



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS THURSTON COUNTY

*Community resources for pregnant and
postpartum families in Thurston 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>

COUNSELING AGENCIES

Answers Counseling

Licensed by the Healthcare Authority Division of Behavioral Health and Recovery to provide outpatient mental health therapy. [Mental Health Counseling](#)

Behavioral Health Resources

3857 Martin Way E Olympia, WA 98506
(360) 704-7170

<http://www.bhr.org/> Accepts Medicaid Insurance.
Can prescribe medications.

Community Youth Services: Transitional Age Youth Support Program (TAY)

914 7th Ave SE, Olympia, WA 98502
(360) 918-7860 Text: (360) 701-8981

<https://communityyouthservices.org/>
Supports individuals ages 15-24 with mental health counseling and wraparound support services.

Accepts Medicaid Insurances. Can prescribe medications.

The Olympia Free Clinic

520 Lilly Rd NE, Building 3, Olympia WA 98506
<https://www.theolympiafreeclinic.org/>

(360) 890-4074 x 3

Offering 4 counseling sessions and assistance in connecting with additional resources if longer-term mental health services are needed. A referral may be made to a medical provider and/or psychiatric provider to discuss medication options.

Nisqually Tribal Health & Wellness Center Behavioral Health Program

4840 Journey St SE, Olympia WA 98513

<http://www.nisqually-nsn.gov/index.php/administration/tribal-services/health/>
(360) 413-2727

Serving Native Americans. Please call to check Eligibility for Services

Tumwater Behavioral Health Clinic

(Sea Mar Community Health Centers)
6334 Littlerock Rd. SW, Tumwater, WA 98512

<https://www.seamar.org/thurston-bh-tumwater.html> (360) 704-7590

Accepts most insurances including Medicaid and provides services regardless of a patient's ability to pay.
Can prescribe medications.

Yelm Behavioral Health Clinic

202 Cullens St. NW, Yelm, WA 98597

<https://www.seamar.org/thurston-bh-yelm.html> (360) 400-4860

Accepts most insurances including Medicaid and provides services regardless of a patient's ability to pay.
Can prescribe medications.

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 at **1-888-404-7763**

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

Psychology.com/therapist

PERINATAL MENTAL HEALTH THERAPISTS

Alicia Ferris, MS, LMHC. Simple Joy Counseling

(360) 467-9008. www.simplejoycounseling.com/

All sessions are currently conducted virtually.

No insurance is accepted; however, superbills can be provided for clients to submit claims themselves.

Sharon Shadwell, LMHC

(360) 545-3527. sharon@lovebuiltlives.org

<http://www.lovebuiltlives.org/>

Insurance is not currently accepted but will be in the future. Reduced rates are available for some clients based on financial need.

Shelley Green LMHC PMH-C. Shelley Green Counseling

(206) 913-9290. <http://www.shelleygreencounseling.com/>

All sessions are currently conducted virtually. No insurance is accepted; however, superbills can be provided for clients to submit claims themselves.

Tracy Morris, MS, LMFT

Lacey, WA (360) 320-6577. <https://tracymorris.tribesites.com/>

Sessions are available in person or via Telehealth.

Accepted insurance plans: Aetna, Cigna, Optum, Oscar, United Healthcare, Ambette

Home Visiting Services

Nurse-Family Partnership

Free 1:1 nurse support during pregnancy and up to 2 years postpartum. Must enroll during pregnancy. Provides assessment, information, and referrals. Serving Thurston, Mason, and Lewis County families.

<https://www.thurstoncountywa.gov/departments/public-health-and-social-services/community-wellness/parent-child-health/nurse-family-partnership>
(360)-968-4037

Family Intervention Nurse Program

Free 1:1 nurse support for Thurston County parents with infants up to 1 year old who need support in navigating life stressors and/or mental health issues. Provides assessment, information, and referrals.

<https://www.thurstoncountywa.gov/departments/public-health-and-social-services/community-wellness/parent-child-health/family-intervention-nurse>
(360) 968-4037

Parents as Teachers

A free program designed to help parents learn more about parenting and their child's development, provide support with the challenges of family life and help identify and address any concerns parents may have about their child. Eligibility: Families who are pregnant and/or parenting with children ages 0-5 and live in Thurston or Lewis County.

<https://communityyouthservices.org/programs/parents-as-teachers-pat/> (360) 918-7871

Sea Mar Maternity Support Services (MSS)

Provides free support and information related to your prenatal and postpartum health. All clients who are eligible for Medicaid and have a Provider One Service Card qualify for MSS services.

<http://www.seamar.org/mss-infant-case.html> (360) 742-5010

New Parent Support Program

A free service that helps military parents' transition successfully into parenthood and provides a nurturing environment for their children. Services may include home visits, parenting classes, playgroups, or prenatal classes. The program is available to military families who are expecting a baby or have children aged 3 or younger.

<https://www.militaryonesource.mil/benefits/new-parent-support-program/>
(253) 982-2695

Parent-Child Assistance Program

Provides case management, home visits, and support services to pregnant and parenting women with substance use disorders and their young children. Supports women who are currently pregnant or postpartum for up to 24 months.

<https://familyess.org/pcap/>
(360) 754-7629

PARENT SUPPORT GROUPS

Thurston County Postpartum and Parenting Support

Group This support group is currently not available - we plan to resume group sessions beginning in Fall 2025. Check out the website for updated dates and times.

<https://www.thurstoncountywa.gov/events/thurston-county-parenting-and-postpartum-support-group>
(360) 867-2500

Being the Village

A supportive environment that offers genuine community & and social support to Black & Brown moms. Thursdays at 11:00 am on Zoom. www.beingthevillage.com

Find additional virtual groups at:

www.perinatalsupport.org/parent-support-groups/ (many online and virtual groups are available).

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**

The 988 Suicide & Crisis Lifeline.

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Call or Text: 988

The Crisis Clinic of Thurston and Mason Counties:

24/7 Telephone support. Receive information, referral, and crisis intervention services. Confidential and anonymous support.

Call: (360) 586-2800

sexual assault crisis needs, help you plan for your safety, as

Olympic Health and Recovery Services: Mobile Crisis outreach (18+) - serves any adult regardless of insurance.

Call: (360) 754-1338 or (800) 270-0041

SafePlace 24 Hour Help Line

Advocates can assist with immediate domestic violence and well as provide someone to listen and help you process your experience.

Call: (360) 754-6300

National Domestic Violence Hotline:

Call, chat, or text 24 hours every day: (800) 799-7233

RESOURCES IN SPANISH

Centro Integral Educativo Latino de Olympia (CIELO)- Provides multiple services to Spanish-speaking community members including free mental health services to those affected by domestic violence, sexual assault, and other crimes. Free tutoring services as well as English and sewing classes.

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.

Food bank services are offered every 4th Friday which includes hygiene products and baby supplies (e.g., diapers, wipes, and baby clothing). Please call 360-709-0931 for more information. Located 1601 North Street SE, Olympia, WA 98501

COMPLEMENTARY THERAPIES AND WELLNESS

Olympia Community Acupuncture

(360) 545-3767

2109 Harrison Ave NW, Olympia, WA 98502

www.olycommunityacu.org/

Offers sliding scale pricing (\$20-\$50) per session.

True Self Yoga

(360) 830-6556

2727 Westmoor Ct SW, Olympia, WA 98502

<https://trueself.yoga/>

Offers weekly prenatal and postnatal yoga classes, and family yoga play groups. Infants <1 welcome at postnatal classes. Drop-in classes: \$20. Memberships and class passes decrease the cost per class.

Hike it Baby Olympia

Facebook Group: Hike it Baby Olympia WA

[Hike it Baby - OutGrown](#) Hike it Baby branches like this one are real-life communities created to help families get outside, hiking with birth to school-age kids. Participation is Free.

ONLINE INFORMATION AND RESOURCES

Perinatal Support Washington. <https://perinatalsupport.org/>. Information and resources in Washington state.

Postpartum Support International. www.postpartum.net. Information and resources for families and professionals.

Postpartum Dads. <https://www.postpartum.net/get-help/help-for-dads/>. Help for dads and families by providing first-hand information and guidance through postpartum depression.

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 the App Store.

PERINATAL LOSS

Project Poppyseed

In addition to raising awareness about perinatal loss, Project Poppyseed offers resources to parents, families, communities, and healthcare professionals impacted by perinatal loss. <https://projectpoppyseed.org>
Email: projectpoppyseed@yahoo.com

The Compassionate Friends

Compassionatefriends.org

Offers both private Facebook groups and “virtual chapters” through an Online Support Community (live chats). The rooms supply support, encouragement, and friendship for family members who have experienced a loss of miscarriage or stillbirth, or the loss of a child of any age.

Thurston County Bereavement Support Group

Empowering families affected by fetal, infant, or child loss. We welcome you to join our bereavement support group. Anyone who has been affected by a miscarriage, stillbirth, infant loss, or child loss can attend. Located at Thurston County Public Health & Social Services, 412 Lilly Rd NE, Olympia WA 98506. This group meets on the 2nd Thursday of each month. Visit our webpage for updated times.

[Thurston County Bereavement Support Group | Thurston County](#)

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 9-4:30 Monday - Friday. All other times please leave a message, and we will return your call within 12 hours.

Postpartum Support International Warmline (English and Spanish). Call (800) 944-4773(4PPD). A volunteer will return your call and give you information, encouragement, and names of resources near you.

Parent Trust of Washington Family Help Line at (800) 932-4673 Monday-Friday 9 am-5 pm. 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.

LACTATION SUPPORT

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

Olympia Breast/Chest Feeding Drop-in Group

Weekly meetings on Thursdays from 10 am to 12 pm online on Zoom <https://zoom.us/j/217854382>.

<https://www.facebook.com/groups/332936713526226/> For more info text or email Linda Sisson: at 360-453-7757 or lindas@fscss.org

South Sound Lactation Network

www.southsoundlactationnetwork.org/

Visit their website to view a resource guide with local resources to help with breastfeeding.

- ♦ Prenatal breastfeeding education classes ♦
- Breastfeeding Support Groups
- ♦ Outpatient Lactation services ♦
- Community support
- ♦ Hospital lactation services
- ♦ Recommended online resources

Thurston County Drop-In Lactation Support Group

Open to all expecting, nursing, or pumping parents and their babies. Lactation Support Group led by a Board-Certified Lactation Consultant. Support Group meetings are held the 2nd and 4th Tuesday of each month from 10:30 am-12:00 pm (Drop-ins Welcome!) at Thurston County Public Health and Social Services. For more info: <https://www.thurstoncountywa.gov/events/drop-lactation-support-group>