

# How Can We Help?

## Mental Health Providers

**New Hope Psychiatry**  
newhopenorthwest.com

**Mobile Mama Therapy\***  
Mobilemamatherapy.com

**Kendra Pasma**  
Kendrapasma.com

**Ingrid Robinson\***  
Ingridrobinsonlmhc.com

**Sea Mar Behavioral Health**  
360-734-5458

**PAL for Moms - UW Psychiatry**  
877-725-4666 (PAL4MOM)  
Consultation line for providers

**Dorcus Nung**  
dorcassung.com

**Clarissa Pearce**  
clarissapearce.weebly.com

**Answers Counseling\***  
360-255-7855

**Medicaid Access Line/VOA**  
888-693-7200

\*Specialist accepting  
Medicaid, contact for specifics

**Crisis Line**  
800-584-3578

**Crisis Chat Services**  
imhurting.org



## Steps to Wellness

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## Health Care & Social Service Providers

**Bellingham Center for Healthy Motherhood\***  
centerforhealthymotherhood.com

**Prenatal Care Provider:**  
OB/GYN, Midwife, or Family Practice MD

**Primary Care Provider**

**Community Support Programs**  
Maternity Support Services (MSS),  
Women, Infants, & Children (WIC),  
home visiting, case managers

**MGH Center for Women's Mental Health**  
womensmentalhealth.org

**Postpartum Stress Center**  
postpartumstress.com

## Peer Support

**Village Circle, Mama Café**  
Centerforhealthymotherhood.com

**Mending Baby Loss**  
mendingbabyloss.org

**Bellingham Technical College Parenting Education**  
btc.edu

**Brigid Collins Parenting Academy**  
brigidcollins.org

**Kaleidoscope Play & Learn**  
ccanorthwest.org

**Postpartum Support International**  
postpartum.net/psi-online-support-meetings/

**Perinatal Support WA Warm-Line**  
1-888-404-7763

**Perinatal Mental Health Alliance for Women of Color**  
pmhawoc.org

**LGBTQ support, education, and advocacy**  
ourfamily.org

## Family, Friends & Support People

**Feed the family:**  
Set up a meal train  
(ie. Mealtrain.org), go grocery  
shopping, or help prep healthy  
snacks for parents to eat easily

**Help with household tasks:**  
Do the dishes, start laundry, fold and put  
away clean clothes, or clean the bathroom

**Advice-free companionship:**  
Just listen and validate how hard parenting is

**Sleep:**  
Create quiet time so either parent can rest

**Be available:**  
New parenthood is lonely - text messages,  
emails, and calls let new parents know you are  
thinking of them and that they are  
doing a great job