

RESOURCE & REFERRAL GUIDE

Community resources for pregnant and postpartum families in Pierce County, WA

FREE SUPPORT LINE: 1-888-404-7763 (PPMD)

Perinatal Support Washington's warm line offers free telephone support- talk to a mother whose been there or a licensed therapist. Leave a message and we will call you back within 24 hours.

NEW PARENT GROUPS

Support groups can provide support for moms experiencing the everyday challenges of new parenthood and those experiencing postpartum emotional challenges.

Balance After Birth

2nd and 4th Thursdays 9:30-11
Children up to 3 welcome.
Integrated Therapy Services
Northwest. (253) 460-7248
www.childtherapynow.com 6004 N
Westgate Blvd., Suite 180, Tacoma.

Balance After Birth for Women of Color

Thursdays 10-11:30am at St. Clare
WIC Clinic Bridgeport Center. Babies
up to 12 months welcome. Contact
Linda White at 253-588-9597.

Hope Circle, Gig Harbor

2nd and 4th Wednesdays 6:30-8:30pm
11505 Burnham Dr. Gig Harbor, WA
www.kitsaphopecircle.org. Babes in
arms in welcome.

Breastfeeding support group. Le

Leche League North Tacoma and
Parkland. Shannon (253) 376-6627,
Becca (253) 365-1172, Betty (253)
539-1209. lloftacoma@gmail.com
www.llofwa.org/la-leche-league-south-king-and-pierce-counties

MOMS (Moms Offering Moms Support) Club

Support, activities and service
opportunities for at home moms.

- MOMS Club of DuPont
www.momsclubofdupont.org/
- MOMS Club of Tacoma
www.momscluboftacoma.org/

MOPS (Mothers of Preschoolers, birth to Kindergarten)

For moms of newborns through
kindergartners. There are multiple
locations in Pierce County, to find the
group closest to you use the search tool on
their website: www.mops.org/groupsearch/

COUNSELING & THERAPY

Sarah Atchison, LMFT
Integrated Therapy Services NW
PLLC. (253) 460-7248. Pregnancy and
postpartum counseling. Accepts
private insurance and Molina.
www.childtherapynow.com 6004 N
Westgate Blvd., Suite 180, Tacoma,
WA

Multicare Good Samaritan
Behavioral Health. (253) 445-8120.
Counseling and medication
management. Accepts Medicaid and
private insurance. 325 East Pioneer
Avenue, Puyallup, WA.

Alyssa Hagmann, LMFT
2205 N. 30th St. Suite # A
Tacoma, WA 98403. (253)254-6681
www.alyssahagmann.com
Private Insurance and some Medicaid.

Teresa Eltrich-Auvil, LMFT
105B W Main #105
Puyallup, WA 98371. (253)3106226
www.picketfencetherapy.com
Private insurance only, Medicaid soon.

MEDICATION PRESCRIBERS

Virginia Buccola-Tournay, DNP,
ARNP. (253) 448-3598. Family
Psychiatric Mental Health Nurse
Practitioner in private practice
providing psychotherapy and
medication consultation and
management. Ginni.bt@gmail.com
720 6th Ave., #101, Tacoma, WA

TELEPHONE SUPPORT

You may want to talk with someone today.

Perinatal Support WA free warm line
1-888-404-7763 (PPMD) offers free
telephone. We can help find ways to
start feeling better today and provide
resources in referrals in Washington.

Postpartum Support International's
warm line (English and Spanish).

1-800-944-4773(4PPD). A volunteer
will return your call and give you
information, encouragement, and
names of resources near you.

Parent Trust of Washington Parent
Support Line, 1-800-932-4673, M-F 9
am-5 pm. Parents and caregivers can
contact the helpline coaches for
individualized support, information and
referral; parenting education and
techniques; and assistance with stress
reduction and advocacy.

CONTACTING A NEW PROVIDER

Creating your own care plan can be
difficult. Enlist a friend or family member
to help you, and feel free to call
Perinatal Support Washington's warm
line for help creating an individualized
care plan.

Locating a new provider can be
challenging. While it is important to feel
comfortable with a provider, stick to
discussing logistics at first. Once you
know they take your insurance and
have appts available then you can
share a little more about your story and
see if they are a good fit for you.

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?
- What is your experience working with women of color?
- Can I bring my baby?
- Can I bring someone else (partner, parent, friend) to the session with me?
- When is your soonest appt?
- Do you do phone appointments? (Note that insurance often won't cover this)

SUPPORT AT HOME

It may help to have a support person at home with you and your baby to offer help with the baby or chores or just to listen.

Northwest Association for Postpartum Support (NAPS)

www.napsdoulas.com

NAPS' mission is to provide nurturing doula care for all mothers and families after birth. Call the Doula Referral Line to help find a doula near you- Washington State: (206) 956-1955

DoulaMatch

doulamatch.net/

Searchable database of birth and postpartum doulas. Includes doula availability, verified credentials, contact information, and testimonials.

COMPLEMENTARY THERAPIES & WELLNESS

SourceYoga. (253) 756-8066.

Postnatal yoga, gentle strength building and stretching. Infants and crawlers welcome.

info@sourceyogaonline.com

<http://www.sourceyogaonline.com>

2712 N 21st St. Suite A, Tacoma, WA

Nicole Howard, LMP, Essential Healing Massage and Birth Doula Services. (253) 380-3697.

info@sumnermassage.com

<http://www.sumnermassage.com>

15324 Main Street East, Suite B, Sumner, WA.

SPANISH RESOURCES

Apoyo de PSI para las familias hispanoparlantes. PSI International warm line. 1-800-944-4773(4PPD), #1.

Llame al número de teléfono gratuito para obtener recursos, apoyo e información gratuita. Déjenos un mensaje y un voluntario le devolverá la llamada.

Este es un número gratuito al que puede llamar cualquiera para obtener información básica, apoyo y recursos. Los mensajes son contestados todos los días de la semana. Usted puede dejar un mensaje confidencial y una voluntaria le contestará tan pronto como sea posible. Si usted no puede hablar cuando la voluntaria le devuelva la llamada, pueden encontrar otra hora para hablar. La voluntaria le dará información, apoyo y nombres de recursos cerca de usted.

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the 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

Pierce County Crisis Line

(800) 576-7764 or TDD (253) 798-4349. 24 hours a day/seven days a week speak to a mental health professional trained to support individuals and families who are overwhelmed and need assistance.

National Suicide Prevention Lifeline: 1-800-273-8255

Get connected with a skilled, trained crisis counselor at a crisis center in your area 24/7

ONLINE RESOURCES *Online resources can be helpful when leaving the house is hard, but it can be hard to find accurate information. These are our trusted resources.*

Postpartum Progress- www.postpartumprogress.org

Information and inspiration for parents. Private online forum:

www.smartpatients.com/partners/postpartumprogress

Postpartum Support International- www.postpartum.net

Information and resources for families and professionals.

Weekly online support group at www.postpartum.net/psi-online-support-meetings/

Dads monthly chat w/ an expert. Spanish Resources.

Closed facebook group for mothers- moderated by professionals.

<https://www.facebook.com/groups/25960478598/>

PPD Support live PPDChat- <http://postpartumdepression.yuku.com/>

Offers online, moderated discussion forums about perinatal mood and anxiety disorders.

DADS- www.postpartumdads.org Help for dads and families by providing first-hand information and guidance through the experience of PPD.

ICAN International Cesarean Awareness Network- <http://www.ican-online.org/>

ICAN South Sound Facebook group can provide support and local information, periodic in person meetings in Pierce Co.

Solace for Mothers- online support community for traumatic birth

<http://www.solaceformothers.org/communities.html>

Medication and pregnancy and Breastfeeding-

Infant Risk Center- <http://www.infantrisk.com/>

UppityScienceChick.com- easy to read printouts on medication and med alternatives for postpartum depression.