



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. Second location in Gig Harbor. (253) 310-6626. www.picketfencetherapy.com. Private insurance.

Sheri Adams, LICSW. 5224 Olympic Dr. NW, Suite 105, Gig Harbor. sheryladamscounseling.com. (253) 292-5017. Regence, sliding fee scale.

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 and Premera.

Emilie Buter, LICSW. 2711 N 21st St. Tacoma. (253) 260-4145. www.emiliebuter.com. Premera/Lifewise, Regence, & First Choice.

Natasha Williams, LICSW. Mommy & Me Therapeutic Services, PLLC. 1101 S. L Street Tacoma. 253-213-3689. mommyandmethrapy.com. Regence, Premera, First Choice, United, Cigma.

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.

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.

What to have on hand when you call a new provider:

- Insurance or health care card
- List of current medications

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.

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 and Molina.

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

HOME VISITING SERVICES

A support person at home with you and your baby can offer help with the baby or chores or just listen.

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. For agencies like: Answers, Community Health Care, SeaMar, Step By Step, and Tacoma Pierce County Health Department.

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 through 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.

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) 798-6403.

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) 414-5575

Early Head Start. Home visits from pregnancy to age 3. Child development curriculum activities to support development and learning. Interpreters available. (253) 254-5160.

Health Ministers. One-on-one support for pregnant women and families. Links families with basic needs. Contact Black Infant Health at mchservices@tpchd.org or (253) 798-6403.

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

SPANISH RESOURCES

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 Indígenas Nativas. 1208 S. 10th Street, Tacoma. (253) 572-7717.

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

NEW PARENT SUPPORT GROUPS

Support groups can provide support for moms experiencing the everyday challenges of new parenthood and those experiencing pregnancy or postpartum emotional challenges.

MOMS Club of Tacoma. A local chapter of MOMS Club International that supports moms during daytime hours, providing activities for moms and children and that help you connect with other moms in the community. www.meetup.com/MOMS-Club-of-Tacoma/

MOPS (Mothers of Preschoolers). For moms of newborns through kindergartners. Multiple locations in Pierce County; to find the group closest to you, search at www.mops.org/groupsearch.

Multicare Mom-Baby Support Groups. Tuesdays, 10:30-11:30. Tacoma General and Good Samaritan. 253-403-7586. www.multicare.org/womens-care-pregnancy-group/

Walk with Me Perinatal Support Circle. Wednesdays, 1-2:30pm. Small children and babies welcome. 11216 Bridgeport Way SW, Lakewood, WA 98498 Contact: Becky Hoffman (253) 564- 4135. Christine McClendon (619) 988-1131.

Black Infant Health-Mom Baby Support Group. For women of color. Children welcome. Tuesdays 1-2:30pm. Small children and babies welcome. 11300 Bridgeport Way SW, Suite A/B, Lakewood. Contact: Leah Ford (253) 405-7738.

The Village Club. 1st & 3rd Thursday. 1-2pm. 2550 S. Yakima Ave, Tacoma. (253) 383-2006. 2nd & 4th Thursday. 1-2pm. 3569 E Roosevelt Ave, Tacoma. (253) 798-4569.

Empowering Pregnancy and Motherhood Support Group, Multicare/YMCA. Free support group for pregnant women (and up to one year after delivery) to improve their health! womenforwellness@multicare.org. (253) 403-7829.

COMPLEMENTARY THERAPIES AND WELLNESS

SourceYoga. (253) 756-8066. 2712 N. 21st St., Suite 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. mgordon@thatfirstyear.com, www.thatfirstyear.com. Also available via Skype

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. Check with your hospital to see if there are volunteer doulas.

ONLINE INFORMATION AND RESOURCES

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

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

Postpartum Progress. www.postpartumprogress.org. Blog and personal stories.

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 support and local information. Periodic in-person meetings in Pierce County.

UppityScienceChick.com. 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.

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

PSI Closed Facebook Group. www.facebook.com/groups/25960478598

PSI Private Online Forum. www.smartpatients.com/partners/postpartumprogress.

PPMD Support Group Chatroom. www.tapatalk.com/groups/postpartumdepression.

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 for more information.

BREASTFEEDING 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. www.llofwa.org/la-leche-league-south-king-and-pierce-counties. North Tacoma, 1st Friday 10:30am, location varies. llofnorthtacoma@yahoo.com. Contact Raissa, (253) 212-6159. Parkland, 3rd Tuesday 7pm, Lakeview Church of Christ, 1709 112th St. S., Tacoma. Contact Betty, (253) 539-1209.

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.

Fern & Foster Family Wellness. Lactation home visits, support groups & classes. 1402 S. 11th St, Tacoma. info@fernandfoster.com. (253) 655-7817.

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