

Snohomish County Perinatal Mental Health Resources

NOTE: The resources listed with an "" are local and offer online virtual visits, groups, or consultations.*

PRENATAL AND POSTPARTUM EMOTIONAL SUPPORT

Snohomish County Crisis Line 425-258-4357

Perinatal Support Washington warm line. Toll free 1-888-404-7763

***Providence Behavioral Health Urgent Care** 425-261-4210. Located in the Providence Medical Office Building, 1330 Rockefeller Ave., Ste. 140.

The multidisciplinary team includes psychiatric nurse practitioners, a social worker, a substance use disorder professional, and peer counselors. They provide psychiatric consultation, medication if needed, and bridging to community partnerships and services. The goal of the clinic is to address immediate behavioral health needs and help connect patients to providers in the community for ongoing care. The clinic will accept walk-in behavioral health patients Monday-Friday, 10 a.m.-5 p.m. Patients are seen on a first-come, first-served basis. No appointment is necessary.

Private therapists:

- If you have health insurance, ask your insurance company for referrals to preferred or in-network providers that treat perinatal or other issues.
- Perinatal Support Washington: visit <https://directory.perinatalsupport.org/therapist> or call their Warm Line for support and referrals at 1-888-404-7763
- Psychology Today: visit www.psychologytoday.com and search under Pregnancy, Prenatal, Postpartum, and your zip code.

Open Path Psychotherapy Collective www.openpathcollective.com is a resource for people who are underinsured, or who want to avoid billing insurance. The lifetime joining fee is \$59, after which counseling is offered at a reduced rate. Members search by zip code and specialty for providers in this network.

***Compass Health** 425-349-8200. Open Access walk-in appointments for screening available at several locations. Compass is the main provider for Medicaid in our County, offering individual and group psychotherapy for men and women with mental health and adjustment issues, including postpartum mental health. In crisis? Call their Care Crisis line 1-800-584-3578.

Compass Health – Everett Clinic

3322 Broadway, Everett, WA 98201

Phone: 425-349-6800

Compass Health – Lynnwood Clinic

4807 196th St SW, Lynnwood, WA 98036

Phone: 425-835- 5850

Domestic Violence Services offers temporary shelter and assistance in emergency situations. Call their 24-hour hotline 425-252-2873 for information and help.

INFANT MENTAL HEALTH (BABY-CAREGIVER DYAD) COUNSELING:

Center for Human Services 206-362-7282. Infant-Early Childhood Mental Health for children 0-5 and their caregivers. Medicaid accepted. Home visiting. www.chs-nw.org

ChildStrive

425-245-8377 for families with children ages 0-3 enrolled in Early Intervention Services.

425-535-5734 for families with children ages 0-8 who are connected to services at the Casino Village.

***Snohomish County Music Project.** 425-258-1605. Music YoUGROW is a music therapy program that supports parents and their young children in forming and maintaining healthy attachments during dependency. A board-certified music therapist will lead shared musical activities that support your child's social-emotional development, as well as their growing relationship with you as their parent. In music therapy, you will: Learn songs and musical cues to help calm your child in times of stress, connect with your child through back-and-forth musical games and instrument play, pass positive messages to your child through personalized lullaby writing, practice musical responsiveness that helps your child feel heard, understood, and loved, and create a personalized song to sing to your child. <http://scmusicproject.org/>

Parent Support Groups:

Mothering the Mother Therapist-led support group for pregnant and postpartum women with children up to 4 years of age. Mountlake Terrace. Group meets every Wednesday 6:30-8:00pm. Contact: Darla Greico at 425-341-3552 for more information.

***New Moms Peer Support Group** at Pregnancy Resource Center of Snohomish County. Email Serena@expectingmiracles.com for current meeting information. Meeting every 2nd and 4th Thursday of the month 10:30-Noon. This is a drop-in group for mothers and their under 1 year old babies, with a focus on postpartum mental health. Currently pregnant mothers welcome. Attendees earn points for the onsite baby boutique. 4310 Hoyt Ave, Everett 425-366-7567 <https://expectingmiracles.com/>

Spanish-speaking pregnant and parenting moms [Not currently meeting] 360-653-1742. Support group meets every 3rd Wednesday of the month at 10:00am, except for December at Sea Mar Community Health Center: 9710 State Avenue, Marysville. Open to the community at large. NOTE: Any mother attending the Sea Mar group can receive a 15 point card for the Pregnancy Resource Center Boutique. And for those attending Sea Mar's childbirth education classes, they may receive an 80 point card.

***PEPS (Program for Early Parenting Support)** 206-547-8570. Social support groups to new parents, groups meet for 2 hours for 12 consecutive weeks and options for both daytime groups where one parent attends and evening groups for couples to attend together. Now forming groups in Snohomish County, sliding scale pricing available to all participants, no income verification needed. www.peps.org

***La Leche League** - (360) 805-4135. Breastfeeding support program for mothers and support persons. <http://lllwa.org/>

***HOME VISITING PROGRAMS:**

Parents as Teachers (ChildStrive) 425-245-8377. County-wide home visiting parenting support for pregnant or parenting people. Foster parents and kinship care providers welcome. Receive help in identifying postpartum mood disorders, building attachment with your child, supporting young children's development, and achieving family stability.

Healthy Start (Northshore Youth and Family Services). 425-485-6541. Parents as Teachers home visiting for parents up to age 24, who are pregnant or are parenting a child younger than 12 months at the time of engagement. Parent support groups and help with baby essentials.

Early Head Start through Snohomish County Human Services. 425-388-6439. Home visiting parenting support for underserved families in Arlington (Stanwood), Marysville, Granite Falls & Sultan (Lake Stevens) School Districts. Receive help in promoting attachment, brain development, and setting goals for economic stability.
www.snohomishcountywa.gov/545/Early-Head-Start.

Early Head Start through Edmonds Community College. 425-712-9000. Same program as above, serving Edmonds, Mukilteo, Everett and Monroe School Districts.
www.edcc.edu/birthtofive

Nurse Family Partnership (ChildStrive). (425) 353-5656. Personal nurse for first time mothers. Enroll by 28 weeks of pregnancy and receive support during pregnancy and for two years postpartum. Nurses bring information about health, nutrition, and wellness in addition to parenting, and emotional adjustment to parenthood. <https://childstrive.org/programs/nurse-family-partnership/>

***Maternity Support Services (MSS) and Infant Case Management (ICM) Services**

Sea Mar Community Health Centers – Everett Clinic

1920 100th Street SE, Building B, Everett WA 98208

Phone: 425-312-0204

Fax: 425-312-0263

Provides MSS and ICM services in the clinic, home, and alternate locations

Sea Mar Community Centers – Marysville Clinic

9710 Stave Avenue, Marysville WA 98270

Phone: 360-657-3082

Provides MSS and ICM services in the clinic, home, and alternate location

Sea Mar Community Health Centers – Monroe Clinic
17707 West Main Street, Suite 100, Monroe WA 98272
Phone: 360-282-3896
Fax: 360-863-3098

Provides MSS and ICM services in the clinic, home, and alternate locations

Sea Mar Community Health Centers – Monroe Clinic
909 Main Street, Monroe WA 98021
Phone: 360-282-3896
Fax: 360-282-3886

Provides MSS and ICM services in the clinic, home, and alternate locations; also offers MSS group services in the office

Step by Step

Phone: 253-896-0903
Fax: 253-896-1123

Provides MSS and ICM services in the home and alternate locations

NAPS Doulas Trained individuals who provide information, emotional support, and practical care for a family in the time following childbirth. (206) 956-1955 or email referrals@napsdoulas.com

Traumatic Childbirth Resources:

ICAN International Caesarian Awareness Network, Seattle Chapter. Meet on the 2nd Monday of each month, 7:00-9:00pm, One Life Community Church in Northeast Seattle. 3524 NE 95th St. Seattle WA 98115. Free parking adjacent to the building; Enter at the doors on the south side of the building along 95th street.

Infant Loss Resources:

Journey Program, Seattle Children's. Infant loss support groups for anyone who has lost a baby later in pregnancy, and groups for those who have lost older children. (206) 987-2000. Seattle.

Return to Zero. Guidance for bereaved parents, help in finding community, accessible resources, and empowering videos. www.bit.ly/RTZonYouTube

Recovery Resources:

Swedish Ballard Addiction Recovery Services Unit- Chemically Using Pregnant Women (Family Education and Lactation Support). 206-781-6209

Evergreen Treatment, Women's and children's residential program for chemical addiction recovery. 425-258-2407. 2601 Summit Ave, Everett.

Ideal Option Medication-Assisted Treatment for opiate dependency. 360-200-6756.
www.idealoption.com/clinics/everett.

THS (Therapeutic Health Services)- 425-347-5121. Medical and mental health supports for chemical addictions, youth wraparound services, and weekly sport group for mothers in recovery. 9930 Evergreen Way, Bldg. Z150, Everett, WA 98204.

Foster Care or Adoption Emotional Support:

Homeward House 425-770-9240 offers supports to families who are impacted by opiates and other substances, and face separation due to child welfare dependency. Services include connection to a Parent Ally for support through the Court process, a safe supervised visitation center, connection to medication-assisted treatment and other substance abuse treatment options, parenting groups, and help in meeting housing and other family stabilization needs. 3701 Broadway, Everett 98201.

The Adoptions Connection. Resources by and for adoptive parents. Parent coaching, referrals, podcasts. www.theadoptionconnection.com

Amara. amaraputskidsfirst.org/programs-initiatives/post-adoption-support/

A Post-Adoption program works to ensure that adoptees and those who love them receive support in order to promote stability and fulfilling family relationships.

CHERISH® Early Intervention, Infant Mental Health for children 0-3 and their foster families, and birth parents. In Pierce, King, and Snohomish Counties.

Wonderland (South Snohomish) 206-364-3777

Kindering (East Snohomish) 425-653-4321 cherish@kinding.org

Additional Online Resources:

Postpartum Support International: <https://www.postpartum.net/>

Perinatal Support Washington: <https://perinatalupport.org/>

2020 Mom: <https://www.2020mom.org/>

NEAR Collaborative: <https://citymatchnear.org/>

Self Help Workbook for Post-natal Depression: <https://maternalmentalhealthalliance.org/wp-content/uploads/Self-help-workbook-post-natal-depression.pdf>

For Providers:

Perinatal Psychiatric Consult Line. The consultation line provided by Perinatal Support International is available only for medical professionals who have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning. The Perinatal Psychiatric Consult Line is staffed by psychiatrists and specialists in the treatment of perinatal mental health disorders. The service is free and available by appointment. Call 1-877-499-4773 or visit <https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

Social Workers Toolbox: For free information for clients on managing depression, download <http://www.socialworkerstoolbox.com/managing-depression-self-help-skills-resource-women-living-depression-pregnancy-delivery-beyond-workbook/>