



# 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](mailto: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](mailto:addelle.diedesch@gmail.com)  
[www.littlemountaincounseling.com](http://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](mailto:michelle@mobilemamatherapy.com)  
[www.mobilemamatherapy.com](http://www.mobilemamatherapy.com)  
Private insurance, Molina

**Amy Begnal, EdS, LPC, LMHC**  
Anacortes Psych & Wellness  
902 7th Street; Suite 202  
Anacortes, WA 98221 (office in The Holding Space)  
(360) 841-5002 x 505. In person and virtual visits.

## 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)

## THERAPISTS WITH EXPERIENCE/INTEREST IN PERINATAL SUPPORT

Many therapists have experience with and/or interest in perinatal mental health. [www.psychologytoday.com](http://www.psychologytoday.com) has a provider directory that may be helpful.

Try searching by zip code and then select the filter "Pregnancy, Prenatal, Postpartum"

## 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:  
[thefirstclinic.org](http://thefirstclinic.org)

## COUNSELING AGENCIES

**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](mailto: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](mailto: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

## ONE-ON-ONE SERVICES

Individualized information and support that comes to you at home/in office 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](http://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

### New Parent Support Program

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

## PEER SUPPORT

### Parent Resilience Program

**Perinatal Education & Resilience Collaborative (PERC):** culturally matched services at no cost by specially trained peers to help support you during pregnancy, and up to two years postpartum in your emotional wellness journey. Support includes emotional, goals, advocacy, and connection to resources. Services available in person, text, or phone.

To sign up or refer: [perinatalsupport.org/peer-support-program](http://perinatalsupport.org/peer-support-program) or call 1-888-404-7763. Services are free of charge and available in Spanish and English

## SUPPORT AND WELLNESS

### Birth and Postpartum Doula

Birth doula are professionals who provide physical and emotional support during pregnancy and birth. Postpartum doula provide support in your home after the baby arrives. Many doula offer a sliding scale. To search for a local doula, go to [doulamatch.net](http://doulamatch.net)

**Doula are covered under your Apple Health Medicaid plan. To find a doula covered by your insurance go to:**

[fortress.wa.gov/hca/plfindaprovider](http://fortress.wa.gov/hca/plfindaprovider)  
Search for "doula" under provider

**Support for travel/housing if your baby is transferred to a hospital out of Skagit County:** NW Regional Council on Aging- 1-800-860-6812

**Free Wellness Plan Template** to keep track of your recovery plan. [www.perinatalsupport.org/for-parents/#resources](http://www.perinatalsupport.org/for-parents/#resources)

## LACTATION/INFANT FEEDING SUPPORT

### Skagit Lactation Coalition

A resource directory of local lactation/infant feeding support services. [skagitlactationcoalition.com](http://skagitlactationcoalition.com)

## PREGNANT AND PARENTING WITH SUBSTANCE USE DISORDER

### Didgwalic Wellness Center Services

8212 S. March Point Road, Anacortes, WA  
(360) 588-2800, [didgwalic.com](http://didgwalic.com)

### Ideal Option

[my.ideooption.org](http://my.ideooption.org)

### Perinatal Harm Reduction Home

[www.perinatalharmreduction.org](http://www.perinatalharmreduction.org)

### In-patient treatment for pregnant people with SUD

[www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/chemical-using-pregnant-women](http://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/chemical-using-pregnant-women)

### Brigid Collins Family Support Center Parent/Child Assistance Program (PCAP)

Support for pregnant or parenting women in their recovery with substance/alcohol use disorders. [www.brigidcollins.org/case-management](http://www.brigidcollins.org/case-management) (360) 428-6622

### Lifeline Connections

Mental health and substance use disorder programs  
[lifelineconnections.org](http://lifelineconnections.org)  
(360) 397-8246 (Ext. #33150)

### Family First Legal Advocates

Provides free support and legal representation to parents who have a new encounter with CPS.  
[familyfirstlegaladvocates.com](http://familyfirstlegaladvocates.com) (360) 815-2241

## CHILDBIRTH/PARENTING CLASSES

**Childbirth Education Series:** This five-week series is designed to prepare parents-to-be for the arrival of their new baby. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. (Class cost covered by Apple Health)

**Breastfeeding Matters:** This class is available to pregnant and postpartum women and their babies. Topics include getting started with breastfeeding and its benefits, breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcome and will be addressed.

**Family-Centered Cesarean:** This class describes the cesarean process and how your family can support you in your birthing journey.

**Grand-Parenting 101:** This class describes ways grandparents can offer support and assistance to a new family, whether they live close or faraway. Class will include detailed information on car seat safety, presented by a Nationally Certified Child Passenger Safety Technician.

To learn more, view dates and to register for any of the above programs please visit [islandhealth.org/classes](http://islandhealth.org/classes) or call (360) 299-4204

**HypnoBirthing® Childbirth Education Classes**  
Prepare for a calm and empowering birth!  
HypnoBirthing® is a comprehensive childbirth education course designed to guide you through deep relaxation, visualization, and effective breathing techniques. This course is ideal for expecting parents seeking a joyful, safe, gentle and informed birth journey. Both in-person and virtual classes available. To learn more, view dates and to register please visit [www.psychedupsuccess.com/work-with-jodie](http://www.psychedupsuccess.com/work-with-jodie) or call Jodie Solberg CHT: (425) 608-1867

**Prenatal Bonding (BA) with Jodie Solberg CHT:**  
Prenatal Bonding (BA) is a form of pregnancy support that uses a gentle, mindful approach offering parents the opportunity to connect at a deep level with their baby prior to birth through a pregnant mother's natural instincts and insights.  
To learn more, please visit [www.psychedupsuccess.com/work-with-jodie](http://www.psychedupsuccess.com/work-with-jodie) or call (425) 608-1867

**Car & Booster Seat Clinics:** Have your car or booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. Appointments required: [CarSeatsNW@gmail.com](mailto:CarSeatsNW@gmail.com)

## PARENT CLASSES AND CONNECTIONS

**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](http://theholdingspacebwc.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](http://www.mops.org/groupsearch)

**Library Story times-** Baby and toddler story times are available at your local library.

- **Sedro-Woolley:** [central.skagitcatalog.org](http://central.skagitcatalog.org)
- **Mount Vernon:** [www.mountvernonwa.gov/175/Library](http://www.mountvernonwa.gov/175/Library)
- **Burlington:** [www.burlingtonwa.gov/934/Library](http://www.burlingtonwa.gov/934/Library)
- **Anacortes:** [www.anacorteswa.gov/1025/Kids-Page](http://www.anacorteswa.gov/1025/Kids-Page)
- **Concrete:** [upperskagitlibrary.org](http://upperskagitlibrary.org)

**Play and Grow Group** is for parents/caregivers and their babies. Come find the support of other parents and Help Me Grow Nurses. For infants through 12mo old.

Thursdays: Spanish language: 9:30am

English language: 11am

United General Heartwood House  
2136 State Route 20, Sedro-Woolley  
For questions call: (360) 770-7743

**Brigid Collins Family Support Center Parenting Academy - Incredible Years Class**  
For parents and caregivers with babies 0-12 months old. Learn about your child's development and have support from peers. Check out the latest offering at: [parenting-academy.org/incredible-years-baby-group](http://parenting-academy.org/incredible-years-baby-group)

## PERINATAL LOSS

**Parent Support of Puget Sound:** [psopugetsound.org](http://psopugetsound.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](http://theholdingspacebwc.com).

**AJ's Place**  
A community for healing with infant loss and fetal loss. Support and resource assistance to navigate this challenging time.  
[ajsplace.org](http://ajsplace.org) or (360) 474-7419  
P.O. Box 851, Stanwood  
[hello@ajsplace.org](mailto:hello@ajsplace.org)

## 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](http://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.

### **Lantern (Previously 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.

## ONLINE INFORMATION AND RESOURCES

**Perinatal Support Washington** - [perinatalsupport.org](http://perinatalsupport.org)  
Information and resources for families.

**Postpartum Support International** - [postpartum.net](http://postpartum.net)  
Information and resources for families.

**Postpartum Progress** - [postpartumprogress.org](http://postpartumprogress.org)  
Blog and personal stories.

**Postpartum Dads** - [postpartumdads.org](http://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](http://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.

**MGH Perinatal Depression Scale (MGHPDS)**  
An app to screen for perinatal depression

**PSI Closed Facebook Group**  
[www.facebook.com/groups/25960478598](http://www.facebook.com/groups/25960478598)

**PSI Private Online Forum**  
[www.smartpatients.com/partners/postpartumprogress](http://www.smartpatients.com/partners/postpartumprogress)

**PPMD Support Group Chatroom**  
[www.tapatalk.com/groups/postpartumdepression](http://www.tapatalk.com/groups/postpartumdepression)

**Postpartum Progress** - [postpartumprogress.com](http://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.

## GENERAL RESOURCES

### **WIC –Supplemental Nutrition Program for Women, Infants, and Children**

- **Community Action**

[www.communityactionskagit.org](http://www.communityactionskagit.org)

(360) 416-7595

- **United General District 304**

[www.unitedgeneral.org](http://www.unitedgeneral.org)

(360) 856-2549

- **Swinomish WIC**

(360) 466-3167

This WIC clinic serves only individuals enrolled in or a descendant of a Federally Recognized Tribe

### **Department of Social and Health Services**

(basic food, TANF, child support, etc.)

[www.dshs.wa.gov](http://www.dshs.wa.gov)

### **Skagit Legal Aid**

[www.skagitlegalaid.org](http://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)  
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.  
pcl@uw.edu or 877-725-4666 (PAL4MOM)  
www.mcmh.uw.edu/resources

### **WSAM Yes We Can Addiction Consultation Line**

Provided by The Washington Society of Addiction Medicine (WSAM). They answer questions about perinatal substance use, including withdrawal management, initiating and titrating medications for substance use, pain management and whole person health strategies for birthing people, newborns and families. Monday - Friday from 8am-5pm PST 1-833-YesWeCan (1-833-937-9326) yeswecannw@gmail.com