



PERINATAL MENTAL HEALTH SUPPORT IN OKANOGAN COUNTY

*FREE community resources for pregnant and
postpartum families in Washington State*

PERINATAL SUPPORT
WASHINGTON

June 2022

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 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.

PERINATAL SUPPORT WASHINGTON (PS-WA)

Perinatal = trying to conceive (pre-pregnancy) thru the second year after baby's birth

You are not alone.

We are here to help you, whether that means one phone call or ongoing support by a parent or a professional.

Call and we can offer:

- Warm, understanding, effective, and private support to all parents and family members
- Professional referrals and information about other resources in your community
- A wellness and self-care plan, including referrals, and next steps

Many women experiencing postpartum adjustment problems have been helped by the support and advice of a therapist.

<https://perinatalsupport.org/perinatal-mental-health-resources/>

- Perinatal Mental Health 101
- Perinatal Loss Resources
- Support for Dads
- Free Wellness Plan Templates (English/Spanish)
- Other Parent Resources and Handouts

LOCAL GROUP PEER SUPPORT (GPS)

Social Support = the single most important factor for physical and emotional health

Even when all is going well, many families can use additional support. Group Peer Support (GPS) opportunities provide a welcoming, non-judgmental space to talk about the emotional changes of parenthood.

Omak In-Person "Coffee & Cradleboards"

Jill Moomaw jnanpuya@gmail.com
Shannon Nakkour (509) 322-7053

Virtual (English/Spanish)

Mayra Aguayo (509) 429-7136

Methow Valley "Not What I Was Expecting"

Lisa Whatley (206) 200-0281

Lisa@CascadeCare.com

Haley Brandenburg (425) 765-3337

Brandenburg.Haley@gmail.com

Colville Tribes Behavioral Health

(509) 634-2601

<https://www.colvilletribes.com/behavioral-health>

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or contact one of the resources below:

- being afraid to be by yourself or alone with your baby
- hearing sounds or voices that nobody else hears
- having thoughts of harming yourself or your baby

Call 988 or Text HOME to 741741

National Suicide Prevention Lifeline (800) 273-8255 (TALK)

National Maternal Mental Health Hotline 1-833-9-HELP4MOMS

Okanogan Behavioral Healthcare Crisis Line (800) 852-2923