

FREE PERINATAL PSYCHIATRY CONSULT LINE FOR PROVIDERS

UW's PAL for Moms Program

877.725.4666 (PAL4MOM) WEEKDAYS 9 AM – 5 PM

Providing telephone consultation to
healthcare providers caring for patients
with behavioral health needs during
pregnancy and postpartum

Funded by

Washington State
Health Care Authority

UW Medicine

DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES



**For more information visit
mcmh.uw.edu/ppcl or contact us at ppcl@uw.edu**

PAL for Moms Information

Who can call PAL for Moms?

Any provider in Washington State who cares for pregnant or postpartum patients.

What kinds of questions can I call about?

Our perinatal psychiatrists consult on any behavioral health-related questions for patients who are pregnant, in the first year postpartum, or who have pregnancy-related complications (e.g. pregnancy loss, infertility). Topics may include:

- Depression, anxiety, other psychiatric disorders (e.g., bipolar disorder, post-traumatic stress disorder), substance use disorders, or co-occurring disorders
- Pregnancy loss, complications, or difficult life events
- Weighing risks and benefits of psychiatric medication
- Non-medication treatments

What services do we offer?

- Telephone consultation and recommendations
- Assistance with resources and referrals

Who provides telephone consultation?

Faculty members in the UW Department of Psychiatry and Behavioral Sciences with expertise in perinatal mental health.

How do I call?

Call **877-725-4666 (PAL4MOM)**.

We respond to calls weekdays between 9 AM – 5 PM, usually within one business day. You can also email ppcl@uw.edu to schedule a consultation.