



Perinatal Psychiatry Consultation Line

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

(206) 685 – 2924

Weekdays from 3-5 PM

Perinatal Psychiatry Telephone Consultation Information

Who can call the Perinatal Psychiatry Consultation Line?

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)*
- *Adjustment to 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 and leave your name and phone number. We respond to calls Monday through Friday between 3-5 PM, usually within one working day.

For more information, contact:

Deborah Cowley, MD

(206) 543 – 6577

dcowley@uw.edu