



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS

COLUMBIA RIVER GORGE

Community resources for pregnant and postpartum families in the Columbia River Gorge region

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>

LOCAL MENTAL HEALTH SUPPORT

Annika Cook - Roots Northwest Family Therapy White Salmon Self-pay	971-865-3606
Anya Dassel Perinatal health & adolescents Hood River Self-pay, sliding scale available	541-315-3585
Bettina Jensen Teletherapy www.bettinajensenlpc.com Self-pay	509-295-9252
Comprehensive Healthcare White Salmon Goldendale	509-493-3400 509-773-5801
Jane Kepner Teletherapy Self-pay	833-205-1138
Klickitat Valley Health Goldendale Medicaid, private	509-773-4017
Lacey Nichols - The Next Door, Inc. Perinatal Mental Health Specialist The Dalles OR Medicaid, sliding scale available	541-436-0338
Mid-Columbia Medical Center PCP needs to be at Mid-Columbia Media Center The Dalles Medicaid, private	541-296-9151
NorthShore Behavioral Health PCP needs to be at NorthShore White Salmon Medicaid, private, and self-pay	509-493-2133
One Community Health PCP needs to be at One Community Health Hood River The Dalles Medicaid, private	541-386-6380 541-296-4610
Providence Family Medicine PCP needs to be at Providence Family Medicine Hood River Medicaid, private	541-387-1300

SIGNS/SYMPTOMS TO WATCH FOR

Perinatal mood and anxiety disorders (PMADs) describe distressing feelings that can occur during pregnancy or through the first year postpartum. Feelings can be mild, moderate, or severe. *In all cases, help is available.*

Baby Blues: a normal period of adjustment after having a baby, typically within the first 2-3 weeks after birth. Birthing parents can experience mood swings, feeling sad, or overwhelmed. This is very common and not the same as PMADs.

PMADs: can happen after the baby blues has ended and any time up to a year postpartum. 1 in 7 women experience PMADs.

Types of PMADs:

- Anxiety
- Depression
- Obsessive-compulsive disorder
- Psychosis

Signs/symptoms to watch for:

- Feeling sad or hopeless most of the time
- Lack of interest in things you used to enjoy
- Less interest in caring for yourself (dressing, fixing hair)
- Trouble concentrating
- Trouble coping with daily tasks
- Constant worry about your baby
- Sleeping or eating too much or too little
- Feeling very anxious or nervous
- Unexplained irritability or anger
- Unwanted or scary thoughts
- Feeling that you are not a good mother
- Thoughts of hurting yourself or your baby

If you feel like hurting yourself or your baby, this is a medical emergency. Call 911 or go to the nearest emergency room.

If you are experiencing any of the symptoms above, call one of the local therapists, your primary care provider, or OBGYN.

Help is available.



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SIGNOS Y SÍNTOMAS A TENER EN CUENTA

Los trastornos perinatales del estado de ánimo y de ansiedad (PMADs, por sus siglas en inglés) describen sus sentimientos angustiosos que pueden ocurrir durante el embarazo o hasta el primer año posparto. Los sentimientos pueden ser leves, moderado o severo. En todos los casos, hay ayuda disponible.

Baby Blues: (melancolía) un período normal de ajuste después de tener un bebé, generalmente dentro de las primeras 2 a 3 semanas después del nacimiento. Los padres que dan a luz pueden experimentar cambios de humor, sentirse tristes, o abrumado. Esto es muy común y no es lo mismo como PMADs.

PMADs: pueden ocurrir después de que la melancolía haya terminado y en cualquier momento hasta un año después del parto. 1 de cada 7 mujeres experimentar PMAD.

Tipos de PMADs:

- *Ansiedad
- *Depresión
- *Desorden obsesivo compulsivo
- *Psicosis

Signos/síntomas a tener en cuenta:

- Sentirse triste o sin esperanza la mayor parte del tiempo
- *Falta de interés en las cosas que solía disfrutar
- *Menos interés en cuidarse (vestirse, arreglarse el cabello)
- *Problemas para concentrarse
- *Problemas para hacer frente a las tareas diarias
- *Preocupación constante por tu bebé.
- *Dormir o comer demasiado o muy poco
- *Sentirse muy ansioso o nervioso
- *Irritabilidad o ira inexplicables
- *Pensamientos no deseados o aterradores
- *Sentir que no eres una buena madre
- *Pensamientos de lastimarse a sí misma o a su bebé

Si tiene ganas de lastimarse a sí misma o a su bebé, esta es una Emergencia médica. Llame al 911 o diríjase al más cercano sala de emergencias.

Si experimenta alguno de los síntomas anteriores, llame al uno de los terapeutas locales, su proveedor de atención primaria o su obstetricia

Hay ayuda disponible.

MEDICATION PRESCRIBERS

PCP and women's health providers can prescribe medications. Some therapists at Mid-Columbia Medical Center can also prescribe medications. Please consult with your medical provider (PCP or OBGYN).

NON-LOCAL MENTAL HEALTH SUPPORT

All accept Medicaid and offer virtual therapy

Charmed Counseling
Spokane (509) 768-6852
info@charmedcounseling.com
Perinatal Therapists who can provide therapy via telehealth for an unlimited amount of time
<https://charmedcounseling.com/>

Jessica Scales, LMFT
Next Level Therapy NW
Jessica.Scales@nextleveltherapynw.com
Perinatal therapist and couples counselor who provides therapy via telehealth in WA
Accepts some (but not all) Apple Health Plans
<http://www.nextleveltherapynw.com/>

Perinatal Support Washington Online Therapy
(Warm line available)
1-888-404-7763 (se habla espanol)
Sliding scale and free therapy available
<https://perinatalsupport.org/online-therapy/>

TELEPHONE SUPPORT/VIRTUAL

Perinatal Support Washington
1-888-404-7763 (se habla espanol)
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<https://perinatalsupport.org/online-therapy/>

Postpartum Support International
1-800-944-4773 (se habla espanol)
www.postpartum.net

Swedish Center for Perinatal Bonding and Support
Telepsychiatry 206-320-7288
Seattle, WA
Health care provider faxes referral to 206-215-2139

University of Washington Perinatal Telepsychiatry Clinic
One-time consultation (rather than ongoing care)
Health care provider calls in referral 855-520-2291

BREASTFEEDING SUPPORT (LACTATION CONSULTANTS)

Klickitat County WIC
Peer Support Counselors & Lactation Consultants
Goldendale 509-773-2365
White Salmon 509-493-6207
Services available in Spanish

Mid-Columbia Medical Center 541-296-7210
Monday, Wednesday, Fridays only

Providence Hood River Hospital 541-387-6344

****See support groups above****

SUPPORT GROUPS AND INDIVIDUAL SUPPORT

New Parent Mental Health (Group)
www.facebook.com/gorgeperinatalmentalhealth
Bingen: Thursdays, 10am, Mugs Coffee
Goldendale: Fridays, 1:30pm, United Methodist Church

Bilingual New Parent Mental Health (Individual)
1:1 support (home visit or virtual)
Call 509-493-6215 to schedule appointment

Breastfeeding/Postpartum
www.cgpostpartum.org/peer-support-groups
White Salmon: Tuesdays, 9:30am, Mugs Coffee
Stevenson: Tuesdays, 10am, Stevenson Community Health
Goldendale: Fridays, 1:30pm, Cafe Genevieve's
Hood River: Fridays, 10:30am, Ground Coffee
The Dalles: Tuesdays, 9:30am, Zion Lutheran Church

HOME VISITING SERVICES

Maternal Support Services (MSS): Preventive health and education services to help a woman have a healthy pregnancy and healthy baby. Women can receive MSS any time during pregnancy up to 2 months postpartum. Must have Medicaid insurance. MSS is offered in addition to medical and prenatal care.

Klickitat County Health Department MSS Program
Goldendale office 509-773-4565
White Salmon office 509-493-1558

Mid-Columbia Children's Council
High-quality, early childhood education and home visiting program for pregnant people and children up to age 5. Services include home visiting, family support services, nutritious foods, screenings and referrals, and transportation. All services are free.

Klickitat County
Klickitat 509-369-3800
Goldendale 509-774-1114

Hood River County
Country Club 541-386-3269

Wasco County
The Dalles 541-298-8801
Petersburg 541-370-2536
Tygh Valley 541-395-3342

The Next Door, Inc: Home visiting services for pregnant families and families with newborns. Services include education about babies development, bonding, keeping your family healthy, sleep, play, attachment, and referrals to community resources. All services are free. Services located in Hood River, Gilliam, Sherman, Wasco, and Wheeler counties.
Hood River Office 541-386-6665

WAGAP Pathways Community Health Workers: Assists families accessing services in the community such as applying for insurance, navigating financial assistance, scheduling transportation, and medical referrals.
Services available in English and Spanish. 509-493-2662

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COMPLIMENTARY THERAPIES

Inner Child Chiropractic: Services include pregnancy and postpartum body work; pelvic floor rehabilitation, scar tissue mobilization, chiropractic care for infants
Hood River 541-436-5111
Self-pay

Pelvic Floor Therapy
Michelle Gerbi 541-402-1110
Alive Chiropractic & Rehabilitation 541-900-5400
MCMC Water's Edge 541-296-7202
Providence Gorge Spine & Sports Medicine 541-386-9511
Columbia Gorge Physical Therapy 541-386-1211

Ultrasound Therapy
Columbia Gorge Physical Therapy 541-386-1211
Michelle Gerbi 541-402-1110

SPANISH RESOURCES

Bilingual New Parent Mental Health (Individual)
1:1 support (home visit or virtual)
Klickitat and Skamania Counties
Call 509-493-6215 to schedule appointment

Madres y Bebés (Mothers & Babies)
One Community Health
6 week class
www.onecommunityhealth.org/pregnancy

Perinatal Mood & Anxiety Disorders Resources in Other Languages.
<http://www.postpartum.net/resources/resources-in-other-languages/>

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facebook.com/groups/gorgepostpartumsupport

Gorge New Parent Support
www.facebook.com/gorgeperinatalmentalhealth

Postpartum Support International
Closed Facebook Group
facebook.com/groups/25960478598
Online Support Groups www.postpartum.net

OTHER HELPFUL RESOURCES

Every Mother Counts.
www.everymothercounts.org/pages/about
Educates the public about maternal health, engages individuals to advocate for the well-being of mothers, and invest in community led programs to improve access to essential maternal care.

Online Breastfeeding Education & Support
www.babygooroo.com
www.kellymom.com
www.bfmed.org
www.breastfeedingmadesimple.com
www.healthychildren.org
www.naturalbreastfeeding.com

Perinatal Support Washington
www.perinatalsupport.org
Information and resources for families and professionals in Washington state.

Postpartum Dads
www.postpartumdads.org
Help for dads and families by providing first-hand information and guidance through postpartum depression.

Postpartum Support International
www.postpartum.net
Information and resources for families and professionals.

Therapy in the Gorge
www.therapyinthegorge.com
Search for local therapists in the Gorge region.

CRISIS SERVICES

If you are in danger, call 911 or go to your local ER. If you are in crisis, call the 24-hour crisis line for your county or the National Hotline.

LOCAL
Bingen: WAGAP Programs for Peaceful Living
(509)493-1544

Hood River: Helping Hands Against Violence
541-386-6603

Goldendale: WAGAP Programs for Peaceful Living
(509)773-6100

Wasco, Sherman, Gillian & Wheeler: HAVEN
541-296-1662

NATIONAL
National Domestic Violence Hotline (24/7)
800-799-7233

National Sexual Assault Hotline (24/7):
1-800-656-4673

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

To add a service or resource to this directory, contact annac@klickitatcounty.org

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