



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS

KITTITAS COUNTY

Community resources for pregnant and postpartum families in Kittitas 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. We can help you find ways to start feeling better today and provide resources and referrals in Washington. 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 (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.

MENTAL HEALTH PROVIDERS

Valley Psychological Services
509-968-5086

2109 W. Dolarway Road Ellensburg
www.valley-psych.com

Perinatal Support Washington Online Therapy
1-888-404-7763
<https://perinatalsupport.org/online-therapy/>
Accepts insurance & offers sliding scale.

Comprehensive Healthcare
509-925-9861, 707 N. Pearl, Suite K & E Ellensburg
509-674-2340, 309 E. 1st, Cle Elum
www.comphc.org

Charlie Health Virtual Therapy
1-866-671-5457
<https://www.charliehealth.com/intensive-outpatient-iop/maternal-mental-health>

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

Crisis Line of Kittitas County: 1-800-572-8122

National Suicide Prevention Lifeline (24/7): Dial 988

National Maternal Mental Health Hotline:
1-833-TLC-MAMA (1-833-852-6262)

Aspen Victim Advocacy Services:
(509) 925-9384 or toll free (866) 925-9384
Services in Ellensburg are FREE and CONFIDENTIAL

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

CONTACTING A NEW PROVIDER

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.

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

INTEGRATED BEHAVIORAL HEALTH

Integrated Behavioral Health combines mental health support and medical care in your doctor's office. You will need to establish care with a primary care provider at the clinic.

Kittitas Valley Healthcare
www.kvhealthcare.org

KVH Family Medicine-Ellensburg
509-933-8777
100 E. Jackson Avenue, Suite 301 Ellensburg

KVH Family Medicine-Cle Elum
509-674-5331
201 Alpha Way Cle Elum

Community Health of Central Washington
509-962-1414
521 E. Mountain View Avenue Ellensburg
www.chcw.org/chcw-ellensburg

PARENT SUPPORT GROUPS

Postpartum Park Ramble Join us for a walk outside with other new families moving through this parenting journey.

Every Tuesday at 10 AM
North Alder Street Park
2400 North Alder St. Ellensburg

Baby Club

Support group for mother with babies 0-2 years.
Childcare available, walk-ins ok.
[Click or scan to register](#)



Family Expressive Arts Support Group

Family wellness through creative art expression.
Free to families with babies 0-2 years.
[Click or scan to register](#)



Family Resource Center at CWU

Parenting classes and support groups, free resources (e.g., diapers, hygiene items, clothing). Open to community.
www.cwu.edu/academics/child-family/family-resource-center/family-services-resources

Perinatal Support- Washington (online)

Call for help getting connected to a virtual support group, (888) 404-7763 (PPMD)
www.perinatalsupport.org/parent-support-groups/

Postpartum Support International (online)

Support groups for a wide range of parenting experiences.
<https://www.postpartum.net/get-help/psi-online-support-meetings/>

The Ttáwaxt Birth Justice Center Women's Circle

Native led non-profit serving families on and near the Yakama Nation Reservation. 509-877-0908. <https://ttawaxt.org/>

SUPPORT FOR DADS

Perinatal Support Washington Warm Line

Call or text (888) 404-7763 (PPMD)
<https://perinatalsupport.org/parent-corner-dads-need-support-too/>

Washington State Father's Network

Contact Jeremy Lewis for details, jslewis2587@yahoo.com
www.fathersnetwork.org

Postpartum Support International

Call or text (800)-944-4773
<https://postpartum.net/get-help/help-for-dads/>

PERINATAL LOSS

KVH Pregnancy & Infant Loss Resources

<https://www.kvhealthcare.org/hospital-services/family-birthing/loss/>

LACTATION/ POSTPARTUM SUPPORT

Kittitas Valley Healthcare 4th Trimester Resource Center
Postpartum and lactation support is offered free of charge as a public health service to the families in our community.

Lactation Services 509-962-7388
Postpartum Support 509-933-7593
<https://www.kvhealthcare.org/hospital-services/family-birthing/4th-trimester/>

WIC-Women, Infants, and Children Nutrition Program.

Ellensburg Office 509-962-7077
607 E Mountain View Ave, Ellensburg
<https://doh.wa.gov/you-and-your-family/wic>

Nurturing Naturally Breastfeeding Support

Gloria Wright: 509-925-4387, home visits/ support group
Find them on Facebook [@nurturingnaturallyberg](https://www.facebook.com/nurturingnaturallyberg)

Carenet

509-925-2237, 111 E 4th Avenue Ellensburg
<https://www.caretellensburg.org/parenting-resources> †

FIND COMMUNITY RESOURCES

Life stressors can impact our ability to parent as effectively as we would like. If you need assistance finding resources to support your family, these organizations may be able to help.

Kittitas Valley Health Network

509-925-5246
info@healthierkittitas.org
www.healthierkittitas.org

HopeSource

509-925-1448
info@hopesource.us
www.hopesource.us/ellensburg

FISH Food Bank

509-925-5990
The Pantry is located at 804 Elmview Rd, Ellensburg
Groceries, diapers, birthday party supplies
www.kvfish.org/find-groceries/

Kittitas County Public Health Department

509-962-7515
507 N Nanum St Suite 102 Ellensburg
www.co.kittitas.wa.us/health/family/

Help Me Grow Washington

Central Washington Hotline 509-490-3009
www.helpmegrowwa.org

Early Head Start Programs- Seedlings Center

Serves children birth to three years of age, pregnant women and income-eligible families. 509-872-5132
<https://epicnet.org/programs/early-head-start/>

Parent Trust of Washington Family Help Line

1-800-932-HOPE (4673)
www.parenttrust.org

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