

Postpartum Resources

I would like to speak to someone as soon as possible	<p>Crisis Lifeline: 988</p> <p>2-1-1 King County: Community resource line wa211.org/ (outside of King County call 911)</p> <p>Warm Line: 877-500-WARM (9276); offered everyday 9am to 10pm; peer support for people living with emotional or mental health challenges</p>
My personal support system	<ol style="list-style-type: none"> 1. Your OB or Primary Care Provider 2. 3.
Local hospital resources	<p>Evergreen: (425) 899-3600 www.evergreenhealth.com/postpartum-distress Support Group: <i>This is Not What I Expected</i> - provides emotional care for new mothers and families experiencing postpartum distress</p> <p>Swedish Center for Perinatal Bonding and Support: (206) 320-7288 www.swedish.org/locations/first-hill-campus/center-for-perinatal-bonding-and-support</p> <p>Overlake Hospital: (425) 688-5389 www.overlakehospital.org/services/parent-baby-care-center/postpartum-services Support Group: <i>Balance After Baby</i> (425) 688-5259 Drop-in support groups</p>
Mental health providers	<p>To find a provider:</p> <ul style="list-style-type: none"> • Contact your employee assistance program • Contact your insurance company • Search Psychology Today: psychologytoday.com <ul style="list-style-type: none"> ◦ Search for providers by state or local area, insurance, type of provider, or by “postpartum depression” or “postpartum anxiety” <p>Youth Eastside Services (YES): (425) 747-4937 youtheastideservices.org/services/</p> <ul style="list-style-type: none"> • Up to 22 years old <p>Eastside Psychological Associates: (425) 458-5048 eastsidepsychologicalassociates.com</p> <p>Sound Mental Health (King County): (206) 302-2300 sound.health/</p> <p>Compass Health (Snohomish County): (844) 822-7609 compasshealth.org/</p>
Websites and local support groups	<p>PEPS - Adjusting to Parenthood: Support group that offers additional support for the emotional changes and challenges of adapting to parenthood</p> <ul style="list-style-type: none"> • peps.org/ <p>Listening Mothers: A community of mindful parenting course to strengthen parenting skills</p> <ul style="list-style-type: none"> • communityofmindfulparenting.com/classes/listening-mothers/ <p>Postpartum Support International: Access to various support options</p> <ul style="list-style-type: none"> • postpartum.net <p>Washington State Postpartum Support: Searchable support groups by city</p> <ul style="list-style-type: none"> • perinatalsupport.org <p>Baby Blues Connection: Access to various resources and support options</p> <ul style="list-style-type: none"> • babybluesconnection.org/
Books	<p><i>This Isn't What I Expected</i> by Karen Kleiman & Valerie Davis Raskin</p> <p><i>The Postpartum Survival Guide</i> by Lynne Johnson, Paul Meier, & Todd Clements</p>