RESOURCES & REFERRALS

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

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://perinatalsupport.org/or-for-parents/#resources

THERAPISTS

Sarah Atchison, M.A., LMFT, CMHS. 3560 Bridgeport Way W., Suite 2C, University Place. (253) 460-7248. info@integratedtherapynw.com. Private insurance, Molina.


Sheri Adams, LICSW. 5224 Olympic Dr. NW, Suite 105, Gig Harbor. sheryladmscounseling.com. (253) 292-5017. Regence, sliding fee scale.

Christy Christian, LMHC. 920 Alder Ave., #203-A, Sumner. (253) 370-7970. christychristian@aol.com. No Medicaid.


MEDICATION PRESCRIBERS


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? Will there be a co-pay?
- 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 or Tele-health (Note that insurance often won’t cover this.)
- If you are a student, contact your school’s counseling office.

COUNSELING AGENCIES

Catholic Community Services. 5410 North 44th Street, Tacoma. (253) 759-9544. Private insurance, Medicaid.

HopeSparks. Infant mental health, parenting support, and adult counseling (by referral only). 6424 N. 9th St, Tacoma. (253) 565-4484. Hopesparks.org. Private insurance, Medicaid.


Kwawachee Counseling Center. Provides counseling services for American Indian/Alaskan Natives. 2209 East 32nd St, Tacoma. (253) 593-0247.

Updated May 2020
HOME VISITING SERVICES

A support person at home with you and your baby can offer help with the baby or chores or just listen.

First Steps Programs: Maternity Support Services and Infant Case Management. See website for Pierce County agencies offering services to women who are Medicaid eligible: www.hca.wa.gov/health-care-services-and-supports/apple-health-medicaid-coverage/first-steps-provider-directory#pierce. For agencies like: Answers, Community Health Care, SealMar, Step By Step, and Tacoma Pierce County Health Department.

Maternity Support Services (MSS): Community Health Nurses, Registered Dietitians, and Behavioral Health Specialists actively support women to encourage a healthy pregnancy and healthy birth outcomes from beginning of pregnancy though child’s first two months.

Infant Case Management (ICM): Home-visiting program for parents with children 2 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information and referrals.

Nurse Family Partnership. Home visiting program by public health nurses for first-time pregnant women from pregnancy through child’s 2nd birthday. Medicaid eligible or on Medicaid. mcshservices@tpchd.org or (253) 798-6403.

Parent/Child Assistance Program (PCAP). Home visiting case management serving women who are pregnant or parenting who have alcohol and/or drug use disorders. (253) 475-0623.

Parents as Teachers. Free evidence-based home visiting program promoting healthy child development, problem solving skills, & support networks for families with children 0 to 3 years of age. All income levels. (253) 414-5575


Health Ministers. One-on-one support for pregnant women and families. Links families with basic needs. Contact Black Infant Health at mcshservices@tpchd.org or (253) 798-6403.

New Parent Support Program. Home visiting program for military families by LICSW’s or RN’s. (253) 967-5901.

SPANISH RESOURCES


Centro Latino. Sirve a las familias Latinas e Indígenas Nativas. 1208 S. 10th Street, Tacoma. (253) 572-7717.

CRISIS SERVICES

If you experience any of these symptoms, call 911, go the nearest 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 (24/7): 1-800-576-7764 or TDD (253) 798-4349. Text: HEAL to 741741.

National Suicide Prevention Lifeline (24/7): 1-800-273-8255.

Wellfound Behavioral Health Hospital: 3402 South 19th Street, Tacoma. (253) 301-5400

National Sexual Assault Hotline (24/7): 1 (800) 656 HOPE.

Washington State Domestic Violence Hotline (BAM - 5PM): 1 (800) 562-6025

NEW PARENT SUPPORT GROUPS

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

MOMS Club of Tacoma. A local chapter of MOMS Club International that supports moms during daytime hours, providing activities for moms and children and that help you connect with other moms in the community. www.meetup.com/MOMS-Club-of-Tacoma/

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


Empowering Pregnancy and Motherhood Support Group, Multicare/YMCA. Free support group for pregnant women (and up to one year after delivery) to improve their health! womenforwellness@multicare.org. (253) 403-7829.

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COMPLEMENTARY THERAPIES AND WELLNESS


DONA International-Doula of North America. Find a trained professional who provides physical & emotional support to a mother before and after childbirth. www.dona.org. Check with your hospital to see if there are volunteer doulas.

ONLINE INFORMATION AND RESOURCES


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 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.

MGH Perinatal Depression Scale (MGHPDS). App used to screen for perinatal depression.

PSI Closed Facebook Group. www.facebook.com/groups/25960478598


TELEPHONE SUPPORT

Perinatal Support WA free Warmline (English and Spanish) (888) 404-7763 (PPMD). Offers free phone and text support. We can help find ways to start feeling better today and provide resources and referrals in Washington. Answered Live 9-4:30 Monday - Friday. All other times please leave a message and we will return your call within 12 hours.

Postpartum Support International Warmline (English and Spanish). (800) 944-4773 (PPPD). 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.

2-1-1. Resource connection for housing, transportation, employment, mental health, pregnancy and parenting support and substance use treatment. Call 2-1-1 for more information.

BREASTFEEDING SUPPORT

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


Pierce County Breastfeeding Alliance. Website offering breastfeeding resources in Pierce County. https://www.pcofpc.org/committees/pierce-county-breastfeeding-alliance/

WIC-Women, Infants, and Children Nutrition Program. Offers breastfeeding support and peer counseling for income-eligible families. Call 1 (800) 322-2588 or Text “WIC” to 96859.

Fern & Foster Family Wellness. Lactation home visits, support groups & classes. 1402 S. 11th St, Tacoma. info@fernanndfoster.com. (253) 655-7817.

Franciscan Lactation Consultants. (253) 382-8580.

Multicare Lactation Services. (253) 403-1331.

PERINATAL LOSS

Multicare Maternal-Fetal Medicine Certified Grief Counselor. (253) 403-9200.

Tears Foundation. 11102 Sunrise Blvd. E. Suite 112, Puyallup. (253) 200-0944

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