

## LOCAL RESOURCES

### Thurston County Perinatal Resource & Referral Guide



Having a plan & support  
system in place can improve  
the emotional impact of birth.

### FIND YOUR COMMUNITY



Perinatal Support of  
Washington

**Call or Text**

**1-888-404-7763**

Postpartum Support  
International

**Call or Text**

**1-800-944-4773**



Public Health & Social Services

**Thurston County  
Public Health & Social Services**

*In Partnership with the Thurston County  
Perinatal Mental Health Task Force*

360-867-2500  
412 Lilly Rd. NE  
Olympia, WA 98506



**Washington State Department of  
CHILDREN, YOUTH & FAMILIES**

\*Funded by DCYF

**Preparing for Your  
Birthing Journey**

Connect with us @ThurstonHealth





Birth can be **unpredictable**.

Talking about your birth experience, even if it feels challenging, can help improve mental health.

## ATTEND A BIRTHING CLASS

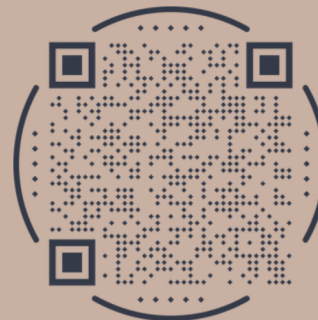
Scan to find  
childbirth  
classes &  
educational  
birth videos



## FIND SUPPORT

### FAMILY SUPPORT DIRECTORY

Perinatal Support of Washington support directory allows you to sort by details that will help you find exactly what you need.



## NAVIGATING BIRTH

1. Build your birthing team.  
This could include **friends**, **family**, or even a **doula**
2. Watch **birthing videos**
3. Take a **childbirth class**
4. Visit your **birth location**
5. Write out your **birthing preferences** with your medical team
6. Talk with your medical providers about any **questions** or **concerns**

