



PERINATAL MENTAL HEALTH INITIATIVE

RESOURCE GUIDE

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.

LOCAL PERINATAL MENTAL HEALTH SPECIALISTS

Lacey Nichols, LCSW 541-436-0338
 Perinatal Mental Health Specialist
<https://nextdoorinc.org/treatment-services/outpatient/>
 The Dalles
 OR Medicaid
 Financial assistance available for WA residents

Leah Cain, LCSW 541-638-0850
 Perinatal Mental Health Specialist
<https://leah-cain-lcsw.clientsecure.me/>
 Hood River or Telehealth
 OR Medicaid, Self-Pay, & Private

OTHER LOCAL MENTAL HEALTH PROVIDERS

Annika Cook 971-865-3606
<https://www.rootsnorthwest.com/>
 White Salmon
 Self-pay

Anya Dassel 541-315-3585
<https://www.dasseltherapy.com/>
 Hood River
 Self-pay, sliding scale available

Bettina Jensen 509-295-9252
<https://www.bettinajensenlpc.com/>
 Teletherapy
 Self-pay

Jane Kepner 503-784-8875
<https://www.janekepner.com/>
 Telehealth
 Self-pay

LOCAL CLINICS WHO PROVIDE MENTAL HEALTH SUPPORT

Adventist Health (MCMC) 541-296-9151
 The Dalles
 Medicaid & Private

Klickitat Valley Health 509-773-4017
 Goldendale
 Medicaid & Private

NorthShore Behavioral Health 509-493-2133
 White Salmon
 WA Medicaid, Self-Pay, & Private

One Community Health
 Hood River 541-386-6380
 The Dalles 541-296-4610
 Medicaid & Private

Providence Family Medicine 541-387-1300
 Hood River
 Medicaid & Private

SIGNS/SYMPTOMS 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 mental health providers, your primary care provider, or OBGYN.

Help is available.

MEDICATION PRESCRIBERS

Primary care and women's health providers can prescribe medications. Some therapists at Adventist Health (MCMC) can also prescribe medications. Please consult with your medical provider (PCP or OBGYN).

NON-LOCAL MENTAL HEALTH SUPPORT

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

Charmed Counseling
<https://charmedcounseling.com/>
Perinatal Therapy
Telehealth

Jessica Scales, LMFT
<http://www.nextleveltherapynw.com/>
Perinatal Therapy
Telehealth
Accepts some WA Medicaid

TELEPHONE SUPPORT/VIRTUAL

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

Postpartum Support International
1-800-944-4773 (se habla español)
www.postpartum.net

Swedish Center for Perinatal Bonding and Support
206-320-7288
Telepsychiatry
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 referral: 855-520-2291

BREASTFEEDING SUPPORT

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

Adventist Health (MCMC) 541-296-7210
Lactation Consultants
Monday, Wednesday, Fridays only

Providence Hood River Hospital 541-387-6344
Lactation Consultants

ONLINE/TEXT SUPPORT

NurtureNW
Free text based mentor program.
<https://www.nurturenw.org/>

Local Facebook Support
Columbia Gorge Postpartum Support
<https://www.facebook.com/groups/gorgepostpartumsupport/about/>

Columbia Gorge Pregnancy and Infant Loss Support Group
<https://www.facebook.com/groups/columbiagorgePAILS/>

SUPPORT GROUPS

Columbia Gorge Perinatal Mental Health Initiative
<https://www.cgpmhi.org/support-groups>
Weekly support groups, babies welcome

Bingen Thursdays 10am
Stevenson Tuesdays 10am
Hood River Wednesdays 8:45am
The Dalles Tuesdays 8:30am
Virtual 1st/3rd Wednesdays 6:30pm



INDIVIDUAL PEER SUPPORT

Columbia Gorge Perinatal Mental Health Initiative
Virtual or in-person
Bilingual
www.cgpmhi.org/individual-support



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

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

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

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

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

Gorge New Parent Support
www.facebook.com/gorgeperinatalmentalhealth



Postpartum Support International
Closed Facebook Group
facebook.com/groups/25960478598
Online Support Groups www.postpartum.net

To add a service or resource to this guide: gorgepmhi@gmail.com

OTHER HELPFUL RESOURCES

Every Mother Counts.
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
www.kellymom.com
www.bfmed.org
www.breastfeedingmadesimple.com
www.healthychildren.org
www.naturalbreastfeeding.com

Perinatal Support Washington
www.perinatalsupport.org
Information and resources for families and professionals in Washington state.

Postpartum Dads
www.postpartumdads.org
Help for dads and families by providing first-hand information and guidance through postpartum depression.

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

Therapy in the Gorge
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 Maternal Mental Health Hotline
1-833-943-5746 (1-833-9-HELP4MOMS)

Native and Strong Life Line
Call 988 and press 4

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