



PERINATAL SUPPORT  
WASHINGTON



# RESOURCES & REFERRALS

## CLALLAM COUNTY

*Community resources for pregnant and postpartum families in Clallam County, WA*

**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

### DIRECT COUNSELING, THERAPY & HOME VISITING

*PROVIDERS LISTED HERE ARE NOT "SPECIALISTS" IN PERINATAL MOOD OR ANXIETY DISORDERS UNLESS NOTED. NOT AN EXHAUSTIVE LIST & WILL BE EXPANDED AS NEEDED.*

**Bogachiel Clinic** Rebecca Pfaff, MD. Specialty: Family medicine with Obstetrics. Accepts Medicaid, Medicare and private insurance. 551 Bogachiel Way, Forks.(360) 374-6271. [forkshospital.org/clinics-and-medical-offices](http://forkshospital.org/clinics-and-medical-offices)

**Lindsay Hood, LMHC.** 502 South Still Rd, Suite 102, Sequim. (360)797-3509. [lhoodlmhc@gmail.com](mailto:lhoodlmhc@gmail.com). Accepts private insurance or \$130 per session for cash payments. [hoodcounselingservices.com](http://hoodcounselingservices.com)

**Jamestown Family Health Clinic.** Offers Behavioral & Women's Health Services. Accepts Medicaid, Medicare & private insurance. 808 N 5th Ave., Sequim (360)683-5900

**Emily Landis, LICSW.** 113 S Eunice, Port Angeles & home visits. (360)215-3471. [emilylandiscounseling@gmail.com](mailto:emilylandiscounseling@gmail.com). Accepts Veterans Choice, Medicaid, sliding scale and private insurance.

**Lower Elwha Health Clinic.** Offers Behavioral Health Services. 243511 US HWY 101, Port Angeles. (360)452-6252 xtn.1 Accepts Medicaid/DSHS CNP, Medicare, Regence, Premera, Blue Cross, KPS, Champs and VA health insurance plans.

**My Choices/Obria Clinic.** Pregnancy centers in Port Angeles Sequim, Jefferson County and mobile center. (360)452-3300. Accepts Medicaid, United Healthcare, Regence, sliding scale/free.

**New Growth Counseling Services.** 430 E Lauridsen Blvd, Port Angeles, WA 98363. (360)457-1610. Organization of mental health therapists. Accepts private insurance & cash discounts. [office@thinknewgrowth.com](mailto:office@thinknewgrowth.com), [thinknewgrowth.com](http://thinknewgrowth.com)

**North Olympic Health Network.** Offers behavioral and women's Health Services. Accepts Medicaid & private insurance. 240 W. Front St, Port Angeles. (360)452-7891. [nohn-pa.org](http://nohn-pa.org)

**Olympic Peninsula Community Clinic.** Free behavioral health program includes counseling and limited medication management. New patients on Monday 1-4 pm. 819 Georgiana St, Port Angeles. (360)457-4431. [olympicpeninsulacommunityclinic.org/](http://olympicpeninsulacommunityclinic.org/)

### 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.

Locating a new provider can also 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.

**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 families 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 (Note that insurance often won't cover this.)

**Peninsula Behavioral Health.** Two locations: 118 E. 8th St, Port Angeles (360)457-0431. 490 North 5th Avenue, Sequim (360)681-0585. Private, nonprofit community mental health center. Accepts Medicaid, private Insurance, alternative payments and sliding scale. [peninsulabehavioral.org](http://peninsulabehavioral.org).

**Planned Parenthood.** Offers Women's Health Services. Accepts sliding scale, Medicaid and private insurance. 426 E. 8th St, Port Angeles. (800)769-0045. [plannedparenthood.org](http://plannedparenthood.org)

**The Caring Place. Pregnancy Resource Center.** 481 West E St, Forks. Accepts all patients, no insurance needed. (360)374-5010. [info@thecaringplace.org](mailto:info@thecaringplace.org).

**West End Outreach Services.** M. Linton Petersen, LMHC. West End Outreach Services. Offers Behavioral Therapy. Spanish spoken. Accepts Medicaid, Medicare, alternative payments & private insurance. 551 Bogachiel Way, Forks (360)374-5011

## DIRECT COUNSELING, THERAPY & HOME VISITING, CONTINUED

**First Step Family Support Center** - Offers parenting education, home-visiting programs, advocacy, support groups, and access to vital health and safety information and supplies. All programs are free or paid for by Medicaid. 323 & 325 E 6th St, Port Angeles. (360)457-8355. [firststepfamilysupportcenter.org](http://firststepfamilysupportcenter.org)

### First Step's Home Visiting Programs:

- **Infant Case Management.** Home-visiting program for parents with children two months to one year. May start program anytime up to 1 year. Provides advocacy, information, and referrals. Need to have Medicare eligibility.
- **Maternity Support Services.** Community health nurse, nutritionist and community health worker actively support women to encourage a healthy pregnancy and healthy birth outcome. Services are provided from beginning of pregnancy through child's first two months. Need to have Medicare eligibility.
- **Parents as Teachers.** Evidence based home visiting program, promoting healthy child development, problem solving skills, and healthy parent support networks for families with children newborn to 3 year old.
- **Parent/Child Assistance Program (PCAP).** Intensive case management model serving the highest risk women who are pregnant or parenting with alcohol and/or drug use disorders.
- **Supportive Parenting.** Intensive home visiting program helping parents with cognitive limitations, raise their children and help their children develop on target and thrive. Parents must have an open case with the Washington Developmental Disabilities Administration.

**Family Preservation Specialist/Incredible Years.** The Incredible Years® is a series of interlocking, evidence based programs for parents, children, and teachers. Port Angeles. Diana Velasco (360)461-2682. [incredibleyears.com](http://incredibleyears.com).

**First Step - Mothering Together Support Group.** Peer support group for new or expecting mothers. [firststepfamilysupportcenter.org](http://firststepfamilysupportcenter.org)

**NAMI/ Family to Family Support Group.** Support group for the family members and loved ones of those who experiences mental illness or depression. This group will help people understand what their family members or loved ones are going through and to learn ways to support them during difficult times. Co-ed group. Port Angeles and Sequim. (360) 452-5244

## SOCIAL SUPPORT, ACTIVITIES FOR MOTHER & BABIES/CHILDREN

**First Step Drop-In Center.** Safe place to find what you need for your family. Information and referrals, a children's play area, emergency diapers and formula, access to phones, computers, fax and copier, healthy snacks, and free children's books. Monday-Thursday 1-4 pm. 325 E. 6th St. Port Angeles

**First Step Kaleidoscope Play & Learn.** Parent and children play group. The play groups help demonstrate to parents they are their child's first and most important teacher, even during playtime. Groups in Port Angeles, Sequim, Brannon. [firststepfamilysupportcenter.org](http://firststepfamilysupportcenter.org).

**First Step Parenting Education Classes.** Parenting education series to help you enhance your relationship with your child. Childcare provided. Port Angeles. [firststepfamilysupportcenter.org](http://firststepfamilysupportcenter.org)

**Olympic Medical Center.** Olympic Medical Center is a medical organization located in Port Angeles and Sequim. Accepts Medicaid & private insurance. 939 Caroline St. Port Angeles. (360) 417-7652.

### Olympic Medical Center Programs:

- **New Family Services.** Breastfeeding consults and postpartum outpatient visits. RN/lactation consultants that do outpatient visits for new moms and babies. Accepts Medicaid & private insurance. (360) 417-7652
- **Birth Center.** Offers birthing and perinatal support classes. Accepts Medicaid & private insurance. (360) 417-7652
- **Children's Clinic.** Offers pediatricians and mental health therapists. Accepts Medicaid & private insurance. (360) 565-0999. Two locations: 433 E. 8th St, Port Angeles. 840 N. 5th Ave, Suite 2200, Sequim.
- **Women's Clinic.** Offers OB-GYN's, Certified nurse midwives and well-women care. Offers behavioral and women's health services. 433 E. 8th St, Port Angeles
- **Olympic Medical Center - Childbirth Education Classes.** Childbirth preparation classes, including newborn care and breastfeeding. Offered online only at this time. Accepts private insurance and Medicaid. (360) 417-7652

**Olympic Peninsula MOPS.** MOPS is a non-profit group of moms with kids age newborn-6 years. Join us for brunch, creative activities, relevant speakers, and a great supportive community. [mops.org/](http://mops.org/) or [facebook.com/MOPSOlympicPeninsula](https://www.facebook.com/MOPSOlympicPeninsula)

**Peninsula College Family Life Education.** Parenting education programs for families with young children. Each program offers developmentally appropriate learning activities for young children ranging in ages from birth to five years. Contact Kaylee Cammack (360)417-6496. 1502 E. Lauridsen Blvd, Port Angeles. <http://pencol.edu/FLE>

**The Caring Place (Forks Pregnancy Center)** - Childbirth education class. Classes held each Tuesday, for six weeks from 6:30-8:30 pm. Course offered 4 times a year. Spanish speaking classes also available. 481 W E St., Forks. (360) 374-5010. Leave a message during COVID. [thecaringplaceforks.org](http://thecaringplaceforks.org)

**Women, Infants and Children (WIC) Program.** WIC is a nutrition education, health promotion, and supplemental food program to assist eligible women, infants, and children with nutritional needs. [clallam.net/HHS/PublicHealth/wic.html](http://clallam.net/HHS/PublicHealth/wic.html). By appointment only. (360) 417-2275. Locations in Sequim, Port Angeles, Forks.

## HEAD START PROGRAMS

*Head Start & Early Childhood Services are focused on addressing the needs of families with children age five and younger. Additionally, they promote healthy prenatal outcomes, healthy family functioning, and strengthens the development of infants and toddlers.*

**Lower Elwha Head Start.** Accepts Medicaid/DSHS CNP, Medicare, Regence, Premera, Blue Cross, KPS, Champus, and VA health insurance plans. 291 Spokwes Dr., Port Angeles. (360)452-2587.

**Makah Early Head Start.** Free program. PO Box 115, Neah Bay. (360)645-2336.

**Olycap Head Start and Early Head Start.** 228 W. First St, Suite J, Port Angeles. (360)452-4726. [olycap.org/early-childhood-services](http://olycap.org/early-childhood-services).

**Quileute Tribal Head Start.** 8 By-Yak-Way, La Push. (360)374-2631. [quileutenation.org/education/head-start-program/](http://quileutenation.org/education/head-start-program/).

## ONLINE INFORMATION & RESOURCES

*Online resources can be helpful when leaving the house is hard. These are our trusted resources.*

**Every Mother Counts.**  
<https://www.everymothercounts.org/pages/about>. We educate the public about maternal health, engage individuals to advocate for the well being of mothers, and invest in community led programs to improve access to essential maternity care.

**Perinatal Mental Health Alliance for People of Color.**  
<http://www.postpartum.net/professionals/perinatal-mental-health-alliance-for-people-of-color/>

**Perinatal Support Washington.** [www.perinatalsupport.org](http://www.perinatalsupport.org). Information and resources for families and professionals in Washington state.

**Postpartum Collective.**  
<https://www.facebook.com/groups/postpartumcollective>. Fourth trimester education, planning and coaching.

**Postpartum Dads.** [www.postpartumdads.org](http://www.postpartumdads.org). Help for dads and families by providing first hand information and guidance through postpartum depression.

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

**Tyrese Coleman.** What it's like having PPD as a Black Woman.  
<https://www.buzzfeed.com/tyresecoleman/>.

## ONLINE SUPPORT

**First Step - Mothering Together Support Group.** Peer support group for new or expecting mothers. Group available online. [firststepfamilysupportcenter.org](http://firststepfamilysupportcenter.org)

**Postpartum Support International's Closed Facebook Group.** [www.facebook.com/groups/25960478598](http://www.facebook.com/groups/25960478598).

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

## LANGUAGE RESOURCES

**Pacific Postpartum Society** provides the option to translate its website into the following languages: Simplified Chinese, Traditional Chinese, Farsi, Punjabi, and Spanish.  
<http://postpartum.org/>.

**Perinatal Mood & Anxiety Disorders Resources in Other Languages.**  
<http://www.postpartum.net/resources/resources-in-other-languages/>.

**Perinatal Support Washington Spanish Warm Line: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763 (PPMD).** La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Proveemos referencias e información sobre recursos en tu comunidad. Deja un mensaje y te regresamos la llamada dentro de 12 horas.

## 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

**Clallam County Crisis Line:** 1-888-910-0416. Open 24/7. 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 hours a day/7 days a week.

