



NEW PARENT? GET SUPPORT TODAY

1 in 5 Women and 1 in 10 Men

experience distressing symptoms during pregnancy or after the birth of a baby including anxiety, obsessive thinking, feelings of hopelessness, worthlessness, and even suicidal thoughts.

YOU ARE NOT ALONE
1-888-404-7763
CALL OR TEXT

Warm, effective and confidential support.

Referrals to professionals, support groups, and other resources.

Answered live 9:00-4:30 Monday-Friday.

On evenings and weekends messages returned within 14 hours.

Email available too: warmline@perinatalsupport.org

Free support for all mothers, fathers, and their family members.
Experience with LGBTQIA+.

Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. Ofrece comprensión y apoyo confidencial. Se contesta en vivo de 9:00am a 4:30pm de lunes a viernes los mensajes de las tardes y fines de semana se contestaran dentro de 14 horas



PERINATAL SUPPORT
WASHINGTON

Perinatal Support Washington (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. We believe all parents should receive appropriate, timely, and culturally relevant care from conception to baby's first birthday.