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
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.