



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS THURSTON COUNTY

*Community resources for pregnant and
postpartum families in Thurston 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.

PS-WA SPANISH WARM LINE: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. Ofrece comprensión y apoyo confidencial.

FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: <https://perinatalsupport.org/for-parents/#resources>

COUNSELING AGENCIES

Behavioral Health Resources.

3857 Martin Way E Olympia, WA 98506

Call: (360) 704-7170

<http://www.bhr.org/>

Accepts Medicaid Insurance. Can prescribe medications.

Community Youth Services: Transitional Age Youth Support Program (TAY).

914 7th Ave SE, Olympia, WA 98502

Call: (360) 918-7860. Text: (360) 701-8981

<https://communityyouthservices.org/>.

Supports individuals ages 15-24 with mental health counseling and wraparound support services.

Accepts Medicaid Insurances. Can prescribe medications.

The Olympia Free Clinic.

520 Lilly Rd NE, Building 3, Olympia WA 98506

Call: (360) 890-4074 x 3

Offering 4 counseling sessions and assistance in connecting with additional resources if longer term mental health services are needed. When needed, referral can be made to a medical provider and/or psychiatric provider to discuss medication options.

Nisqually Tribal Health & Wellness Center

Behavioral Health Program- Mental Health Services

4840 Journey St SE , Olympia WA 98513

Call: (360) 413-2727

Serving Native Americans. Please call to check Eligibility for Services

Tumwater Behavioral Health Clinic

(Sea Mar Community Health Centers)

6334 Littlerock Rd. SW, Tumwater, WA 98512

Call: (360) 704-7590

Accepts most insurances including Medicaid and provides services regardless of a patient's ability to pay.

Can prescribe medications.

Yelm Behavioral Health Clinic (Sea Mar)

202 Cullens St. NW, Yelm, WA 98597

Call: (360) 400-4860

Accepts most insurances including Medicaid and provides services regardless of a patient's ability to pay.

Can prescribe medications.

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. 1-888-404-7763

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.

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.

Search for preferred providers on your insurance website or on www.psychologytoday.com.

THERAPISTS

Tracy Morris, MS, LMFT.

Lacey, WA. (360) 320-6577. <https://tracymorris.tribesites.com/>
Sessions available in person or via Telehealth.

Accepted insurance plans: Aetna, Cigna, Optum, Oscar, United Healthcare, Ambetter.

Alicia Ferris, MS, LMHC. Simple Joy Counseling.

(360) 467-9008. <https://www.simplejoycounseling.com/>

All sessions currently conducted virtually.

No insurance accepted, however superbills can be provided for clients to submit claims themselves.

Sharon Shadwell, LMHC.

(360) 545-3527. sharon@lovebuiltlives.org.

www.lovebuiltlives.org

Insurance not currently accepted, but will be in the future.

Reduced rates are available for some clients based on financial need.

Shelley Green LMHC PMH-C. Shelley Green Counseling

(206) 913-9290. www.ShelleyGreenCounseling.com

All sessions currently conducted virtually.

No insurance accepted, however superbills can be provided for clients to submit claims themselves.

HOME VISITING SERVICES

Nurse-Family Partnership. Free 1:1 nurse support during pregnancy and up to 2 years postpartum. Must enroll during pregnancy. Provides assessment, information, and referrals. Serving Thurston, Mason, and Lewis County families.
<https://www.nursefamilypartnership.org/>
Call: (360)-968-4037

Family Intervention Nurse Program. Free 1:1 nurse support for Thurston County parents with infants up to 1 year old who need support in navigating life stressors and/or mental health issues. Provides assessment, information, and referrals.
Call: (360) 968-4037

Parents as Teachers. A free program designed to help parents learn more about parenting and their child's development, provide support with the challenges of family life, and help identify and address any concerns parents may have about their child. Eligibility: Families who are pregnant and/or parenting with children ages 0-5 and live in Thurston or Lewis County.
<https://communityyouthservices.org/programs/parents-as-teachers-pat/>
Call: (360) 918-7871

Sea Mar Maternity Support Services (MSS). Provides free support and information related to your prenatal and postpartum health. All clients who are eligible for Medicaid and have a Provider One Service Card qualify for MSS services.
<https://www.seamar.org/mss-infant-case.html>
Call: (360) 742-5010

New Parent Support Program. A free service that helps military parents transition successfully into parenthood and provide a nurturing environment for their children. Services may include home visits, parenting classes, playgroups or prenatal classes. The program is available to military families who are expecting a baby or have children age 3 or younger.
Call: (253) 982-2695

Parent Child Assistance Program. provides case management, home visits, and support services to pregnant and parenting women with substance use disorders and their young children. Supports women who are currently pregnant or postpartum up to 24 months.
<https://familyess.org/pcap/>
Call: (360) 754-7629

RESOURCES IN SPANISH

Perinatal Support Washington Spanish Warm Line: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763 (PPMD). La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Proveemos referencias e información sobre recursos en tu comunidad. Deja un mensaje y te regresamos la llamada dentro de 12 horas.

Centro Integral Educativo Latino de Olympia (CIELO)- Provides multiple services to Spanish speaking community members to include free mental health services to those affected by domestic violence, sexual assault, and other crimes. Free tutoring services as well as English and sewing classes. Food bank services offered every 4th Friday which includes hygiene products and baby supplies (e.g., diapers, wipes, and baby clothing). Please call 360-709-0931 for more information. Located 1601 North Street SE, Olympia, WA 98501

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

The 988 Suicide & Crisis Lifeline.

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.
Call or Text: 988

The Crisis Clinic of Thurston and Mason Counties:

24/7 Telephone support. Receive information, referral, and crisis intervention services. Confidential and anonymous support.
Call: (360) 586-2800

Olympic Health and Recovery Services: Mobile Crisis outreach (18+) - serves any adult regardless of insurance.
Call: (360) 754-1338 or (800) 270-0041

SafePlace 24 Hour Help Line.

Advocates can assist with immediate domestic violence and sexual assault crisis needs, help you plan for your safety, as well as provide someone to listen and help you process your experience.
Call: (360) 754-6300

National Domestic Violence Hotline:

Call, chat, or text 24 hours everyday: (800) 799-7233

PARENT SUPPORT GROUPS

Support groups can provide support for experiencing the everyday challenges of parenthood. Find additional virtual groups at: www.perinatalsupport.org/parent-support-groups/ (many online and virtual groups available)

Thurston County Postpartum and Parenting Support Group.

An inclusive and supportive environment that offers community and social support to people who are pregnant or parenting infants. Infants and partners welcome. 1st and 3rd Thursday of each month from 1:30-3 at the Olympia Timberland Library.

<https://perinatalsupport.org/series/thurston-county-parenting-and-postpartum-support-group/>
Call: Teresa: 360-968-4037

Being the Village. A supportive environment that offers genuine community & social support to Black & Brown moms. Thursdays at 11:00am on Zoom. www.beingthevillage.com.

Olympia Breast/Chest Feeding Drop-in Group.

Weekly meetings Thursdays from 10am to 12pm online on zoom <https://zoom.us/j/217854382>. For more info text or email Linda Sisson: 360-453-7757, lindas@fscs.org

COMPLEMENTARY THERAPIES AND WELLNESS

Olympia Community Acupuncture.
(360) 545-3767
2109 Harrison Ave NW, Olympia, WA 98502
<https://www.olycommunityacu.org/>
Offers sliding scale pricing (\$20-\$50) per session.

True Self Yoga.
(360) 830-6556
2727 Westmoor Ct SW, Olympia, WA 98502
<https://trueself.yoga/>
Offers weekly prenatal and postnatal yoga classes, and family yoga play groups. Infants <1 welcome at postnatal classes.
Drop in classes: \$20. Memberships and class passes decrease cost per class.

Hike it Baby Olympia.
Facebook Group: Hike it Baby Olympia WA
<https://community.hikeitbaby.com/branches/olympia-wa/>
Hike it Baby branches like this one are real life communities created to help families get outside, hiking with birth to school age kids. Participation is Free.

ONLINE INFORMATION AND RESOURCES

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

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

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 on-line support.

UppityScienceChick.com/postpartum-depression.html. Easy-to-read printouts on medication and medication alternatives for postpartum depression.

PATCh (Prevention and Treatment of Traumatic Childbirth).
Information and resources for families and professionals about traumatic childbirth. pattch.org

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

Solace for mothers. Online support community for traumatic birth. <http://www.solaceformothers.org/online-fourm/online-community-for-mothers>

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(4PPD). 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 and enter your zip code for local connection to resources.

LACTATION SUPPORT

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

South Sound Lactation Network.
<https://www.southsoundlactationnetwork.org/>
Visit their website to view a resource guide with local resources to help with breastfeeding.

- Prenatal breastfeeding education classes
- Breastfeeding Support Groups
- Outpatient lactation services
- Community support
- Hospital lactation services
- Recommended online resources

Olympia Breast/Chest Feeding Drop-in Group.
Weekly meetings Thursdays from 10am to 12pm online on zoom <https://zoom.us/j/217854382>. For more info text or email Linda Sisson: (360) 453-7757, lindas@fscscs.org

PERINATAL LOSS

Project Poppyseed.

In addition to raising awareness about perinatal loss, Project Poppyseed offers resources to parents, families, communities, and health care professionals impacted by perinatal loss. <https://projectpoppyseed.org>
Email: projectpoppyseed@yahoo.com

The Compassionate Friends.

Compassionatefriends.org
Offers both private Facebook groups and "virtual chapters" through an Online Support Community (live chats). The rooms supply support, encouragement, and friendship for family members who have experienced a loss to miscarriage or stillbirth, or the loss of a child of any age.