



PERINATAL SUPPORT
WASHINGTON

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.

PS-WA SPANISH WARM LINE: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Deja un mensaje y te regresamos la llamada.

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

THERAPISTS OF COLOR

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

King County:

Alyson Henry, LMFT. 1620 Broadway, Suite 203, Seattle. (425) 440-3447. <https://www.therapistseattlewa.com>. Does not accept insurance.

Shirley Lytle. 2025 112th Ave. NE, Suite 100, Bellevue. (425) 998-7123. <https://lwpc-wa.com/>. Does not accept insurance.

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

Sea Mar Community Health Centers (Spanish counseling services). Multiple locations. <http://www.seamar.org/index.html>.

Asian Counseling and Referral Services (ACRS). 3639 Martin Luther King Jr. Way S., Seattle. (206) 695-7600. <https://acrs.org/>.

Seattle Indian Health Board. 611-12th Ave S., Ste 200, Seattle. (206) 324-9360. <http://www.sihb.org/>.

LaVonne Dorsey. 6800 East Green Lake Way N., #260, Seattle and 3515 SW Alaska St. Seattle.. (206) 319-5706. Lavonnedorsey.com. Couple, pre-marriage, transitional time for families.

Pierce County:

Phebe Brako-Owusu, LMFT. 1515 Tacoma Ave. S. Tacoma. (253) 778-6636. <https://www.phebebrakolmft.com/>. Family-focused practice with a special focus on families working through the perinatal time. Insurance: Cigna, Regence, First Choice.

Natasha Williams, LICSW 1011 S. L Street Tacoma, WA 98405 (253) 213-3689 www.mommyandmethrapy.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.

Cowlitz Behavioral Health. Various locations. (888) 528-7364. www.cowlitzfamilyhealth.org.

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

Washington Counselors of Color Network.

<https://www.multiculturalcounselors.org/>. Assists individuals in connecting with multicultural counselors.

African American Therapists.

<http://africanamericantherapists.com/african-american-therapists-directory/african-american-therapists-in-the-west/> and select Seattle.

MEDICAL PRESCRIBERS OF COLOR

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

Amritha Bhat. UW Roosevelt Medical Center. PMAD Specialist 4225 Roosevelt Way NE, 3rd Floor, Ste. 306 Seattle, WA 98105. (206) 543-6577.

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.com/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.

Black Infant Health-Mom Baby Support Group. For women of color. Children welcome. Tuesdays 1-2:30pm. Small children and babies welcome. 11300 Bridgeport Way SW, Suite A/B, Lakewood. Contact: Leah Ford (253) 405-7738.

The Village Club. 1st & 3rd Thursday. 1-2pm. 2550 S. Yakima Ave, Tacoma. (253) 383-2006. 2nd & 4th Thursday. 1-2pm. 3569 E Roosevelt Ave, Tacoma. (253) 798-4569.

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. 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/>. 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/>. 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/>. 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/>. 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://seattlettherapyalliance.com/>.

LANGUAGE RESOURCES

Perinatal Mood & Anxiety Disorders 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/>.

Perinatal Support Washington Spanish Warm Line: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763 (PPMD). La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Proveemos referencias e información sobre recursos en tu comunidad. Deja un mensaje y te regresamos la llamada dentro de 12 horas.

ONLINE INFORMATION AND RESOURCES

Online resources can be helpful when leaving the house is hard. 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 Dads. www.postpartumdads.org. Help for dads and families by providing first-hand information and guidance through postpartum depression.

Perinatal Mental Health Alliance for Women of Color. <http://www.pmhawoc.org/>.

Every Mother Counts. <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.

Postpartum Collective. <https://www.facebook.com/postpartumcollective>. Fourth trimester education, planning and coaching.

Tessera Collective. <http://www.tesseracollective.org/>. Mental health resource for girls and women of color. Includes online support group and therapist directory.

Postpartum Progress: Warrior Moms of Color Archives. <http://www.postpartumprogress.com/category/warrior-moms/warrior-moms-of-color>. (not currently being updated)

A'Driane Nieves. <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.

Tyrese Coleman. What it's like having PPD as a Black Woman. https://www.buzzfeed.com/tyresecoleman/what-its-like-having-post-partum-depression-when-youre-black?utm_term=.oxrpJVEj6q#.nfYARVo0Qx.

Mater Mea. A great resource that shows women of color at the intersection of motherhood and career. Matermea.com and on Facebook.

Black and Married with Kids blog: <https://blackandmarriedwithkids.com/>.

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.tapataalk.com/groups/postpartumdepression.

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

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.