



PERINATAL MENTAL HEALTH SUPPORT IN OKANOGAN COUNTY

FREE community resources for pregnant and postpartum families in Washington State



August 2025

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.

FREE 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.

HOME VISITING SERVICES

OCCDA's Rural Home visiting (RHV) Program is a no cost early education home visiting program providing family focused services from pregnancy to age 3. OCCDA RHV utilizes the Parents as Teachers curriculum model which is an evidence-based early childhood home visiting program and believes Parents are the first and most influential teachers in a Child's life. Home visitors provide support, share age appropriate child development and parenting information, activities, and health and developmental screenings.

Rural Home visiting Families will receive:

- Bi-weekly personal home visits at an agreed upon time. Parent Educators will share age appropriate child development and parenting information.
- An engaging play activity for you and your child to enrich parent/child interaction and enhance child development
- Discussion and handouts regarding your child's stage of development and parenting.
- Information on fun activities to nurture growth

Colville Confederated Tribes Home Visiting Program

Please contact for more information:

Val Louis, Family Support Specialist (509) 422-7780

Amber Willimas, Family Support Specialist (509) 422-7444

<https://www.cct-ene.com/eligibility>

CONTACTING 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. 1-888-404-7763

Locating a new provider can be challenging. It is important to feel comfortable with a provider, but feel 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.

LOCAL GROUP PEER SUPPORT (GPS)

Social Support = the single most important factor for physical and emotional health.

Even when all is going well, many families can use additional support. Group Peer Support (GPS) opportunities provide a welcoming, non-judgmental space to talk about the emotional changes of parenthood.

Omak In-Person "Coffee & Cradleboards"

Jill Moomaw - jnanpuya@gmail.com
Shannon Nakkour (509) 322-7053

This group meets in a comfortable and quiet space where kids can play and parents can discuss what is going on in their parenting journey without judgement, criticism or unsolicited advice. We meet every 1st and 3rd Thursday at 5pm in Omak.

Virtual "We Are Where You Are" (English/Spanish)

Shannon Nakkour (509) 322-7053

This group provides support to parents from the comfort of their own home. Let go of your stresses in a trusting and non-judgemental environment.

Simply contact the facilitator for the Zoom link and join every 2nd and 4th Monday at 4:30pm.

Methow Valley "Not What I Was Expecting"

Lisa Whatley (206) 200-0281
Haley Brandenburg (425) 765-3337

Staring Faith, Hope, and Love with moms of babes in the womb and arms, on into the elementary school years.

PS-WA Dad Group (Virtual)

Nathan Friend (206) 408-6202
nathan.friend@perinatalsupport.org

Held virtually every Tuesday from 8-9:30pm via Zoom (link shared after online registration)

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or contact one of the resources below:

- being afraid to be by yourself or alone with your baby
- hearing sounds or voices that nobody else hears
- having thoughts of harming yourself or your baby

Call 988 or Text HOME to 741741

**National Suicide Prevention Lifeline
(800) 273-8255 (TALK)**

**National Maternal Mental Health Hotline
1-833-9-HELP4MOMS**

**Okanogan Behavioral Healthcare Crisis Line
(800) 852-2923**

MENTAL HEALTH SERVICES

[Directory of Pregnancy, Prenatal, Postpartum Therapists in Okanogan County, WA](#) (in-person and virtual):

[Kelcie Eddy \(Counselor, MA, LMHC\)](#)
Omak, WA
(509)712-3194

[Lena Boyle \(Clinical Social Worker, LICSW\)](#)
Omak, WA
(509) 800-5795

[Shari DePaulo \(Clinical Social Worker\)](#)
Winthrop, WA
(509) 584-5462 x1

[Methow Valley Wellness Center](#)
Winthrop, WA
(360) 972-3638
www.PRN365Counseling.com

[Okanogan Behavioral Health:](#)
Focuses on providing holistic behavioral health services that promote wellness and sustain recovery in Okanogan County.
<https://www.okbhc.org/mental-health>

[Family Health Centers Behavioral Health:](#)
<https://www.fhc.us/behavioral-health.html>

[Colville Tribes Behavioral Health:](#)
(509) 634-2601
<https://www.colvilletribes.com/behavioral-health>

COMPLEMENTARY THERAPIES AND WELLNESS

Wild Moon Midwifery - 46 Sunnyside Dr, Twisp, WA 98856
<https://www.wildmoonmidwifery.com/>

Maple Street Birth Center - 435 Maple St, Omak, WA 98841
<https://www.maplestreetbirthcenter.com/the-midwifery-model>

Azalia Moon Birth Services - Tonasket, WA (206) 349-9139

Okanogan Family Wellness and Birth Center
(509) 322-6254
okfamilywellness@gmail.com

DONA International-Doulas of North America. Find a trained professional who provides physical & emotional support to a mother before and after childbirth. www.dona.org. or use <https://doulamatch.net/>

Healing Birth Trauma Groups and Reporting. Free groups and an online space where people can report their negative experiences with medical systems and get emotional and legal support. A Community Advocate can follow up with you to provide you with appropriate resources.
<https://thematernalcoalition.org/healingbirthtrauma>

Check with your hospital to see if there are volunteer doulas.

LOCAL LACTATION SUPPORT

WIC-Women, Infants, and Children Nutrition Program - offers breastfeeding support and peer counseling for income-eligible families.

Call 1 (800) 322-2588 or Text "WIC" to 96859.

Mid-Valley Hospital - has lactation consultants available to work with you and your baby for successful breastfeeding by appointments or Doctor's orders.

ONLINE INFORMATION AND RESOURCES

Perinatal Support Washington
www.perinatalsupport.org.
Information and resources in Washington state.
Refer to their online calendar for groups near you:
<https://perinatalsupport.org/parent-support-groups/>

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

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

ICAN International Cesarean Awareness Network
www.ican-online.org. ICAN South Sound Facebook group (<https://www.facebook.com/groups/ICANOnline/>) provides online support.

UppityScienceChick.com/postpartum-depression.html.
Easy-to-read printouts on medication and medication alternatives for postpartum depression.

PATCh (Prevention and Treatment of Traumatic Childbirth)
Information and resources for families and professionals about traumatic childbirth.
patch.org

MGH Perinatal Depression Scale (MGHPDS). Free App used to screen for perinatal depression. Check App store.

Solace for Mothers.
Online support community for traumatic birth. <http://www.solaceformothers.org/online-foum/onlinecommunity-for-mothers>

Poppy Seed Health is an on-demand advocacy app, offering 24/7 emotional and wellbeing support for all birthing people...and those experiencing pregnancy loss. <https://www.poppyseedhealth.com/>

Oath is a free app-based service that offers parents personalized and evidence-based advice 24/7 from all types of qualified parenting experts, like psychologists, postpartum doulas, even lactation and sleep consultants. <https://www.oathcare.com/>

Amwell's Postpartum Depression Treatment Online
Parents who experience postpartum depression (PPD) suffer through an array of symptoms that can include overwhelming feelings of anxiety or sadness that can interfere with their ability to connect with and care for their baby. A therapist can meet a mother exactly where she is via the internet, from the comfort of her own home, with sessions that have a flat per-session rate of \$109 or \$129, depending on the therapists background. <https://patients.amwell.com/conditions/postpartum-depression>

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). (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. (800) 932-4673 Monday-Friday 9am-5pm. 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.