



PERINATAL SUPPORT  
WASHINGTON

# RESOURCES & REFERRALS

## COLUMBIA RIVER GORGE

Community resources for pregnant and postpartum families in the Columbia River Gorge region

**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. La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Deja un mensaje y te regresamos la llamada..

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

### LOCAL MENTAL HEALTH SUPPORT

Annika Cook - Roots Northwest Family Therapy White Salmon Self-pay	971-865-3606
Anya Dassel Perinatal health & adolescents Hood River Self-pay, sliding scale available	541-315-3585
Bettina Jensen Teletherapy www.bettinajensenlpc.com Self-pay	509-295-9252
Comprehensive Healthcare White Salmon Goldendale	509-493-3400 509-773-5801
Jane Kepner Teletherapy Self-pay	833-205-1138
Klickitat Valley Health Goldendale Medicaid, private	509-773-4017
Lacey Nichols - The Next Door, Inc. Perinatal Mental Health Specialist The Dalles OR Medicaid, sliding scale available	541-436-0338
Mid-Columbia Medical Center PCP needs to be at Mid-Columbia Media Center The Dalles Medicaid, private	541-296-9151
NorthShore Behavioral Health PCP needs to be at NorthShore White Salmon Medicaid, private, and self-pay	509-493-2133
One Community Health PCP needs to be at One Community Health Hood River The Dalles Medicaid, private	541-386-6380 541-296-4610
Providence Family Medicine PCP needs to be at Providence Family Medicine Hood River Medicaid, private	541-387-1300

### SIGNS/SYMPMTOMS TO WATCH FOR

Perinatal mood and anxiety disorders (PMADs) describe distressing feelings that can occur during pregnancy or through the first year postpartum. Feelings can be mild, moderate, or severe. *In all cases, help is available.*

**Baby Blues:** a normal period of adjustment after having a baby, typically within the first 2-3 weeks after birth. Birthing parents can experience mood swings, feeling sad, or overwhelmed. This is very common and not the same as PMADs.

**PMADs:** can happen after the baby blues has ended and any time up to a year postpartum. 1 in 7 women experience PMADs.

#### Types of PMADs:

- Anxiety
- Depression
- Obsessive-compulsive disorder
- Psychosis

#### Signs/symptoms to watch for:

- Feeling sad or hopeless most of the time
- Lack of interest in things you used to enjoy
- Less interest in caring for yourself (dressing, fixing hair)
- Trouble concentrating
- Trouble coping with daily tasks
- Constant worry about your baby
- Sleeping or eating too much or too little
- Feeling very anxious or nervous
- Unexplained irritability or anger
- Unwanted or scary thoughts
- Feeling that you are not a good mother
- Thoughts of hurting yourself or your baby

If you feel like hurting yourself or your baby, this is a medical emergency. Call 911 or go to the nearest emergency room.

If you are experiencing any of the symptoms above, call one of the local therapists, your primary care provider, or OBGYN.

Help is available.

## MEDICATION PRESCRIBERS

PCP and women's health providers can prescribe medications. Some therapists at Mid-Columbia Medical Center can also prescribe medications. Please consult with your medical provider (PCP or OBGYN).

## NON-LOCAL MENTAL HEALTH SUPPORT

All accept Medicaid and offer virtual therapy

**Charmed Counseling**  
Spokane (509) 768-6852  
info@charmedcounseling.com  
Perinatal Therapists who can provide therapy via telehealth for an unlimited amount of time  
<https://charmedcounseling.com/>

**Jessica Scales, LMFT**  
Next Level Therapy NW  
Jessica.Scales@nextleveltherapynw.com  
Perinatal therapist and couples counselor who provides therapy via telehealth in WA  
Accepts some (but not all) Apple Health Plans  
<http://www.nextleveltherapynw.com/>

**Perinatal Support Washington Online Therapy**  
(Warm line available)  
1-888-404-7763 (se habla espanol)  
Sliding scale and free therapy available  
<https://perinatalsupport.org/online-therapy/>

## TELEPHONE SUPPORT/VIRTUAL

**Perinatal Support Washington**  
1-888-404-7763 (se habla espanol)  
Sliding scale and free therapy available  
<https://perinatalsupport.org/online-therapy/>

**Postpartum Support International**  
1-800-944-4773 (se habla espanol)  
[www.postpartum.net](http://www.postpartum.net)

**Swedish Center for Perinatal Bonding and Support**  
Telepsychiatry 206-320-7288  
Seattle, WA  
Health care provider faxes referral to 206-215-2139

**University of Washington Perinatal Telepsychiatry Clinic**  
One-time consultation (rather than ongoing care)  
Health care provider calls in referral 855-520-2291

## BREASTFEEDING SUPPORT (LACTATION CONSULTANTS)

**Klickitat County WIC**  
Peer Support Counselors & Lactation Consultants  
Goldendale 509-773-2365  
White Salmon 509-493-6207  
Services available in Spanish

**Mid-Columbia Medical Center** 541-296-7210  
Monday, Wednesday, Fridays only

**Providence Hood River Hospital** 541-387-6344

**\*\*See support groups above\*\***

## SUPPORT GROUPS AND INDIVIDUAL SUPPORT

**New Parent Mental Health (Group)**  
[www.facebook.com/gorgeperinatalmentalhealth](http://www.facebook.com/gorgeperinatalmentalhealth)  
Bingen: Thursdays, 10am, Mugs Coffee  
Goldendale: Fridays, 1:30pm, United Methodist Church

**Bilingual New Parent Mental Health (Individual)**  
1:1 support (home visit or virtual)  
Call 509-493-6215 to schedule appointment

**Breastfeeding/Postpartum**  
[www.cgpostpartum.org/peer-support-groups](http://www.cgpostpartum.org/peer-support-groups)  
White Salmon: Tuesdays, 9:30am, Mugs Coffee  
Stevenson: Tuesdays, 10am, Stevenson Community Health  
Goldendale: Fridays, 1:30pm, Cafe Genevieve's  
Hood River: Fridays, 10:30am, Ground Coffee  
The Dalles: Tuesdays, 9:30am, Zion Lutheran Church

## HOME VISITING SERVICES

**Maternal Support Services (MSS):** Preventive health and education services to help a woman have a healthy pregnancy and healthy baby. Women can receive MSS any time during pregnancy up to 2 months postpartum. Must have Medicaid insurance. MSS is offered in addition to medical and prenatal care.

**Klickitat County Health Department MSS Program**  
Goldendale office 509-773-4565  
White Salmon office 509-493-1558

**Mid-Columbia Children's Council**  
High-quality, early childhood education and home visiting program for pregnant people and children up to age 5. Services include home visiting, family support services, nutritious foods, screenings and referrals, and transportation. All services are free.

**Klickitat County**  
Klickitat 509-369-3800  
Goldendale 509-774-1114

**Hood River County**  
Country Club 541-386-3269

**Wasco County**  
The Dalles 541-298-8801  
Petersburg 541-370-2536  
Tygh Valley 541-395-3342

**The Next Door, Inc:** Home visiting services for pregnant families and families with newborns. Services include education about babies development, bonding, keeping your family healthy, sleep, play, attachment, and referrals to community resources. All services are free. Services located in Hood River, Gilliam, Sherman, Wasco, and Wheeler counties.  
Hood River Office 541-386-6665

**WAGAP Pathways Community Health Workers:** Assists families accessing services in the community such as applying for insurance, navigating financial assistance, scheduling transportation, and medical referrals.  
Services available in English and Spanish. 509-493-2662

## COMPLIMENTARY THERAPIES

**Inner Child Chiropractic:** Services include pregnancy and postpartum body work; pelvic floor rehabilitation, scar tissue mobilization, chiropractic care for infants  
Hood River 541-436-5111  
Self-pay

**Pelvic Floor Therapy**  
Michelle Gerbi 541-402-1110  
Alive Chiropractic & Rehabilitation 541-900-5400  
MCMC Water's Edge 541-296-7202  
Providence Gorge Spine & Sports Medicine 541-386-9511  
Columbia Gorge Physical Therapy 541-386-1211

**Ultrasound Therapy**  
Columbia Gorge Physical Therapy 541-386-1211  
Michelle Gerbi 541-402-1110

## SPANISH RESOURCES

**Bilingual New Parent Mental Health (Individual)**  
1:1 support (home visit or virtual)  
Klickitat and Skamania Counties  
Call 509-493-6215 to schedule appointment

**Madres y Bebés (Mothers & Babies)**  
One Community Health  
6 week class  
[www.onecommunityhealth.org/pregnancy](http://www.onecommunityhealth.org/pregnancy)

**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.

## LOCAL ONLINE SUPPORT FOR NEW PARENTS

**Columbia Gorge Postpartum Support**  
Closed Facebook Group  
[facebook.com/groups/gorgepostpartumsupport](https://facebook.com/groups/gorgepostpartumsupport)

**Gorge New Parent Support**  
[www.facebook.com/gorgeperinatalmentalhealth](http://www.facebook.com/gorgeperinatalmentalhealth)

**Postpartum Support International**  
Closed Facebook Group  
[facebook.com/groups/25960478598](https://facebook.com/groups/25960478598)  
Online Support Groups [www.postpartum.net](http://www.postpartum.net)

## OTHER HELPFUL RESOURCES

**Every Mother Counts.**  
[www.everymothercounts.org/pages/about](http://www.everymothercounts.org/pages/about)  
Educates the public about maternal health, engages individuals to advocate for the well-being of mothers, and invest in community led programs to improve access to essential maternal care.

**Online Breastfeeding Education & Support**  
[www.babygooroo.com](http://www.babygooroo.com)  
[www.kellymom.com](http://www.kellymom.com)  
[www.bfmed.org](http://www.bfmed.org)  
[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)  
[www.healthychildren.org](http://www.healthychildren.org)  
[www.naturalbreastfeeding.com](http://www.naturalbreastfeeding.com)

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

**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.

**Therapy in the Gorge**  
[www.therapyinthegorge.com](http://www.therapyinthegorge.com)  
Search for local therapists in the Gorge region.

## CRISIS SERVICES

If you are in danger, call 911 or go to your local ER. If you are in crisis, call the 24-hour crisis line for your county or the National Hotline.

**LOCAL**  
**Bingen:** WAGAP Programs for Peaceful Living  
(509)493-1544

**Hood River:** Helping Hands Against Violence  
541-386-6603

**Goldendale:** WAGAP Programs for Peaceful Living  
(509)773-6100

**Wasco, Sherman, Gillian & Wheeler:** HAVEN  
541-296-1662

**NATIONAL**  
**National Domestic Violence Hotline (24/7)**  
800-799-7233

**National Sexual Assault Hotline (24/7):**  
1-800-656-4673

**National Suicide Prevention Lifeline (24/7)**  
1-800-273-8255

To add a service or resource to this directory, contact [annac@klickitatcounty.org](mailto:annac@klickitatcounty.org)