



PERINATAL SUPPORT  
WASHINGTON

# Perinatal Support Washington's 2023 Annual Impact Report

Perinatal Support Washington (PS-WA) is a non-profit organization committed to shining a light on perinatal mental health to support all families and communities.

We are a vital community resource that has built trust by providing toll-free telephone support, culturally-matched peer support, mental health therapy, and free/low-cost support groups to Washingtonians since 1989. **In 2023 alone, PS-WA served over 2000 people.**



Our free Parent  
Support Warm Line  
received 1025 inquiries



18%  
Increase in  
calls in  
2023



We trained 900  
service providers



75 wellness  
plans created

- The Clinical Training Program trains professionals and provides treatment for Perinatal Mood and Anxiety Disorders (PMADS)
- The Parent Support Warm Line provides emotional support from peers, wellness planning, targeted referrals, and more
- The Parent Resilience Program provides culturally-matched peer mental health support and connection to parents to improve emotional well-being.



55 Interns &  
volunteers



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Through our programs, the ultimate vision is to revolutionize perinatal mental health support, ensuring that every parent, regardless of their background, has access to the services and education needed for a transformative journey into parenthood. We aspire to break down barriers, especially in BIPOC communities where such support may be less accessible or normed. Our goal is to create a landscape where perinatal mental health is not only acknowledged but prioritized, fostering emotional well-being and resilience in all parents.

**“Finding out about this organization was a huge turning point for me. I was so desperate to find someone to talk to but it felt nearly impossible, especially with how sad I was feeling at the time.**

**-Kaeli, Snohomish**



Every program now has Spanish speaking staff to serve more families



18,000+ brochures distributed



Expanded programs in 4 new counties

Thank you to our supporters

+ individual donors

