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

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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

**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
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 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)
For providers caring for pregnant/postpartum patients

- 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

mcmh.uw.edu/ppcl

Funded by:
Washington State Health Care Authority
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QUESTIONS?