

We All Have a Role in Supporting Families

Mental Health Providers

- Provide therapy, tools, and strategies to address symptoms of anxiety, depression, and distress before, during, and after pregnancy
- Support transition to parenthood and healthy attachment
- Prescribe medication as appropriate



Health Care & Social Service Providers

- Nurture and maintain relationship with family before, during, and after pregnancy
- Create a safe place to ask for mental health support
- Screen, discuss, refer and prescribe medication as appropriate



"I'm exhausted, overwhelmed and struggling. I don't know what is wrong. I just know something isn't right."

"I thought being a parent would feel differently. I didn't expect to feel like this."

"Together we can find the right tools and support that will help you feel better."

Parents of new baby

Many new parents experience **distress that can affect the whole family.** This can happen at any time before, during, or after any pregnancy.

Distress can look like:

- Trouble sleeping even when exhausted
- Scary thoughts like hurting self or baby
- Feeling sad, numb, or disconnected from life
- Anxious all the time and overwhelmed with worry
- More anger, rage, and irritability than normal
- Guilt and shame about not bonding with baby

With help, these feelings can go away.

"Sometimes I feel like everyone else has it together but me."

"Parenthood does not come with instructions. We are all learning along the way and doing the best we can for our families."

"Many new parents feel this way. There is help available."

Family, Friends & Support People

- Offer support with presence and love
- Anticipate family's need for nourishing meals, help with errands, and support completing daily chores
- Advocate for and help connect family with resources

"I feel like a failure. I just can't get everything done."

"Parenting is hard work and no one can do it alone. We can help."



Peer Support

- Connect and share honestly with other new parents
- Empower, inspire, and validate journey through parenthood
- Offer accessible help when and how you want it: groups, online, chat forums



How Can We Help?

Mental Health Providers

Mobile Mama *†
mobilemama.com

Ingrid Robinson *†
(360) 927-1612

Dorcas Nung †
dorcasnung.com

Catherine Hylan †
fullcirclecounselingpllc.com

Kendra Pasma †
kendrapasma.com

Lisa Harmon *†
360-610-4082

Mary Rice †
360-614-2065

Escarleth De Leon †^{es}
escarlethdeleon.com

**PAL for Moms -
UW Psychiatry** *†
877-725-4666 (PAL4MOM)

Consultation line for providers

^{es} Services in Spanish

* Accepts Medicaid

† Provides mental health counseling

‡ Medication Management

Laurie Arndorfer, MD ‡
206-467-6300

Becky Schayes ARNP *†
bnfm.com

Answers Counseling *†
360-255-7855

Crisis Line
800-584-3578

Crisis Chat Services
imhurting.org



Initial Steps to Wellness

- _____
- _____
- _____

Health Care & Social Service Providers

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

Primary Care Provider

Pregnancy Support
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 & Parenting Education

Village Circle
villagecirclebellingham.com

Come As You Are *
comesasyouarewhatcomcounty@gmail.com

CALMA (For Spanish Speakers)^{es}
apoyocalma@gmail.com

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

Brigid Collins *^{es}
brigidcollins.org

Kaleidoscope Play & Learn *
www.mtbaker.wednet.edu/page/kaleidoscope-play-and-learn

Mending Baby Loss *
mendingbabyloss.org

Perinatal Support WA Warm-Line *^{es}
1-888-404-7763

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

Other WA State Support Groups *^{es}
perinatalsupport.org/parent-support-groups

* inclusive of dads
^{es} Services in Spanish

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