



PERINATAL SUPPORT
WASHINGTON



NEED SUPPORT?

**YOU ARE NOT ALONE
CALL OR TEXT THE WARM LINE
1-888-404-7763**

**1 in 5 Women
and 1 in 10 Men**

Have anxiety,
obsessive thinking,
feelings of
hopelessness,
worthlessness, and
even suicidal
thoughts during
pregnancy or after
the birth of a baby

FREE
CONFIDENTIAL
EMOTIONAL
SUPPORT FROM
FELLOW
PARENTS

ANSWERED LIVE
9AM-4PM, M-F
EVENING & WEEKEND
MESSAGES RETURNED
WITHIN 14 HOURS

REFERRALS TO
PROFESSIONALS,
SUPPORT GROUPS,
AND OTHER
RESOURCES

Perinatal Support Washington (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. We support people in the emotional transition to parenthood, including those experiencing depression, anxiety, loss, infertility, trauma, and more.



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THE WARM LINE IS

- Answered by parents who have experienced and recovered from a perinatal mental health issue
- The leader in providing ongoing emotional support, wellness planning, and targeted provider or community services referrals
- Not just for moms, we assist partners, dads, family members, friends, and providers
- More than one call, we are here to support you on your journey

YOU DON'T HAVE TO FIGURE THIS OUT ON YOUR OWN. CALLING THE WARM LINE HELPS FIGHT ISOLATION THROUGH TALKING WITH PARENTS WHO HAVE BEEN THERE AND, THROUGH DIALOGUE, NORMALIZES PERINATAL MOOD AND ANXIETY DISORDERS. WE OFFER REASSURANCE THAT THERE'S NOT JUST ONE PATH TO WELLNESS.

- Call or text: 888.404.7763 (Hablamos Español)
- Interpreters available
- Email: warmline@perinatalsupport.org
- Visit: perinatalsupport.org