

UW Medicine

DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES

Partnership Access Line (PAL) for Moms

Formerly Perinatal Psychiatry Consultation Line



Providing telephone consultation to healthcare providers caring for women with mental health needs during pregnancy and postpartum

206-685-2924 or
877-725-4666 (PAL4MOM)

Weekdays from 1-5 PM

Perinatal Psychiatry Telephone Consultation Information

Who can call PAL for Moms?

Any health care provider in Washington State.

What kinds of questions can I call about?

We can consult on any mental 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, or other psychiatric disorders (e.g., bipolar disorder, post-traumatic stress disorder)
- Pregnancy loss, complications, or difficult life events
- Risks of psychiatric medications
- Non-medication treatments

What services do we offer?

- Telephone consultation and recommendations
- Referrals to community resources

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 **206-685-2924** or **877-725-4666 (PAL4MOM)** and leave your name and phone number. We respond to calls Monday through Friday between 1-5 PM, usually within one working day.

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