



Perinatal Support Washington Report to the Community

2024





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A NOTE FROM OUR EXECUTIVE DIRECTOR

As I step into the role of Executive Director, I am honored to join an organization with

such a strong foundation of service, advocacy, and impact. Though I was not here in 2024, I recognize the incredible dedication of our staff, board, and partners in meeting the growing needs of those seeking support.

The past year brought an increased demand for our services, highlighting the urgency of accessible mental health resources, especially during the perinatal period. Looking ahead, we remain committed to ensuring parents receive the support they need, equipping providers with specialized training, and expanding our ability to provide culturally-matched care.

Together, we will build on the progress of 2024 and forge new pathways to ensure every family receives the compassionate and effective care they deserve. Thank you for your continued support in this vital work.

OUR VISION

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 stigmatized and less accessible. 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.

“Having someone that knew exactly what I was dealing with makes a huge difference”

-Warm Line caller

2024 By The Numbers

30

Community
Partners

13%

Increase in
Warm Line
Inquiries

75

Participants
Received
Culturally-
matched Peer
Support in the
PERC Program

3,403

Therapy Sessions

1,160

Inquiries on
the Warm Line

843

Affiliated Support
Group Attendance

63

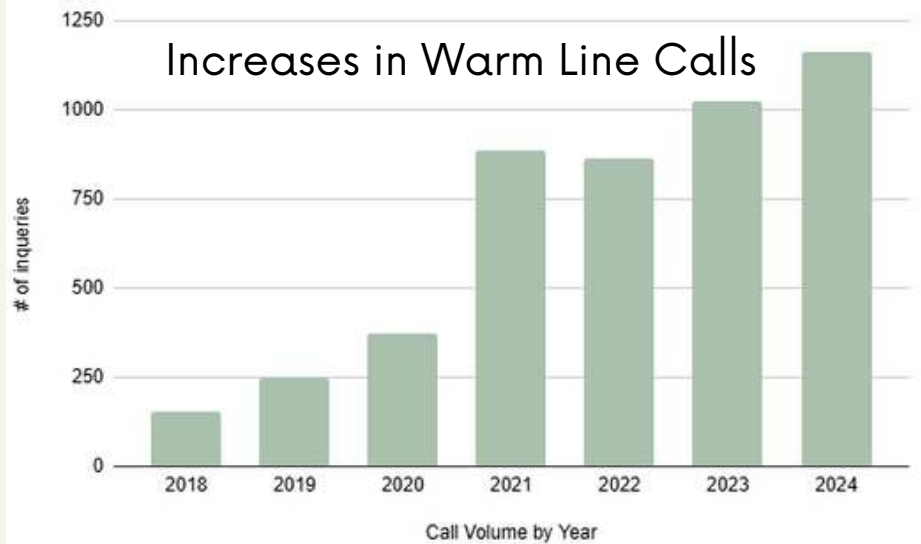
Interns and
Volunteers

23

Trainings

Growth

We have continued to see increases in inquiries to our Warm Line. Awareness of mental health issues and impactful, innovative treatments have become more visible in our communities. In 2024 the Surgeon General released a [report on parental stress](#) that sites many of the issues that preclude a Perinatal Mood and Anxiety Disorder. Awareness driven demand is something we have scaled to meet and will continue to meet year after year.



GOAL	HOW	OUTCOME
Increasing Parent's Access to Care	<ul style="list-style-type: none"> Expanded pro bono services Targeted services to high-needs areas 	Increased low-barrier, culturally-matched support
Recognized Resource	<ul style="list-style-type: none"> Expanded and diversified trainings Influenced policy and systems change 	Grew and diversified the mental health workforce
A Thriving PS-WA	<ul style="list-style-type: none"> Expanded internal program capacity Sought to be an anti-racist organization 	Continuing to provide an inclusive community

"Simply put, I was lacking knowledge prior to this. With the wealth of information I have now after this conference, I feel confident in the subject matter and can identify and support families with Perinatal Mood and Anxiety Disorders. This is Awesome!!!"
-Training attendee

At PS-WA we exist for BOTH parents and professionals. We understand that in order to fulfill our mission to serve more parents in need, we need to train the future generation of professionals to treat them. We are uniquely positioned to reduce the gap in service providers via our training and internship programs. This attention to systemic barriers shows that we are strategically approaching mental health care through direct service on an individual level, and training tomorrow's providers to reduce gaps in perinatal mental health care on a community level.

2024 Highlights

Our Dad Support Group held 39 sessions in 2024. This unique offering addresses the often overlooked needs of dads and dad-identifying parents in our community. This is part of our commitment to inclusive care. You can listen to an interview with our Dad Specialist on [KUOW](#).



In 2024 we acquired the nonprofit organization Parent Support of Puget Sound (PS). This organization is solely focused on perinatal loss. This has allowed us to increase engagement with our clients experiencing loss with renewed resources and tools. We also hosted their longstanding Walk to Remember event. This free event is healing and community building and will continue as an annual event.

The Maternal Mental Health Roundtable, hosted by the state Health Care Authority, featured testimony from our Warm Line staff, perinatal practitioners, and individuals who have experienced Perinatal Mood and Anxiety Disorders. We engaged in a rich discussion with former Governor Jay Inslee and shared about the prevalence of untreated perinatal mental health issues and discussed removing stigma and other barriers to increase access to care.



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