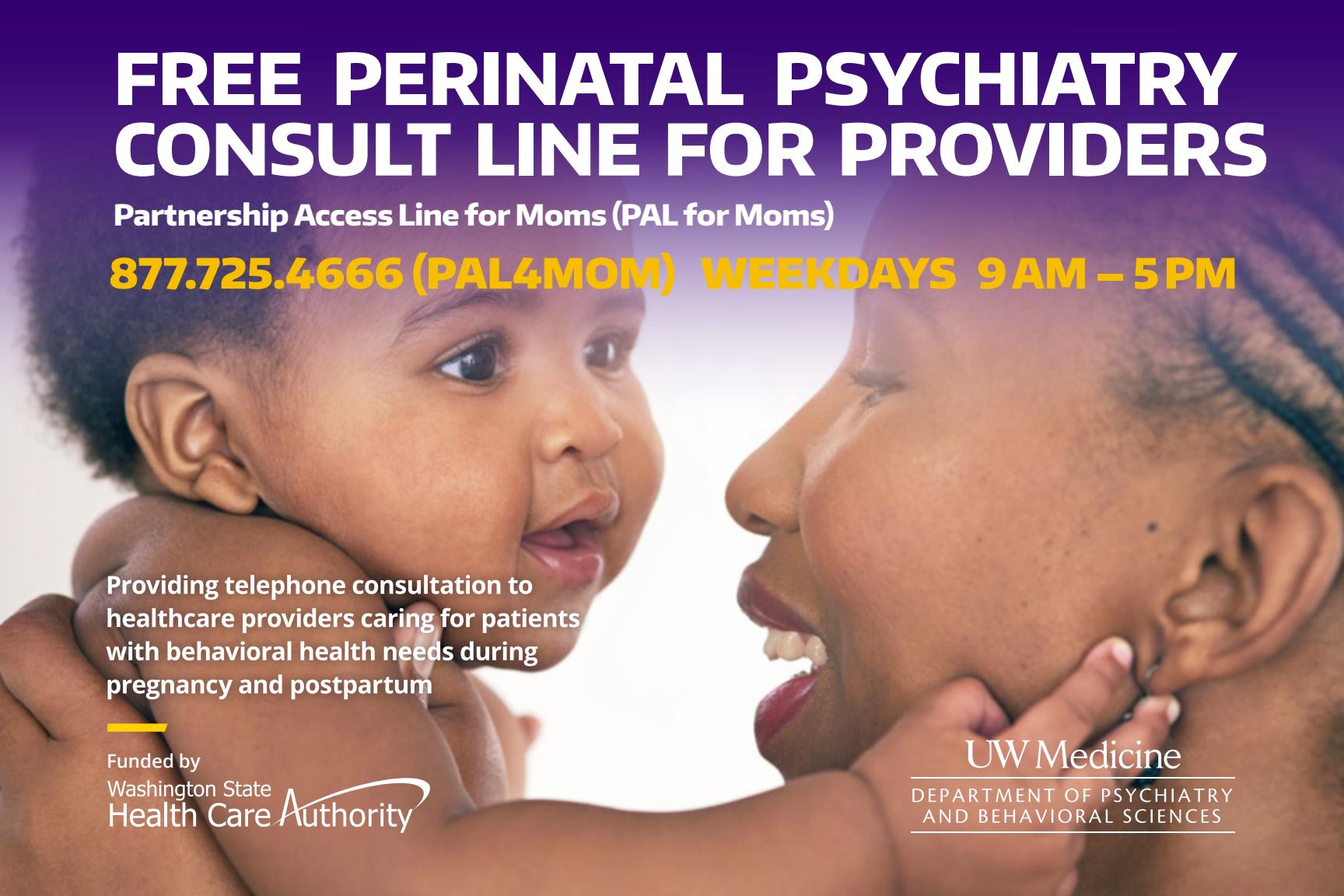


# FREE PERINATAL PSYCHIATRY CONSULT LINE FOR PROVIDERS

Partnership Access Line for Moms (PAL for Moms)

**877.725.4666 (PAL4MOM) WEEKDAYS 9AM – 5PM**



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

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Funded by  
Washington State  
Health Care Authority

**UW Medicine**  
DEPARTMENT OF PSYCHIATRY  
AND BEHAVIORAL SCIENCES



# PAL for Moms Information

## How does it work?

- Call **877-725-4666 (PAL4MOM)** weekdays 9am - 5pm
- Complete a brief 2-3 minute intake
- Consult with a UW perinatal psychiatrist (usually immediately, or within 1 business day)
- Receive written documentation of recommendations and resources

## 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?

We 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
- Resources & referrals

## Who provides telephone consultation?

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

**For more information visit  
[mcmh.uw.edu/ppcl](http://mcmh.uw.edu/ppcl) or contact us at [ppcl@uw.edu](mailto:ppcl@uw.edu)**