



Maternal Mental Health Resources

Clatsop County

- Columbia Memorial Hospital - position being filled (503) 338-7595 (Astoria)
- Alicia Krawczyk, LCSW - (541) 659-3217 (Astoria-Warrenton)
- Shoreline Counseling - (971)350-3737 (Telehealth)
- Misty Bottorff, LCSW, LICSW (503) 836-3488 misty@energymatterspdx.com
- Clatsop Behavioral Healthcare (503) 325-5722 (may be a long wait time)



Postpartum Support International

Provides information about mental health, many virtual support groups, and a hotline.

Call: 1-800-944-4773 #1 En Español or #2 English
Text "Help" to 800-944-4773 Text en Español: 971-203-7773



Baby Blues Connection

Based in Portland. Provides free and confidential information and support. Virtual and in person support groups.

Use the online "get help form" for fastest connection -scan the QR code:



WellMama

Based in Eugene. Provides education and support, virtual and in person support groups, and a text line.

For help text SUPPORT to 541-525-0495



Perinatal Support Washington

Serving Washington. Provides education and support, virtual and in person support groups, and a call line.

For help call (888) 404-7763.



National Maternal Mental Health Hotline
1-833-852-6262 (1-833-TLC-MAMA)

Suicide & Crisis Lifeline
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