

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](https://mcmh.uw.edu/ppcl)  
or contact us at [ppcl@uw.edu](mailto:ppcl@uw.edu)