

Childbirth Center Resource List

Obstetrics & Gynecology (Ob/Gyn) Clinics

If you have not established care with an obstetrics provider, please plan to follow-up with the clinic circled below:

Overlake Clinics Ob/Gyn – Bellegrove

1200 112th Ave NE
Building C, Suite 115
Bellevue WA 98004
Phone: 425.455.0244

Overlake Ob/Gyn – PC

1231 116th Ave NE
Suite 950
Bellevue WA 98004
Phone: 425.454.3366

Kaiser Permanente – Bellevue MedicalCenter – Women’s Healthcare

11511 NE 10th Street, Floor 3
Bellevue WA 98004
Phone: 425.502.4230

Support at Overlake Parent and Baby Care Center

Marissa Abrahams, ARNP

1800 116th Ave NE, Suite 201
Bellevue WA 98004
Phone: 425.688.5389

- Psychiatric mental health consultations.
- Ongoing medication management.
- Therapy referral & additional supports as needed.
- Review of lifestyle and behavioral interventions

Outpatient Case Management Services & Network Providers

Apple Health Plans

- Molina Healthcare: 1.866.891.2320
- Community Health Plan of WA: 1.206.521.8833
- Amerigroup: 1.206.682.1833

- Coordinated Care: 1.877.644.4613
- United Healthcare: 1.844.699.7143

Commercial Insurance Plans

Contact the Member Services phone number on the back of your insurance card.

Reporting Concerns of Abuse or Neglect

Child Protective Services (CPS) / Adult Protective Services (APS):

Call to report concerns of child/vulnerable adult abuse or neglect, or to request voluntary services. Call 1-800-609-8764 or 1-866-ENDHARM (1-866-363-4276) after regular business hours, on weekends and holidays

Helplines & Maternity Services

- WA Recovery Helpline: 1.866.789.1511
- WA State Tobacco Quitline: 1.800.784.8669
- Alcoholics Anonymous: 1.206.587.2838
- Narcotics Anonymous: 1.206.790.8888
- King County Crisis Line: 1.866.427.4747
- Snohomish County Crisis Line: 1.800.584.3578
- Pierce County Crisis Line: 1.800.576.7764
- National Suicide Prevention Lifeline: 1.800.273.8255
- National Domestic Violence Hotline: 1.800.799.7233
- National Maternal Mental Health Hotline: 1.833.943.5746

Overlake Medical Center & Clinics Financial Counselor: 1.425.688.5655

Pregnancy Health Coverage: 1.855.923.4633

Apply for free or low-cost Apple Health for pregnant women year-round. If you're not eligible for Apple Health, you may qualify for help with your health insurance or for other health services.

Visit www.wahealthplanfinder.org or download the **WAPlanfinder Mobile App** to apply.

Helplines & Maternity Services, continued

Parent Help 123:

Free website/hotline that helps parents and families apply for food and health resources such as Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), food stamps and banks, birth control, health insurance, pregnancy and baby supplies, and other basic needs. Bilingual staff (Spanish) and interpreters are available. Visit parenthelp123.org.

Help Me Grow Washington Hotline: 1.800.322.2588

Provides information and referrals for public assistance, maternity support services, maternity case management, prenatal care, family planning and pediatric care.

2-1-1 is a Washington State program with an easy-to-remember phone number to call for health and human service information. Provides community resources, referrals and other assistance. Dial 2-1-1 from any land line or cell phone.

King County Public Health: 1.206.263.9300

King County Public Health offers Maternity Support Services and Infant Case Management (MSS/ICM).

Maternity Support Services (MSS) helps Apple Health eligible women have healthy pregnancies. Working with the MSS care team, you will receive health education and counseling during your pregnancy and until your baby turns two months old. Call to receive referrals to Ob/Gyn care, WIC, health insurance and other community resources.

Nurse-Family Partnership (NFP): 1.206.477.6262

NFP is a nurse home visiting program for first-time mothers and their families. The program helps Apple Health eligible mothers (26 weeks or less gestational age pregnant) from pregnancy until their child reaches their second birthday.

The Parent-Child Assistance Program (PCAP): 1.206.739.5466

Provides advocacy and intensive case management for three years helping pregnant and parenting mothers with substance use disorders build and maintain healthy, independent and alcohol/drug-free lives.

Inpatient Intensive Detox & Treatment for Pregnant Women with Chemical Dependency:

Swedish Medical Center Ballard Campus

Treatment for Pregnant Women
for Chemical Dependency
Phone: 206.781.6209

The Recovery Center at Evergreen Health Monroe

Pregnant Women's Services
Phone: 360.794.1405

Grays Harbor Community Hospital Aberdeen

HarborCrest Behavioral Health
Chemical Using Pregnant
Women Services (CUPS)
Phone: 360.537.6258

Providence Regional Medical Center

Substance Use Treatment
and Recovery Services
Phone: 425.258.7390

Evergreen Recovery Centers Everett

Pregnant and Parenting Women's
Residential Treatment
Phone: 425.259.5842

Triumph Treatment Services Yakima

Pregnant and Parenting Women's
Program
Phone: 509.204.3098

Outpatient Medication Assisted Treatment (MAT): Visit warecoveryhelpline.org for a MAT locator or call 1.866.789.1511 to find local clinics and programs that use evidence-based treatments to treat opioid use disorder.

Pregnancy & Postpartum Support

Parent Trust for Washington Children: 1-800-932-HOPE (4673)

www.parenttrust.org

Support for parents in Washington State that includes a helpline, new parent classes and child and teen services.

Childhaven – Healthy Start Program: 1.206.957.4841

www.childhaven.org

Partners with young parents to ensure a safe environment for their child, learn the milestones of child development and develop independence through educational and career planning.

The National Maternal Mental Health: 1.833.9.HELP4MOMS (1.833.943.5746)

Hotline provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.

Perinatal Support Washington: 1.888.404.7763

www.perinatalsupport.org

Support for mothers and families of those experiencing perinatal mood disorders that include a warm line in English and Spanish language, listing of support groups, resources and information about professional assistance.

Postpartum Support International: 1.800.944.4773

www.postpartum.net

Support for women experiencing depressed, confused and anxious feelings and for families concerned about their loved one. Support includes online support groups, information, resources and referral to providers trained in perinatal mood and anxiety disorder. A trained helpline volunteer will call back within 24 hours.



**To learn more about our postpartum services,
scan the QR code or visit:**

overlakehospital.org/services/parent-baby-care-center/postpartum-services



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& CLINICS

overlakehospital.org/childbirth