

2025



Annual Impact Report



PERINATAL SUPPORT
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends,

2025 marked a meaningful year of transition and connection for Perinatal Support Washington. I stepped into the role of Executive Director at the beginning of the year, alongside the onboarding of several new board members. Together, we focused on building strong relationships, taking time to connect, listen, and establish a shared foundation for the work ahead.

This year also brought an important milestone: our staff of twenty-five gathered in person to find connection, learn, and engage in strategic development. We expanded in-person services for parents in King County and Skagit County and extended our reach into surrounding North Sound counties. Our in-person services strengthen relationships, increase access to care, and help reduce the isolation that can accompany the transition to parenthood. We were also energized to return to in-person community trainings, creating space for deeper connection and learning.

Throughout this period of change, we closely examined our programs and made thoughtful, strategic decisions to best support both staff and the families we serve. While the Parent Support Warm Line experienced a record number of calls, the Clinical Therapy Program served fewer families during a period of leadership transition as we searched for a program manager and clinical supervisors.

As we move into 2026, I am thrilled to guide PS-WA through strategic planning, expand community connections, raise awareness of perinatal mental health, and grow our presence across Washington. We are especially excited to celebrate the 35th anniversary of the Parent Support Warm Line and look forward to honoring its impact all year long.



Emma York-Jones
Executive Director
Perinatal Support Washington



OUR MISSION



OUR MISSION

Perinatal Support Washington (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. We support people in the emotional transition to parenthood, including those experiencing depression, anxiety, loss, infertility, trauma, and more.

PEER SUPPORT

Across all of our programs, the Warm Line, Parent Resilience Program, and Clinical Therapy, we use peer support to help our clients heal. Research shows that peer support doesn't just feel good, it leads to real improvements in perinatal mental health. Countless well-established studies have found that parents who received peer support experienced significant reductions in perinatal mental health issues compared to those who did not, especially when support was regular and grounded in shared lived experience. By connecting parents with trained peers who truly understand what they are going through, peer support builds trust, reduces isolation, and strengthens emotional well-being, helping families heal, feel less alone, and move toward lasting recovery. In 2026, we welcome you to attend one of our 1:1 peer support trainings developed by a team of PS-WA Peer Support Specialists. We plan to offer it virtually and in-person.

"It's about navigating systems in a way that fits you as a marginalized person or person who has historically had to be more resilient. When you are doing that with a person who comes from your community, you just get it. You get better support. It's more relaxed. It's like talking to a friend."

-La Tonia, Peer Support Specialist

FOR PARENTS



SUPPORT

Perinatal Support Washington supports parents and families from trying to conceive through pregnancy and the early years of parenting by providing compassionate, timely, and culturally responsive mental health support. We offer a free, statewide Parent Support Warm Line with phone and text support, one-on-one peer support through our Parent Resilience Program led by trained parents with lived experience, and facilitated support groups that foster connection and reduce isolation. Our services also include accessible telehealth therapy, a comprehensive provider directory to help families find perinatal-trained care, and educational resources and referrals to support navigation of the behavioral health system. Together, these programs ensure parents across Washington can access the emotional support they need to strengthen resilience, promote healing, and support the well-being of their families. The perinatal period is a time of intense change, and many parents experience mental health challenges that can affect bonding, coping, and confidence. When left unaddressed, parental mental health struggles can also impact children's emotional and developmental outcomes, making early, compassionate support essential for the well-being of the whole family, from the very beginning.

FOR PROFESSIONALS

Our training, internships and professional development offerings shine a light on perinatal mental health by empowering providers to recognize and treat mental health and emotional wellness challenges. Perinatal Support Washington's provider training program strengthens the perinatal mental health workforce statewide by increasing knowledge, skills, and care coordination among clinicians, birthworkers, and professionals who support families during pregnancy and the postpartum period. Each year, PS-WA trains and supervises the next generation of providers through robust clinical internships, offers free, provider-requested trainings on perinatal mental health topics, and partners with clinics and nonprofits to share resources and improve referral pathways. Through this work, PS-WA serves approximately 2,000 people annually—including 1,000 providers and 1,000 parents, the majority of whom are BIPOC and low-income—helping ensure parents are met by knowledgeable, culturally responsive professionals who can identify perinatal mental health needs early and connect families to timely, effective support.



TRAINING

2025 HIGHLIGHTS



More In-Person Meetings and Trainings

We made a conscious shift towards more in-person trainings, client meetings, and overall connection opportunities across the state. Our impactful in-person trainings were targeted to reach high-needs areas geographically and included The Intersection of Substance Use Disorders and Perinatal Mental Health in Whatcom County, Foundations in Perinatal Mental Health in Kittitas County, and the two-day Best Practices in the Prevention, Identification & Treatment of PMADs training in Richland. Our nine-month cohort on perinatal loss "Creating a Nest" started off the year strong, incorporating in-person meetings and ongoing supervision to strengthen professional learning and community support, graduating over 20 providers. Additionally, the Parent Resilience Program expanded to include more than 50% in-person visits, often taking the form of walks in the park or accompanying clients to medical appointments, deepening relationships and engagement. In response to participant requests, the program celebrated its first-ever all-participant in-person picnic in 2025, marking a meaningful milestone for connection and community.



Parent Resilience Program Expansion into North Sound Counties

We expanded services into the North Sound counties (Skagit, San Juan, Whatcom, and Island Counties) and intentionally strengthened partnerships with community providers across the North Sound region. During unprecedented flooding in Skagit and surrounding counties, the Parent Resilience Program served as a first line of support—connecting families to referrals and providing emergency funds for evacuation and basic needs. As one participant said, *"It was helpful to talk about things I wasn't comfortable talking to my family about. Having someone to talk to and hear my experience. Witness. I wasn't alone."*

More Volunteers Than Ever

"Perinatal Support Washington experienced its highest level of volunteer and intern engagement to date, with more community members stepping forward to support parents during the perinatal period. Volunteers and interns gained meaningful, real-world experience in perinatal mental health support while working alongside seasoned staff. Many shared that the opportunity to give back to their community was both deeply fulfilling and motivating. As one volunteer noted, *"My favorite thing about being a PS-WA volunteer is that I get to be a hand reaching out for a parent who didn't know if anyone would reach out for them."*



SUMI'S STORY

A MESSAGE FROM OUR BOARD CHAIR



Medical complications often collide with emotional struggles, leading to fraught and isolating introductions to parenthood — experiences that are rarely talked about. For Sumi, trauma from gestational diabetes, mastitis, and a severe perineal tear compounded her exhaustion. When her baby struggled to sleep through the night, she felt she never had the time or space she needed to heal.

“As my partner and I grew with our baby, our love for her deepened, though it was never the instant connection some describe. She felt perfect to us in every way except that she didn’t sleep through the night until her toddler years, so it felt like I never got a break. I developed what was later diagnosed as postpartum depression, postpartum anxiety, and subclinical postpartum OCD, but I was scared that admitting I was struggling meant I was a bad mom or that I had a bad baby.

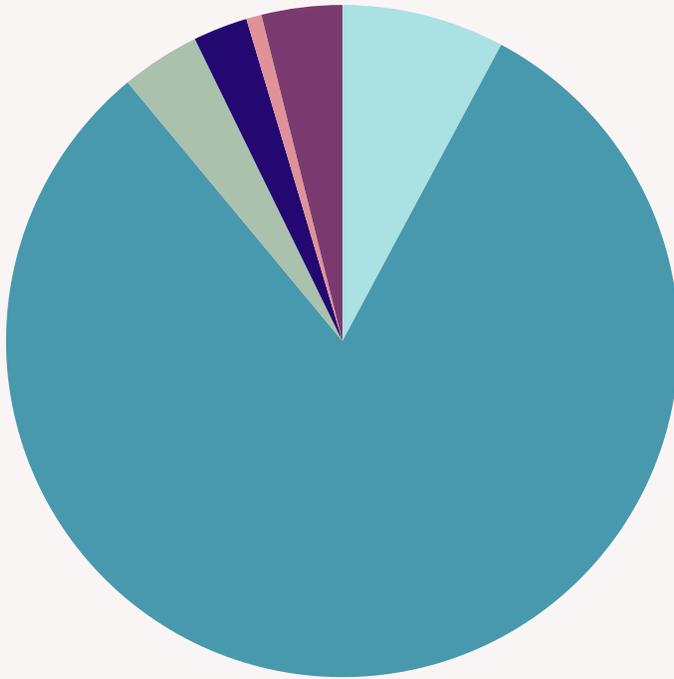
I started going to support groups because I wanted to socialize and have adult conversations. Through my groups, I realized that I needed help. Once I started talking to a professional, I realized that outside of my diagnosis, I was struggling with identity challenges and relationship issues with my partner. It fired me up when I realized how preventable some of my challenges would have been had I gotten the right education and support earlier. I decided to radically shift my career from the corporate sector to help other birthing and non-birthing parents, including volunteering on the warm line at PS-WA and eventually joining the board of directors. Mental health support during the perinatal period should not be a luxury but standard care in the pregnancy, birth, and postpartum period. I am grateful for Perinatal Support Washington’s mission and the access to care they provide to underserved communities.”



PERINATAL SUPPORT
WASHINGTON

FINANCES

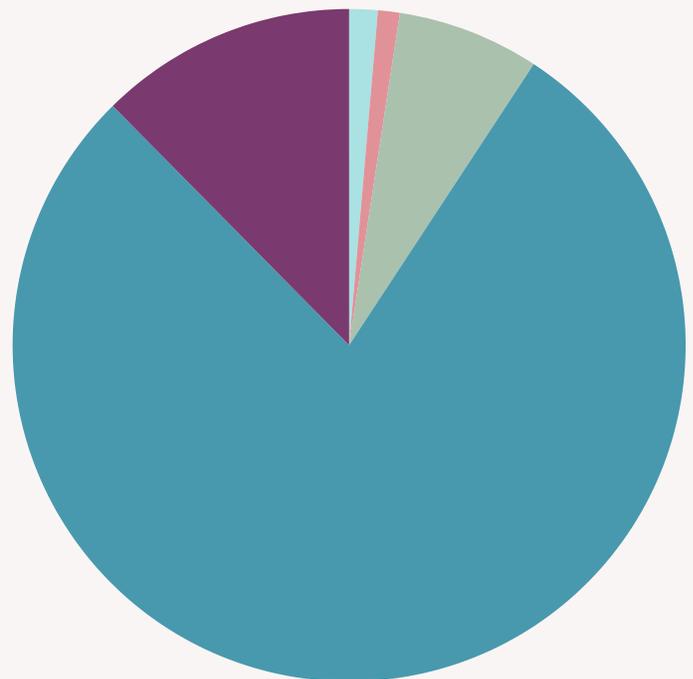
Income



PS-WA receives income from a variety of sources, with grant income being the majority. Diverse funding allows us to be flexible, strategic, and responsive in our services and organizational needs.

We are grateful for the many supporters we have and look forward to welcoming more that support our mission.

Expenses



Our staff is our biggest investment, making up nearly 80% of our expenses. The result of investing in our employees and prioritizing their wellness is a 2025 retention rate of 91%.

2025 BY THE NUMBERS

63

Interns and volunteers

50+

community partners

871

Affiliated support group attendance

Clinical Therapy Program

1,637

Therapy sessions

26% Pro bono

68% Un- or under-insured



Skills Training

22 Trainings

904 People trained

36 Counties attendees represented



Warm Line

1,272 Callers

10% Increase in calls over 2024

29 Counties callers came from



Parent Resilience Program

48 Participants

80% Medicaid eligible

50% In-person visits



"I'm proud of how far I've come honestly. I'm not a depressed lump on a log anymore. I got a job! I'm independent now. Paying my own phone bill. My life is heading on track. I wasn't getting out of bed or showering before."

-Parent Resilience Program Participant

STAY UP TO DATE

Keep in touch!

Website: perinatalsupport.org

E-News:

perinatalsupport.org/newsletter

Email: info@perinatalsupport.org

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The logo for the Perigee Fund, featuring a blue circular icon with a yellow dot and a dotted line, and the text "PERIGEE fund" in blue.

Donate at perinatalsupport.org/donate