/resources/resources-in-other-languages/](http://www.postpartum.net/resources/resources-in-other-languages/).

**Pacific Postpartum Society** provides the option to translate its website into the following languages: Simplified Chinese, Traditional Chinese, Farsi, Punjabi, and Spanish. [http://postpartum.org/](http://postpartum.org/)

**ONLINE INFORMATION AND RESOURCES**

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


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

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

**Postinatal Mental Health Alliance for Women of Color.** [http://www.pmhawoc.org/](http://www.pmhawoc.org/)

**Every Mother Counts.** [https://www.everymothercounts.org/pages/about](https://www.everymothercounts.org/pages/about). We educate the public about maternal health, engage individuals to advocate for the well-being of mothers, and invest in community-led programs to improve access to essential maternity care.


**A'Driane Nieves.** [https://www.addyeb.com/butterflyconfessions](https://www.addyeb.com/butterflyconfessions). A writer, artist, activist, and speaker with a heart for serving others and social good. A mental health advocate living with bipolar disorder, and a survivor of postpartum depression and anxiety.


**Mater Mea.** A great resource that shows women of color at the intersection of motherhood and career. [Matermea.com](http://Matermea.com) and on Facebook.

**Black and Married with Kids blog:** [https://blackandmarriedwithkids.com/](https://blackandmarriedwithkids.com/).

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**ONLINE SUPPORT**

Postpartum Support International's Closed Facebook Group. [www.facebook.com/groups/25960478598](http://www.facebook.com/groups/25960478598)


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/](http://www.solaceformothers.org/online-forum/online-community-for-mothers/)

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**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.