



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 Diedesch MA, LMHC, CMHS
Little Mountain Counseling
325 Pine Street, Mount Vernon, WA
(360) 399-0771, addelle.diedesch@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

THERAPISTS WITH EXPERIENCE/INTEREST IN PERINATAL SUPPORT

Rene Knoles, LMHC, SUDP
Coastal Counseling Services, Carnation Building
117 North 1st Street, Mount Vernon, WA
(360) 233-8660
www.psychologytoday.com/us/therapists/coastal-counseling-services--mount-vernon-wa/832572
Private insurance, Amerigroup, CCC, CHPW

Marla Johns, MS, MHP, LMHC
Skagit Counseling Center
1420 Roosevelt Avenue, Suite 2, Mount Vernon, WA
(360) 524-3577, marlajohns.counseling@gmail.com
<https://skagitcounselingcenter.com>
Fee-based, no insurance billing, can provide "super bill" to submit to insurance

Betsy Otterson, MSW, LICSW, CMHS
Betsy Otterson Counseling
720 Main Street, Suite 224, Mount Vernon, WA
(360) 631-8050, ottersoncounseling@gmail.com
www.betsyottersoncounseling.com
Private insurance, Medicare

Erin Welsh, MA, LMHCA
Hope Clinic Behavioral Health, LLC
1809 Commercial Avenue, #205, Anacortes, WA
(360) 202 - 3605
<https://erinwelshlmhc.wixsite.com/mysite>
Fee-based, no insurance billing, can provide "super bill" to submit to insurance

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)

COUNSELING AGENCIES

Compass Health
110 South 2nd Street, Mount Vernon, WA
(360) 419-3500
Private Insurance, Medicaid

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

HOME VISITING SERVICES

Individualized information and support that comes to you at home 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

Parents as Teachers (PAT)

Promotes healthy child development, problem solving skills, and support networks for families with children zero to three years. Spanish-speaking providers available. (360) 428-6622

Early Head Start

Home Visiting from pregnancy to age three. Child development curriculum activities to support healthy development and learning. Interpreters available. (360) 416-2588

New Parent Support Program

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

LACTATION/INFANT FEEDING SUPPORT

Skagit Breastfeeding Coalition

skagitbreastfeeding.org/resources/
A resource directory of local lactation/infant feeding support services.

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:
<https://thefirstclinic.org/>

PARENT SUPPORT GROUPS

Support groups can help with the every day and emotional challenges of pregnancy, postpartum, and new parenthood.

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.

From Expecting to the Unexpected!

Group support related to the joys and challenges of parenting. Facilitated by T. Addelle Diedesch, MA, LMHC, CMHS and Janna Uffelman RN, BSN. Learn more at www.littlemountaincounseling.com (360) 399-0771 or addelle.diedesch@gmail.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

PERINATAL LOSS

Parent Support of Puget Sound: psfpugetsound.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.

ONE-ON-ONE PEER SUPPORT

Peer support is available by text, phone, or video chat at time convenient for you.

Nurture NW supports people during the early transition to parenthood. They match any parent who is between their third trimester and six months postpartum with a mentor who provides text-based one-on-one peer support. No cost to participate. Learn more at www.nurturenw.org.

The EMBERcenter offers a free peer support program during pregnancy and your child's first three years. Peer providers are local moms trained to be there for you during the inevitable challenges of pregnancy and parenthood. Sessions can happen over text message, phone, or video chat during days and times that work for your schedule. For more information, contact (360) 650-7535 or embercenter@gmail.com.

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.

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.

NO COST THERAPIES AND WELLNESS

DONA International-Doulas of North America

Find a trained professional who provides physical and emotional support to mothers before and after childbirth. Check with your hospital to see if there are volunteer doulas.

www.dona.org.

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

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.

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

<https://my.ideoption.org/>

Perinatal Harm Reduction Home

www.perinatalharmreduction.org

In-patient treatment for pregnant people with SUD

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

Parent/Child Assistance Program (PCAP)

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

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

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)
<https://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.
ppcl@uw.edu or 877-725-4666 (PAL4MOM)
<https://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)