



## Postpartum Resources

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