



Community Resources for Pregnant and Postpartum Families in Skagit County

Provided as a community service, not necessarily an endorsement. This is a living document and resources will be evaluated quarterly for accuracy by the Skagit County Perinatal Mental Health Task Force. If you would like to add or change a resource, please email jannau@co.skagit.wa.us

THERAPISTS WITH ADVANCED TRAINING IN PERINATAL SUPPORT

T. Addelle Dienesch MA, LMHC, CMHS

Little Mountain Counseling

325 Pine Street, Mount Vernon, WA

(360) 399-0771, addelle.dienesch@gmail.com

www.littlemountaincounseling.com

Private insurance, CCC, CHPW, Molina

Mobile Mama Therapy

214 N. Commercial Street, Suite 102, Bellingham, WA

(360) 393-5144, michelle@mobilemamatherapy.com

www.mobilemamatherapy.com

Private insurance, Molina

Amy Begnal, EdS, LPC, LMHC

Anacortes Psych & Wellness

902 7th Street; Suite 202

Anacortes, WA 98221 (office in The Holding Space)

(360) 841-5002 x 505. In person and virtual visits.

CONTACTING A NEW PROVIDER

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 to the session with me? (partner, parent, friend, doula, etc.)
- When is your soonest appointment?
- Do you do phone appointments or tele-health? (note that insurance often won't cover this)

THERAPISTS WITH EXPERIENCE/INTEREST IN PERINATAL SUPPORT

Many therapists have experience with and/or interest in perinatal mental health. www.psychologytoday.com has a provider directory that may be helpful.

Try searching by zip code and then select the filter "Pregnancy, Prenatal, Postpartum"

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to 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.

Skagit County Crisis Line (24/7): 1-800-584-3578

Crisis Text Line: text HEAL to 741741

National Suicide Prevention Lifeline (24/7): 988

National Sexual Assault Hotline (24/7):
1-800-656-4673

Washington State Domestic Violence Hotline
(8 a.m. to 5 p.m.): 1-800 562-6025

For parents who are at risk of family separation:
thefirstclinic.org

COUNSELING AGENCIES

Sea Mar Behavioral Health

1010 E. College Way, Mount Vernon, WA

(360) 542-8920

1004 M Avenue, Anacortes, WA

(360) 542-8819

Consejo Counseling

1601 E. College Way, Mount Vernon, WA

(360) 763-5595, skagit@consejocounseling.org

Medicaid and no insurance patients.

Spanish speaking clinicians available

Sunrise Community Behavioral Health

2500 E. College Way, Mount Vernon, WA

(360) 336-3762,

behavioralhealthisland@sunriseemail.com

Island Psychiatry and Behavioral Health

2511 M Avenue, Suite G, Anacortes, WA

(360)-299-4294

Currently only accepting referrals from Island providers at this time

Catholic Community Services

614 Peterson Road, Suite 200, Burlington, WA

(360) 757-0131

ONE-ON-ONE SERVICES

Individualized information and support that comes to you at home/in office or another place of your choosing. Services are provided at no cost.

First Steps Maternity Support Services (MSS)

A team of Community Health Nurses, Registered Dietitians, and Behavioral Health Specialists that support you to have a healthy pregnancy and healthy birth outcomes. Services can start during pregnancy through your child's first two months. Must be enrolled in Apple Health. Available from:

- Answers Counseling: (360) 255-7855
- Sea Mar Community Health Center: (360) 848-6616

First Steps infant Case Management (ICM)

Support and connections to services for parents with children two months to one year. Must be enrolled in Apple Health. Available from:

- Answers Counseling: (360) 255-7855
- Sea Mar Community Health Center: (360) 848-6616
- Community Action of Skagit County: (360) 416-7585

Nurse Family Partnership (NFP)

Nurse visits for first-time mothers from pregnancy through child's second birthday. Focused on healthy pregnancy, child health and development, and overall life goals. Must enroll before 28th week of pregnancy and meet income guidelines (Apple Health eligibility). www.skagitcounty.net/departments/HealthFamily/NFP.htm 360-770-7743

Parent/Child Assistance Program (PCAP)

Support for pregnant or parenting women in their recovery with substance/alcohol use disorders. (360) 428-6622

New Parent Support Program

Support and guidance for military families by nurses, social workers, and/or home visitation specialists. (360) 257-6779

PEER SUPPORT

Parent Resilience Program

Perinatal Education & Resilience Collaborative (PERC): culturally matched services at no cost by specially trained peers to help support you during pregnancy, and up to two years postpartum in your emotional wellness journey. Support includes emotional, goals, advocacy, and connection to resources. Services available in person, text, or phone.

To sign up or refer: perinatalsupport.org/peer-support-program or call 1-888-404-7763. Services are free of charge and available in Spanish and English

SUPPORT AND WELLNESS

Birth and Postpartum Doula

Birth doulas are professionals who provide physical and emotional support during pregnancy and birth. Postpartum doulas provide support in your home after the baby arrives. Many doulas offer a sliding scale. To search for a local doula, go to doulamatch.net

Doulas are covered under your Apple Health Medicaid plan. To find a doula covered by your insurance go to:

fortress.wa.gov/hca/p1findaprovider
Search for "doula" under provider

Free Wellness Plan Template to keep track of your recovery plan. www.perinatalsupport.org/for-parents/#resources

LACTATION/INFANT FEEDING SUPPORT

Skagit Breastfeeding Coalition

A resource directory of local lactation/infant feeding support services. skagitlactationcoalition.com

PREGNANT AND PARENTING WITH SUBSTANCE USE DISORDER

Didgwalic Wellness Center Services

8212 S. March Point Road, Anacortes, WA
(360) 588-2800, didgwalic.com

Ideal Option

my.ideooption.org

Perinatal Harm Reduction Home

www.perinatalharmreduction.org

In-patient treatment for pregnant people with SUD

www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/chemical-using-pregnant-women

Brigid Collins Family Support Center

Parent/Child Assistance Program (PCAP)

Support for pregnant or parenting women in their recovery with substance/alcohol use disorders. www.brigidcollins.org/case-management (360) 428-6622

Lifeline Connections

Mental health and substance use disorder programs lifelineconnections.org
(360) 397-8246 (Ext. #33150)

Family First Legal Advocates

Provides free support and legal representation to parents who have a new encounter with CPS. familyfirstlegaladvocates.com (360) 815-2241

CHILDBIRTH/PARENTING CLASSES

Childbirth Education Series: This five-week series is designed to prepare parents-to-be for the arrival of their new baby. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. (Class cost covered by Apple Health)

Breastfeeding Matters: This class is available to pregnant and postpartum women and their babies. Topics include getting started with breastfeeding and its benefits, breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcome and will be addressed.

Family-Centered Cesarean: This class describes the cesarean process and how your family can support you in your birthing journey.

Grand-Parenting 101: This class describes ways grandparents can offer support and assistance to a new family, whether they live close or faraway. Class will include detailed information on car seat safety, presented by a Nationally Certified Child Passenger Safety Technician.

To learn more, view dates and to register for any of the above programs please visit islandhealth.org/classes or call (360) 299-4204

HypnoBirthing® Childbirth Education Classes
Prepare for a calm and empowering birth!
HypnoBirthing® is a comprehensive childbirth education course designed to guide you through deep relaxation, visualization, and effective breathing techniques. This course is ideal for expecting parents seeking a joyful, safe, gentle and informed birth journey. Both in-person and virtual classes available. To learn more, view dates and to register please visit www.psychedupsuccess.com/work-with-jodie or call Jodie Solberg CHT: (425) 608-1867

Prenatal Bonding (BA) with Jodie Solberg CHT:
Prenatal Bonding (BA) is a form of pregnancy support that uses a gentle, mindful approach offering parents the opportunity to connect at a deep level with their baby prior to birth through a pregnant mother's natural instincts and insights.
To learn more, please visit www.psychedupsuccess.com/work-with-jodie or call (425) 608-1867

Car & Booster Seat Clinics: Have your car or booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. Appointments required: CarSeatsNW@gmail.com

PARENT CLASSES AND CONNECTIONS

The Holding Space Birth and Wellness Cooperative
Offers a variety of parenting groups in Anacortes. For current date/times and more information about groups, visit theholdingspacebwc.com.

Skagit MOPS (Mothers of Preschoolers) is a Christian-based mother-to-mother support group for those with children ages zero to five. Find local groups at: www.mops.org/groupsearch

Library Story times- Baby and toddler story times are available at your local library.

- **Sedro-Woolley:** central.skagitcatalog.org
- **Mount Vernon:** www.mountvernonwa.gov/175/Library
- **Burlington:** www.burlingtonwa.gov/934/Library
- **Anacortes:** www.anacorteswa.gov/1025/Kids-Page
- **Concrete:** upperskagitlibrary.org

Play and Grow Group is for parents/caregivers and their babies. Come find the support of other parents and Help Me Grow Nurses. For infants through 12mo old.
Thursdays: Spanish language: 9:30am
English language: 11am
United General Heartwood House
2136 State Route 20, Sedro-Woolley
For questions call: (360) 770-7743

Brigid Collins Family Support Center Parenting Academy - Incredible Years Class
For parents and caregivers with babies 0-12 months old. Learn about your child's development and have support from peers. Check out the latest offering at: parenting-academy.org/incredible-years-baby-group

PERINATAL LOSS

Parent Support of Puget Sound: psopugetsound.org

Strong As A Mother
Finding strength and support through pregnancy and infant loss. Check current class dates/times at The Holding Space-Birth and Wellness Cooperative by visiting theholdingspacebwc.com.

AJ's Place
A community for healing with infant loss and fetal loss. Support and resource assistance to navigate this challenging time.
ajsplace.org or (360) 474-7419
P.O. Box 851, Stanwood
hello@ajsplace.org

PHONE/TEXT SUPPORT

Perinatal Support WA free Warmline

1-888-404-PPMD (7763)

Free phone and text support and referrals from peers. Answered live Monday-Friday from 9:00 a.m. to 4:30 p.m. All other times, leave a message and they will return your call within 12 hours.

Maternal Health Hotline

1-833-9-HELP4MOMS (English and Spanish)

A free, 24/7 resource for pregnant, new mothers, and birthing people facing mental health challenges. Learn more about this confidential hotline at mchb.hrsa.gov/national-maternal-mental-health-hotline

Parent Trust of Washington Family Help Line

1-800-932-HOPE (4673)

Monday-Friday from 9:00 a.m. to 5:00 p.m. Parent coaches offering supportive listening, and resources and information on parenting, child development, stress reduction, and more.

Help Me Grow - Skagit Resources

(360) 630-8352

Call or text a Family Resource Navigator for help finding a broad array of local services and support.

Help Me Grow Skagit- Pregnancy Connections Nurse

(360) 770-7743

Call or text to talk about pregnancy related resources and support you might qualify for in Skagit County.

Lantern (Previously Bright by Text)

A free text messaging service that delivers timely tips, resources, and local information to promote the learning, development, and health of children prenatal through eight years old. Text SKAGIT to 274448 to sign up.

ONLINE INFORMATION AND RESOURCES

Perinatal Support Washington - perinatalsupport.org
Information and resources for families.

Postpartum Support International - postpartum.net
Information and resources for families.

Postpartum Progress - postpartumprogress.org
Blog and personal stories.

Postpartum Dads - postpartumdads.org
Help for dads and families by providing information and guidance about post partum depression.

ICAN (International Cesarean Awareness Network)
www.ican-online.org
Provides support and local information. Periodic in-person meetings are provided in Pierce County.

UppityScienceChick.com
Easy-to-read print-outs on medication and medication alternatives for postpartum depression.

PATtCh (Prevention and Treatment of Traumatic Childbirth) - pattch.org
Information and resources about traumatic childbirth.

MGH Perinatal Depression Scale (MGHPDS)
An app 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

Postpartum Progress - postpartumprogress.com
Blog offering support and information for pregnant and new moms who experience postpartum depression and other mental health issues related to pregnancy and childbirth.

GENERAL RESOURCES

WIC –Supplemental Nutrition Program for Women, Infants, and Children

- **Community Action**
www.communityactionskagit.org
(360) 416-7595
- **United General District 304**
www.unitedgeneral.org
(360) 856-2549
- **Swinomish WIC**
(360) 466-3167
This WIC clinic serves only individuals enrolled in or a descendent of a Federally Recognized Tribe

Department of Social and Health Services

(basic food, TANF, child support, etc.)

www.dshs.wa.gov

Skagit Legal Aid

www.skagitlegalaid.org

Skagit Family Resource Center

(Basic need items)

English & Spanish. Text/call (360) 230-9129

PROVIDER RESOURCES

UW Perinatal Psychiatry Consultation Line (Perinatal PCL) for Providers

Free consult line that provides perinatal mental health and co-morbid substance use consultation recommendations and assistance with referrals for WA State providers caring for pregnant or postpartum patients.

Available weekdays: 9:00 AM to 5:00 PM at
ppcl@uw.edu or 877-725-4666 (PAL4MOM)
www.mcmh.uw.edu/ppcl

UW Perinatal Mental Health Care Guide

The care guide is intended to help prenatal, primary care, and mental health providers screen for, diagnose, and treat pregnant and postpartum individuals with mental health problems.
pcl@uw.edu or 877-725-4666 (PAL4MOM)
www.mcmh.uw.edu/resources

Swedish Perinatal Substance Use Consultation Line

Consultation line for providers seeking consultation surrounding their perinatal patient's substance use.
1-833-YesWeCan (1-833-937-9326)