

Postpartum Resources

<p>I would like to speak to someone as soon as possible</p>	<p>Crisis Clinic: 866-4CRISIS, crisisclinic.org, 24 hours (interpreters available)</p> <p>2-1-1 King County: Community Resource Line, Live Chat (M-F, 10 a.m. – 4 p.m.) or 800-621-4636 (M-F, 8 a.m. – 6 p.m.). Outside of King County call 9-1-1</p> <p>Warm Line: 877-500WARM (W-Su, 5 – 9 p.m.). Peer support for people living with emotional or mental health challenges</p>
<p>My personal support system</p>	<ol style="list-style-type: none"> 1. Your OB or Primary Care Provider 2. 3.
<p>Local hospital resources</p>	<p>Evergreen: 425-899-3602, www.evergreenhealth.com/postpartum-distress Support Group: “This is not what I expected” provides emotional care for new mothers and families experiencing postpartum distress</p> <p>Swedish/Providence: 206-320-7288 Swedish Center for Perinatal Bonding and Support www.swedish.org/services/pregnancy-and-childbirth/mom-baby/moms-health/postpartum-depression</p> <p>Overlake: 425-688-5389 https://www.overlakehospital.org/treatment-program/postpartum-care-support Support Group: Balance After Baby 425-688-5259 Drop-in support group for women struggling with their new roles as mothers</p> <p>UW/Valley Medical: 206-598-4628</p>
<p>Mental health providers</p>	<p>Youth Eastside Services (YES) 425-747-4937 Eastside Psychological Associates 425-458-5048 Sound Mental Health (King County) 206-302-2300 Compass Health (Snohomish County) 844-822-7609</p> <p>To find a provider:</p> <ul style="list-style-type: none"> • Contact your employee assistance program • Contact your insurance company • Search Psychology Today: www.psychologytoday.com <p>Search for providers by state or local area, insurance, type of provider, or by “postpartum depression” or “postpartum anxiety”</p>
<p>Websites and local support groups</p>	<p>PEPS - Adjusting to Parenthood: Support group that offers additional support for the emotional changes and challenges of adapting to parenthood www.peps.org/programs/postpartum-support</p> <p>Listening Mothers – a community of mindful parenting course to strengthen parenting skills www.communityofmindfulparenting.com/programs-listening-mothers.html</p> <p>Postpartum Support International – access to various support options www.postpartum.net</p> <p>Washington State Postpartum Support – 888-404-7763, searchable support groups by city at perinataalsupport.org</p>
<p>Books</p>	<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>