



NC MATTERS

# MENTAL HEALTH CARE PACKAGE

FOR PREGNANT AND POSTPARTUM WOMEN AND FAMILIES



# HELPFUL LINKS FOR MOTHERS AND FAMILIES



## Mental Health & Safety

### National Suicide Prevention Hotline

Call 1-800-273-8255

<https://suicidepreventionlifeline.org/>

### Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org>

### Crisis Solution North Carolina

<http://crisissolutionsnc.org/>

### Postpartum Support International

PSI Hotline: 1-800-944-4773

<https://www.postpartum.net/>

### Alcohol/Drug Council of North Carolina Helpline

Call: 1-800-688-4232

<https://addictionresource.com/addiction-and-rehab-hotlines/north-carolina-numbers/>

### National Domestic Violence Hotline

1-800-799-7233

<https://www.thehotline.org/>

### North Carolina Coalition Against Domestic Violence

Call: 919-956-9124

<https://nccadv.org/contact>

### Safe Child NC - Moms Supporting Moms Helpline

Call: 919.454.6946

Text: 910.898.2139

<https://safechildnc.org/welcome-baby-msm/>



## Assistance Programs and Resources

### [The Women, Infants, & Children \(WIC\) Nutrition Program](#)

Call eWIC Customer Service toll free: 1-844-230-0813

<https://www.nutritionnc.com/mywic/>

### [NC Head Start & Early Head Start](#)

Call: 1-866-763-6481

<https://www.benefits.gov/benefit/1929>

### [NC Early Intervention Program \(CDSA\)](#)

<https://beearly.nc.gov>

### [Triple P Positive Parenting Program \(Parenting Education\)](#)

<https://www.triplep-parenting.com/nc-en/triple-p/>

### [NC Food and Nutrition Services \(Food Stamps\)](#)

<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>

### [NC Diaper Banks \(Help with diapers and wipes\)](#)

<https://ncdiaperbank.org/> (Triangle, Greater Triad, Lower Cape Fear)

<https://babiesneedbottoms.org/> (Western NC)

### [NC Medicaid Enrollment](#)

[https://ncgov.servicenowservices.com/sp\\_beneficiary?id=bnf\\_index](https://ncgov.servicenowservices.com/sp_beneficiary?id=bnf_index)

## Resources for New Parents

### [4th Trimester Project - Resources for New Parents](#)

<https://newmomhealth.com/>

### [NC Maternal Mental Health MATTERS - Resources for Families](#)

<https://www.med.unc.edu/ncmatters/for-moms-families/>

## Mother and Infant Support Groups

### [Support Groups for Parents and Families in North Carolina](#)

<https://www.mombaby.org/wp-content/uploads/2017/12/Support-Groups-for-Parents-and-Families-in-North-Carolina.pdf>

### [Welcome Baby and Moms Supporting Moms](#)

<https://safechildnc.org/welcome-baby-msm/>



# COVID-19 Resources

[Child Mind Institute: Supporting Families during COVID-19](https://childmind.org/coping-during-covid-19-resources-for-parents/)

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

[Covid Moms Helpline \(Helping New and Expecting NC Moms during COVID-19\)](https://www.covidmoms.org/)

<https://www.covidmoms.org/>

## Relaxation and Mindfulness

### [Diaphragmatic Breathing:](#)

This is an exercise that uses cues your body to interrupt the fight or flight mode and instead switch on our rest and digest mode.

### [Mindful Breathing:](#)

Sometimes, the simple act of bringing awareness to our breathing can help get us out of our minds and into our bodies.

### [Progressive Muscle Relaxation:](#)

This special way of flexing and relaxing our muscles helps release pent up stress and tension.

### [Smallest Enjoyable Activity:](#)

Identify small, simple enjoyable activities to fully experience mindfully (taking a shower or bath, painting nails, baking, stretching, etc.)

## Meditation Apps

[Headspace](https://www.headspace.com/)

<https://www.headspace.com/>

[Calm](https://www.calm.com/)

<https://www.calm.com/>

[Insight Timer](https://insighttimer.com/)

<https://insighttimer.com/>



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*Learn More at [ncmatters.org](https://ncmatters.org)*