

FREE PARENT SUPPORT LINE: Call or text 1-888-404-7763 (PPMD). Perinatal Support Washington's Warm Line offers warm, understanding and private support through our parent volunteers and trained staff. Answered Live 9 am-4:30 pm, Mon-Fri. All other times please leave a message and we will return your call within 12 hours.

PS-WA SPANISH WARM LINE: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. Ofrece comprensión y apoyo confidencial.

FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: <https://perinatalsupport.org/for-parents/#resources>

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



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 warmline for help creating an individualized care plan.

1-888-404-7763

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 (partner, parent, friend, doula) to the session with me?
- When is your soonest appointment?
- Do you do phone appointments or Tele-health (Note that insurance often won't cover this.)
- If you are a student, contact your school's counseling office.

Search for preferred providers on your insurance website or on www.psychologytoday.com.

THERAPISTS

Ancora Clinics - Auralee Jameson, MSW, BSN, RN, LICSW
360-472-9299 www.ancoraclinics.com
Perinatal mental health, grief and loss, EMDR

Guard Mental Health - Melissa Guard, LMHC
360-370-5441
www.guardmentalhealth.com
Couples counseling, perinatal mental health.

New Paths Counseling - Dolly Sundstrom, LMHC
425-248-5910 www.TakeNewPaths.com
Perinatal and postpartum mental health issues.

Turn the Tides - Brian Krembs, LMHCA. Perinatal supports for Dads. 360-317-3286

Wise Self Wellness - Rose Blair, LMHC
360-298-0811 www.wiseselfwellness.com
Couples counseling, grief counseling and perinatal mental health.

If you have insurance with a high deductible and need help with the cost of therapy contact the Joyce L. Sobel Family Resource Center and ask about the Community Wellness Plan, 360-378-5246.

COMPLEMENTARY THERAPIES AND WELLNESS

Island Mama Sleep Consulting
Sleep coaching and support for parents + ages 0-5
Contact: Mandy Baker 360-317-6713
mandy@islandmamasleepconsulting.com

Oasis Because We Care: Plan Madrinias: Free linguistic & culturally responsive support and advocacy for Mixtec women, during labor, delivery, and into the postpartum period.
Contact Spanish: Marcela Heubel-Suarez
Management@oasisbwc.org/360.941.3201
Contact in Mixteco: Josefina Vasquez/Madrina/360.873.3390

Wayfinder Wellness
Acupuncture, Massage, Tai Chi, Spiritual Counseling
Contact: wayfinderwellness@gmail.com
wayfinderwellness.com

Hidden Spring
Pregnancy loss support (during and after), in-home mother-centered postpartum care, HypnoBirthing classes, postpartum planning classes, birth doula.
Contact: Libby Valluzzi 206-913-1319
hiddenspringlopez@proton.me
hiddenspringlopez.com

Ashley Elaine: offering Women's Wellness Bodywork, including prenatal, postpartum, abdominal and breast massage.
Contact: Ashley Elaine Shenk 971-701-4035
www.ashleyelaine.me

COUNSELING AGENCIES

Compass Health Behavioral Health Clinic
520 Spring St., Friday Harbor, WA 98250
360-378-2669
Medicaid/Apple Health

Compass Health Recovery Navigator Program
Contact: Paul Berry, 360-362-9161
Medicaid/Apple Health

Mobile Mama - Online therapy, specializing in perinatal mental health
Medicaid/Apple Health, Molina
mobilemama.com (360) 393-5114

Perinatal Support Washington - online therapy, Medicaid/Apple Health, Lifewise, First Choice, Kaiser PPO, Regence and Aetna, and a sliding scale for out of network clients.
1-888-404-7763 www.perinataalsupport.org

PRIMARY CARE PROVIDERS & MEDICATION PRESCRIBERS

Friday Harbor Clinic
Heather Christensen, PA
Dr. Mark Fishaut, MD
Contact: 360-370-5971
235 Blair St., Friday Harbor, WA 98250

Eventide Health
Stacie Vilendrer, MD
Contact: 360-378-1338
232 A Street, #C3, Friday Harbor, WA 98250

Peace Island Medical
Contact: 360-378-2141
1117 Spring St. Friday Harbor, WA 98250

San Juan Island Midwifery (prenatal, postpartum care and home births)
Blythe Parker LM, CPM, BSM
Contact: 360-298-2429
235 Blair St. Friday Harbor, WA 98250
sanjuanislandmidwifery.com

Mt. Baker Planned Parenthood
Wellness and preventive care exams, cancer screening, STI testing & treatment, birth control
Contact: 877-714-1149
145 Rhone Street Friday Harbor, WA 98250
<https://www.plannedparenthood.org/>

Island Primary Care - Evan Buxbaum, MD MPH Pediatrics
7 Deye Lane Eastsound, WA 98245
P:360.376.2561

HOME VISITING SERVICES

San Juan County Health and Community Services

Growing Families San Juan Islands:

Free supportive services for all pregnant women and families with young children up to age 2 years. Services available in English and Spanish (via interpretive services).

Contact: Erin Schuldt, RN, BSN,
360-970-1761
erins@sanjuancountywa.gov

Women, Infants, and Children (WIC):

Access healthy food, nutrition education, and health screening and referrals.

Contact: Zoe Froyland, CHW,
360-370-7519
zoef@sanjuancountywa.gov

Joyce L Sobel Family Resource Center

Safe Care Home visiting Program: A specially trained Child Development provider can make up to twenty home visits per family, helping parents build skills that enhance home safety, child health and developmentally appropriate parent-infant-child interactions.

Yubi Schollmeyer, Early Learning Specialist,
Contact: 360-378-5246
yubis@jlsfrc.org.
Free to all families, services in English & Spanish.

LACTATION SUPPORT

Difficulty with breastfeeding is a big risk factor for perinatal mental health complications. If you're struggling with breastfeeding, reach out for help.

San Juan County Health and Community Services

Women, Infants, and Children (WIC) Program

Contact: Zoe Froyland, CHW
360-370-7519
zoef@sanjuancountywa.gov

WIC & Breastfeeding Peer Counselors

Contact: Candace Downey, CLC, CHW
360-298-5140
candaced@sanjuancountywa.gov

San Juan County 24/7 Lactation Line

San Juan Island +1 (360) 643-4039
Lopez (360) 298-5140
Orcas +1 (360) 298-5827
Spanish (360) 317-5989

PERINATAL LOSS

The Compassionate Friends

Peer-based support for anyone who has lost a child of any age.

www.compassionatefriends.org
compassionatefriends.org/chapter/friday-harbor-chapter
(360) 378-2760

PARENT SUPPORT GROUPS

Support groups can provide support for experiencing the everyday challenges of parenthood.

Serenity Now! Mom & Baby Circle

An in-person, drop-in, support group for pregnant moms and moms of babies under one-year. Childcare provided for older siblings.

Contact: Dolly Sundstrom, LMHC,
dolly@dollysundstrom.com.
Monthly, every 1st Thursday from 11:30 to 1:00pm at the 7th Day Adventist Church.
76 Gilbert Lane, Friday Harbor, WA 98250

Realities of Otherhood: A Group for dads and non-birthing parents. Connect, learn and grow together, Perinatal mental health education and support

Monthly, every 3rd Thursday of the month at 6pm at the JLSFRC, 476 Market St., Friday Harbor, WA
Contact: Tim Clark 360.378.5246, timc@jlsfrc.org

Joyce L. Sobel Family Resource Center:

JLSFRC offers multiple programs facilitated by a family support specialist for ages 0-3.

Contact and more information: 360-378-5246
jlsfrc.org
476 Market St., Friday Harbor, WA 98350

Find additional virtual groups at
www.perinatalsupport.org/parent-support-groups/

Baby Toddler Time

A story time and play group designed for caregivers with infants and toddlers. Free, no registration required. Sponsored by the San Juan Island Library and JLSFRC.

Postpartum Support International

PSI has many support groups for pregnant and birthing individuals.

<https://www.postpartum.net/get-help/psi-online-support-meetings>

CRISIS SERVICES

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

Compass Health Crisis Line

1-800-584-3578

Domestic Violence 24/7 Crisis Line: San Juan

360-378-2345

National Suicide Prevention Lifeline (24/7):

988

National Maternal Mental Health Hotline

1-833-TLC-MAMA (1-833-852-6262)

National Sexual Assault Hotline (24/7):

1-(800)-656-HOPE.

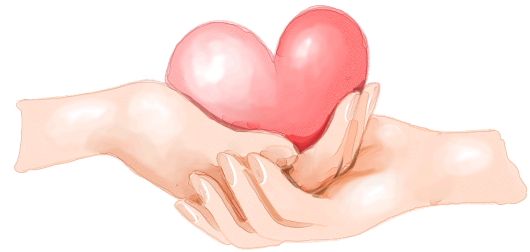
Washington State Domestic Violence Hotline (8AM - 5PM):

1 (800) 562-6025

StrongHearts Native Helpline

1-844-7NATIVE (762-8483)

For culturally matched care for domestic and sexual violence



TELEPHONE SUPPORT

Perinatal Support WA free Warmline

(English and Spanish)

(888) 404-7763 (PPMD)

Offers free phone and text support.

We can help find ways to start feeling better today and provide resources and referrals in Washington.

Answered Live

9:00 - 4:30 Monday - Friday.

All other times please leave a message and we will return your call within 12 hours.

Parent Trust of Washington Family Help Line

(800) 932-4673

Monday-Friday 9am-5pm.

Parents and caregivers can contact the helpline coaches for individualized support, information, and referrals; parenting education and techniques; and assistance with stress reduction and advocacy.

2-1-1

Resource connection for housing, transportation, employment, mental health, pregnancy and parenting support and substance use treatment. Call 2-1-1 and enter your zip code for local connection to resources.

ONLINE INFORMATION AND RESOURCES

Perinatal Support Washington. www.perinatalsupport.org.

Information and resources in Washington state.

American Academy of Pediatrics. www.perinatalsupport.org.

Information and resources in English and Spanish.

Postpartum Support International. www.postpartum.net.

Information and resources for families and professionals.

Postpartum Dads. www.postpartumdads.org.

Help for dads and families by providing first-hand information and guidance through postpartum depression.

ICAN International Cesarean Awareness Network.

www.ican-online.org.

ICAN South Sound Facebook group (<https://www.facebook.com/groups/ICANOnline/>) Provides on-line support.

UppityScienceChick.com/postpartum-depression.html. Easy-to-read printouts on medication and medication alternatives for postpartum depression.

MGH Perinatal Depression Scale (MGHPDS). Free App used to screen for perinatal depression.

Check App store.

Prenatal - healthy children.org: <https://www.healthychildren.org/english/ages-stages/prenatal/pages/default.aspx>

Contains some guidelines to help you with the most important pregnancy, childbirth, and parenting preparations.