



PERINATAL SUPPORT WASHINGTON THEORY OF CHANGE

We are a statewide non-profit committed to shining a light on perinatal mental health (PMH) to support all families and communities.



PARENT SERVICES & SUPPORT

Provide, innovate, and strengthen accessible PMH services for all families

- Live Answer Warm Line
- In-house Therapy
- 1:1 Peer Support
- Support Groups
- Culturally-matched Care
- Resource and Referrals

OUTCOME/IMPACT

A support system uplifting individuals' mental health during the perinatal period



WORKFORCE TRAINING & DEVELOPMENT

Build and lead high quality, culturally-relevant PMH training and consultation across the state

- Provider Training
- Clinical Therapy Training
- Client/Partner Referrals
- Community Task Forces
- Consultation

OUTCOME/IMPACT

Every provider serving people in the perinatal period has training in perinatal mental health



PERINATAL MENTAL HEALTH HUB & RESOURCE

Cultivate and integrate mental health information and resources

- Support Directory
- Website/ Info Hub
- Stigma-reducing Communications
- Storysharing
- In-language Resources
- Resource Guides

OUTCOME/IMPACT

Greater awareness about perinatal mental health and available resources



INFRASTRUCTURE & CAPACITY

Resource and sustain organizational capacity

- Strong Internal Operations
- Anti-racism and Equity Trainings
- Human-centered Resources
- Fiscal Management
- Funder Relations

OUTCOME/IMPACT

A thriving organization able to lead in perinatal mental health in WA state



SYSTEMIC CHANGE

We leverage our perinatal mental health expertise to address gaps and inequities in care and increase access to services in underserved communities.

We are redefining traditional mental health services, influencing funding and policy systems, and creating a pipeline of BIPOC providers and leaders.

Together we build social policy and care systems that value the mental health of all people in the perinatal period.

IF WE

BY

THEN WE WILL ACHIEVE



WE ENVISION A WORLD THAT FULLY SUPPORTS THE EMOTIONAL WELLBEING OF PEOPLE IN THE PERINATAL PERIOD*, MAKING OUR FAMILIES AND COMMUNITIES STRONGER.

*We support people in the emotional transition to parenthood, including those experiencing depression, anxiety, loss, infertility, trauma, and more.