

Psychiatry Consultation Line: A Free Resource for Help Managing Mental Health Care



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September 2022

The impact of mental illness

Mental illness and substance abuse are responsible for nearly 25% of all health- related disability

**5 times more than diabetes or heart disease

**15 times more than cancer and, cost our country more than \$1.5 trillion / year

Poverty

- Depression rates for people living in poverty are twice that of those who are not
- Low income increases the struggle to pay for housing, food, childcare and healthcare
- Too much stress for too long a time can lead to chronic stress, which increases the chances of depression



Racism

The impacts of racism on the health/mental health of people of color are well documented, and is a longstanding epidemic

The daily impacts of racism, in all its forms, increase psychological distress, depression and anxiety symptoms

Psychiatry Consultation Services for Washington State Healthcare Providers

Psychiatry Consultation Line (PCL)

for prescribing providers with adult psychiatry and/or addictions questions

877-WA-PSYCH (877-927-7924) | pclwa@uw.edu

Staffed 24/7

www.pcl.psychiatry.uw.edu

Partnership Access Line (PAL)

for primary care providers with child and adolescent psychiatry questions

866-599-7257 | paladmin@seattlechildrens.org

8am - 5pm, Monday - Friday (excluding holidays)

www.seattlechildrens.org/PAL

Perinatal Psychiatry Consultation Line (PAL for Moms)

for providers with behavioral health questions about preconception planning, pregnancy, postpartum or perinatal loss.

877-PAL4MOM (877-725-4666) | ppcl@uw.edu

9am - 5pm, Monday - Friday (excluding holidays)

www.mcmh.uw.edu/ppcl

UW Medicine

DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES

Psychiatry & Addictions Case Conferences (UW PACC-ECHO)

for providers interested in didactic presentations and case-based learning

uwpacc@uw.edu

12:00-1:30 pm, Thursdays

ictp.uw.edu/programs/uw-pacc




Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

Washington State
Health Care Authority

UW Psychiatry Consultation Line (PCL)

For prescribers caring for adults with mental health and/or substance use conditions

AVAILABLE 24/7 | ☎ 877-927-7924 (877.WA.PSYCH) | ✉ PCLWA@UW.EDU



**QUESTIONS
ABOUT TREATING
A PATIENT'S
MENTAL HEALTH?**

Call the UW Psychiatry Consultation Line.
Free, fast, on-demand consultations connecting prescribing providers to psychiatrists
at the University of Washington.

877.WA.PSYCH (877-927-7924) PCLWA@UW.EDU

- Questions answered about:
 - ✓ Assessment
 - ✓ Diagnosis
 - ✓ Treatment planning
- Staffed by adult & addiction psychiatrists
- Available 24 hours a day, 7 days a week
- Free to the caller and the patient
- Written recommendations provided

pcl.psychiatry.uw.edu

Perinatal Psychiatry Consultation Line (PAL for Moms)

WEEKDAYS 9:00 – 5:00 PM | ☎ 877-325-4666 (PAL4MOM) | ✉ PPCL@UW.EDU



mcmh.uw.edu/ppcl

- For all providers in WA with behavioral health questions about preconception planning, pregnancy, postpartum or perinatal loss
- Questions answered about:
 - ✓ Assessment, diagnosis, treatment planning
 - ✓ Pregnancy loss, complications, or difficult life events
 - ✓ Local resources & referrals
- Staffed by UW perinatal psychiatrists
- Free to the caller and the patient
- Written recommendations provided

Funded by:
Washington State
Health Care Authority

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