

# Child Birth Center Resource List

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## Obstetrics & Gynecology (OB/GYN) Clinics

If you have not established care with an OB Provider, please plan to follow up with the clinic circled below:

### Overlake OB/GYN Clinic

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

### Bellegrove OB/GYN Clinic

1200 112th Ave NE  
Suite C115  
Bellevue WA 98004  
Phone: 425.455.0244

### Kaiser OB/GYN Clinic

11511 NE 10th Street  
Bellevue WA 98004  
Phone: 425.502.3000

## Outpatient Case Management Services & Network Providers

### Apple Health Plans

- Molina Healthcare: 1.866.891.2320
- Community Health Plan: 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 Member Services phone number on back of your insurance card

## 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

**Overlake Medical Center 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](http://www.wahealthplanfinder.org) or use 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 WIC, food stamps/banks, birth control, health insurance, pregnancy/baby supplies, and other basic needs. Bilingual staff (Spanish) and interpreters are available. [www.parenthelp123.org](http://www.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

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. They provide referrals to OB care, WIC, health insurance and other community resources.

### Nurse Family Partnership (NFP): 1.206.477.6262

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 3 years to help pregnant and parenting mothers with substance use disorder to build and maintain healthy, independent and alcohol/drug-free lives.

### Inpatient intensive detox and 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  
Phone: 360.537.6258

#### Providence Regional Medical Center

Substance Use Treatment  
and Recovery Services  
Phone: 425.258.7390

#### Evergreen Recovery Center 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 [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org) for (MAT) locator or call 1.866.789.1511 to find local clinics and programs that use evidence-based treatments to treat opioid use disorder.