PERINATAL SUPPORT WASHINGTON

RESOURCES & REFERRALS

PIERCE COUNTY

Community resources for pregnant and postpartum families in Pierce 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

THERAPISTS

Sarah Atchison, M.A., LMFT, CMHS. 3560 Bridgeport Way W. Suite 2C, University Place. (253) 460-7248. info@integratedtherapynw.com. Private insurance, Molina.

Alyssa Hagmann, LMFT. 2205 N. 30th St Suite A, Tacoma. (253) 254-6681. www.alyssahagmann.com. Private insurance, CCC.

Teresa Eltrich-Auvil, LMFT. 105B W. Main, #105, Puyallup. 6626 Wagner Way, Gig Harbor. (253) 310-6226. www.picketfencetherapy.com. Private insurance.

Sheryl Adams, LICSW. 5224 Olympic Dr. NW, Suite 105, Gig Harbor. sheryladamscounseling.com. (253) 514-9948. Regence, Premera, Cigna.

Christy Christian, LMHC. 920 Alder Ave., #203-A, Sumner. (253) 370-7970. christychristian@aol.com. No Medicaid.

Suzette Kincaid, LMFT. Kincaid Counseling Services. 917 Pacific Ave Suite 305, Tacoma. (253) 242-3229. Kincaidcounseling.weebly.com. Regence, Premera, First Choice.

Natasha Williams, LICSW. Mommy & Me Therapeutic Services, PLLC. Telehealth. 253-213-3689. mommyandmetherapy.com. Regence, Premera, First Choice, United, Cigna.

Perinatal Support Washington On-line Therapy. 1-888-404-7763. https://perinatalsupport.org/online-therapy/ Premera, Lifewise, Cigna, Molina & Aetna. Sliding scale.

Kristina Lanouette, LICSW. Key Point Therapy. (253) 260-6366. kristina@keypointtherapy.com. https://keypointtherapy.com. Many insurances accepted.

MEDICATION PRESCRIBERS

Multicare Good Samaritan Behavioral Health. Counseling and medication management. 325 E. Pioneer Ave., Puyallup. (888) 445-8120. Private insurance, Medicaid.

Greater Lakes Mental Health Care. Counseling and medication management. 9330 59th Ave SW, Lakewood. (253) 581-7020. Private insurance, Medicaid.

Cascade Mental Health. Medication Management. 3707 S 19th St., Tacoma. (253) 475-7333. Private insurance, Medicaid.

Comprehensive Life Resources. Counseling and medication management. 1305 Tacoma Ave. S. Suite 305., Tacoma. (253) 396-5800. Private insurance, Medicaid.

SeaMar Behavioral Health. 1516 South 11th Street., Tacoma, (253) 864-4770. 12812 101st Ave Court East, #202, Puyallup. (253) 396-1634. Medicaid.

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.psychology today.com.

COUNSELING AGENCIES

Catholic Community Services. 5410 North 44th Street, Tacoma. (253) 759- 9544. Private insurance, Medicaid.

HopeSparks. Infant mental health, parenting support, and adult counseling (by referral only). 6424 N. 9th St., Tacoma. (253) 565-4484. Hopesparks.org. Private insurance, Medicaid.

Integrated Therapy Services. 3560 Bridgeport Way, Suite 2C, Tacoma. (253) 460-7248. Bloom Program specializes in perinatal mood disorders. Major insurance plans, Molina, CCC.

Kwawachee Counseling Center. Provides counseling services for American Indian/Alaskan Natives. 2209 East 32nd St, Tacoma. (253) 593-0247.

HOME VISITING SERVICES

First Steps Programs: Maternity Support Services and Infant Case Management. See website for Pierce County agencies offering services to women who are Medicaid eligible: www.hca.wa.gov/health-care-services-and-supports/apple-health-medicaid-coverage/first-steps-provider-directory#pierce.

Maternity Support Services (MSS): Community Health Nurses, Registered Dietitians, and Behavioral Health Specialists actively support women to encourage a healthy pregnancy and healthy birth outcomes from beginning of pregnancy though child's first two months.

Infant Case Management (ICM): Home-visiting program for parents with children 2 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information and referrals.

Family Connects Pierce County. Free nurse support for all families with newborns ages 0 - 3 months. Provides assessment, information, and referrals. www.familyconnectswa.org/

Nurse Family Partnership. Home visiting program by public health nurses for first-time pregnant women from pregnancy through child's 2nd birthday. Medicaid eligible or on Medicaid. mchservices@tpchd.org or (253)-649-1404.

Parent/Child Assistance Program (PCAP). Home visiting case management serving women who are pregnant or parenting who have alcohol and/or drug use disorders. (253) 475-0623.

Parents as Teachers. Free evidence-based home visiting program promoting healthy child development, problem solving skills, & support networks for families with children 0 to 3 years of age. All income levels. (253)508-4763.

Early Head Start. Home visits from pregnancy to age 3. Child development curriculum activites to support development and learning. Interpreters available. (253) 778-7820.

Community health workers provide one-on-one support for pregnant women and families. Links families with basic needs and social support. Contact Black Infant Health at mchservices@tpchd.org or (253)-649-1404.

New Parent Support Program. Home visiting program for military families by LICSW's or RN's. (253) 967-5901.

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 Latino. Sirve a las familias Latinas e Indigenas Nativas. 1208 S. 10th Street, Tacoma. (253) 572-7717.

Caminemos Juntos un grupo de apoyo para padres en Español! Lunes, Jueves de 6:15PM (PT) - 7:30PM (PT) y Sábado de 10:00AM (PT)-11:30AM (PT)
Text Marisol or Heather at 971-258-2426
Facebook: @caminemosjuntoswashington

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

Pierce County Crisis Line (24/7): 1-800-576-7764 or TDD (253) 798-4349. Text HEAL to 741741.

National Suicide Prevention Lifeline (24/7): 1-800-273-8255.

Wellfound Behavioral Health Hospital:
3402 South 19th Street, Tacoma. (253) 301-5400

National Sexual Assault Hotline (24/7): 1 (800) 656 HOPE.

Washington State Domestic Violence Hotline (8AM - 5PM): 1 (800) 562-6025

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/

Baby Lounges. Free drop-in support for Pierce County parents and caregivers who are expecting or have infants ages 0-1. Facilitated by health professionals. View options and sign up: www.familyconnectswa.org/baby-lounge

Walk with Me Support Circle for Moms. Meeting virtually over Zoom, Wednesdays 1:00-2:30pm. Open to pregnant women and moms of babies and young children. Contact: Christine McClendon (619) 988-1131.

Melanin & Milk. A lactation and peer support group for BIPOC Mamas with Whitney Scott, IBCLC. Every Tuesday 1:00-2:30pm. In-person at Union Club: 539 Broadway, Tacoma. Text "melanin" to 253-448-3635 for details.

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.

Caminemos Juntos. Un grupo de apoyo para padres en Español! Lunes, Jueves de 6:15 - 7:30 PM y Sábado de 10:00 - 11:30 AM PST. Text Marisol or Heather 971-258-2426

MOPS (Mothers of Preschoolers). For moms of newborns through kindergartners. Multiple locations in Pierce County; Search for groups at: www.mops.org/groupsearch

Postpartum Mamas. In person group in Gig Harbor. www.postpartummamas.com (760) 407-7817.

COMPLEMENTARY THERAPIES AND WELLNESS

SourceYoga. (253) 756-8066. 2712 N. 21st St., Suita A, Tacoma. info@sourceyogaonline.com. www.sourceyogaonline.com. Pre & Postnatal yoga, gentle strength building and stretching. Infants to crawlers welcome.

Nicole Howard, LMP. Essential Healing Massage and Birth Doula Services. (253) 380-3697. 15324 Main St. E., Suite B., Sumner. Info@sumnermassage.com. www.sumnermassage.com.

Macall Gordon. Gentle Sleep Coaching and parent support. (425) 481-6470. macallgordon.com

Acupuncture of Tacoma - Christina Jackson, Doctor of Acupuncture and Herbal Medicine. Union Wellness, 711 St Helens Ave. Suite 103B, Tacoma, WA. Tel: 253-780-2006. Many insurances accepted. www.acupunctureoftacoma.com

DONA International-Doulas of North America. Find a trained professional who provides physical & emotional support to a mother before and after childbirth. www.dona.org. or use https://doulamatch.net/
Check with your hospital to see if there are volunteer doulas.

Healing Birth Trauma Groups and Reporting. Free groups and an online space where people can report their negative experiences with medical systems and get emotional and legal support. A Community Advocate can follow up with you to provide you with appropriate resources. https://thematernalcoalition.org/healingbirthtrauma

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.

PATTCh (Prevention and Treatment of Traumatic Childbirth). Information and resources for families and professionals about traumatic childbirth. patch.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-foum/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.

Breastfeeding support groups. La Leche League. http://www.lllwa.org/groups/la-leche-league-south-king-and-pierce-counties/ Email LLLofTacoma@gmail.com for virtual meeting links.

Melanin & Milk. A lactation and peer support group for BIPOC Mamas with Whitney Scott, IBCLC. Every Tuesday 1:00-2:30pm. Union Club Building: 539 Broadway, Tacoma. Text "melanin" to 253-448-3635 for details.

Fern Lactation. Virtual and in-person support available in Tacoma area, private insurance accepted. Tel: 253-780-1700. www.fernlactation.com/

Foveo Birth and Baby. Clinic and in-home lactation visits in Pierce and Thurston counties. Private insurance accepted. Childbirth, lactation and newborn preparation group classes offered for expectant parents. foveobirth@gmail.com

Pierce County Breastfeeding Alliance. Website offering breastfeeding resources in Pierce County. https://www.pcofpc.org/committees/pierce-county-breastfeeding-alliance/

WIC-Women, Infants, and Children Nutrition Program. Offers breastfeeding support and peer counseling for income-eligible families. Call 1 (800) 322-2588 or Text "WIC" to 96859.

Franciscan Lactation Consultants. (253) 382-8580.

Multicare Lactation Services. (253) 403-1331.

PERINATAL LOSS

Multicare Maternal-Fetal Medicine Certified Grief Counselor. (253) 403-9200.

Tears Foundation. 11102 Sunrise Blvd. E. Suite 112, Puyallup. (253) 200-0944