



Mental Health Care Package

FOR PREGNANT AND POSTPARTUM WOMEN AND FAMILIES



NC MATTERS

Helpful Links

MENTAL HEALTH AND SAFETY

National Suicide Prevention Hotline*

A confidential phone line for individuals in suicidal crisis or emotional distress

- Call 24/7: 988
- [988lifeline.org](https://www.988lifeline.org)

National Maternal Mental Health Hotline*

A confidential hotline for pregnant women, new moms, and their loved ones

- Call or Text 24/7: 1-833-852-6262
- mchb.hrsa.gov/national-maternal-mental-health-hotline

Hope Line

A confidential phone line for people in crisis, staffed by trained volunteers

- Call or Text 24/7: 919-231-4525 or 877-235-4525
- [hopeline-nc.org](https://www.hopeline-nc.org)

Postpartum Support International*

A confidential helpline that provides basic information, support, and resources for pregnant and postpartum individuals

- Call or Text 24/7: 1-800 944-4773
- Text en español: 971-203-7773
- [postpartum.net](https://www.postpartum.net)

Birth Compass

Text and Facebook messenger support for pregnant and postpartum people in NC

- Text: 919-301-9979
- [birthcompass.org](https://www.birthcompass.org)

Alcohol/Drug Council of North Carolina Helpline*

Information about treatment and resources for individuals struggling with alcohol or drug misuse

- Call: 1-800-688-4232
- [alcoholdrughelp.org](https://www.alcoholdrughelp.org)

Quitline*

Tobacco cessation services to any NC resident who needs help quitting tobacco

- Call or Text: 1-800-QUIT-NOW (784-8669)
- Español: 1-855-335-3569
- American Indian: 888-724-7848
- [quitlinenc.dph.ncdhhs.gov](https://www.quitlinenc.dph.ncdhhs.gov)

National Domestic Violence Hotline*

A confidential phone line for survivors of abuse, concerned family/friends, and abusive partners to receive support and information


- Call 24/7: 1-800-799-7233
- Text START to 88788
- [thehotline.org](https://www.thehotline.org)

North Carolina Coalition Against Domestic Violence

Find services in your county for survivors of domestic violence

- [nccadv.org](https://www.nccadv.org)

*Esta organización ofrece servicios a hispanohablantes



INFANT CARE AND PARENTING

Safe Child NC – Moms Supporting Moms Helpline

Need support? Call or text the Moms Supporting Moms non-emergency warmline

- Call or Text: 910-898-2139
- safecildnc.org/moms-supporting-moms

MCH Center for Women’s Mental Health Blog

Blog posts focused on topics related to reproductive and maternal well-being

- womensmentalhealth.org/blog/recent-posts

Triple P Positive Parenting Program (Parenting Education)*

A free, self-paced online course that provides families with evidence-based parenting tools and strategies

- triplep-parenting.com

Mother to Baby – Information about Medication & Other Exposures during Pregnancy and Breastfeeding*

Get easy-to-read information on the safety or risk of medications, drugs, or other exposures from experts

- Call: 866-626-6847
- Text: 855-999-3525
- mothertobaby.org

4th Trimester Project – Resources for New Parents*

Expert information and resources for families about pregnancy and postpartum health

- newmomhealth.com
- saludmadre.com

ASSISTANCE PROGRAMS AND RESOURCES

The Women, Infants, and Children (WIC) Nutrition Program

A supplemental nutrition program for low-income pregnant women, breastfeeding mothers, and children under the age of 5

- Call: 919-707-5800
- ncdhhs.gov/ncwic

NC Head Start & Early Head Start

A school readiness program for children (birth to 5 years old) from low-income families

- Call: 1-866-763-6481
- benefits.gov/benefit/1929

NC Early Intervention Program (CDSA)

A supportive program for families and their children, birth to age 3 who have special needs

- Call: 919-707-5520
- beearly.nc.gov

NC 211

Get information about health and human services and resources in your community

- Call 24/7: 211
- nc211.org

NC Food and Nutrition Services (Food Stamps)

A program that provides low-income families with food to support a nutritional diet

- epass.nc.gov

NC Diaper Bank

- ncdiaperbank.org (Triangle, Greater Triad, and Lower Cape Fear)
- babiesneedbottoms.org (Western NC)

NC Medicaid Enrollment

Healthcare assistance and coverage for low-income individuals

- Call: 1-833-870-5500
- ncmedicaidplans.gov/home

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SUPPORT GROUPS

Postpartum Support International Online Support Meetings*

Free virtual support groups led by trained facilitators across a variety of topics related to pregnancy, postpartum, fertility, loss, mental health, and more

- postpartum.net/get-help/psi-online-support-meetings

Parents Helping Parents

Free virtual support groups led by trained facilitators for parents to share experiences about parenting no matter where they are on the journey and learn to cope with things they cannot change

- parentshelpingparents.org/virtual-support-groups

Hand to Hold*

Provides support to families before, during, and after a NICU stay through one-to-one support, counseling, and resources

- handtohold.org

Compassionate Friends

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family

- compassionatefriends.org



Learn more at
ncmatters.org

Meditation Apps

- Headspace: headspace.com
- Calm: calm.com
- Insight Timer: insighttimer.com
- Canopie: canopie.app

Books and Workbooks

- *The Pregnancy & Postpartum Anxiety Workbook* by Pamela Wiegerts, PhD
- *Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers* by Karen Kleiman, MSW, LCSW

PSI-NC Care Fund

PSI-NC has limited funds available to provide therapy or medication management services for perinatal patients in need. Your provider can refer you using the PSI-NC Care Fund Eligibility Form (scan QR code below).



North Carolina residents:

Your health care provider can call **NC MATTERS** to speak with a maternal mental health expert about safe and effective treatment options for you.

Ask them to call

919-681-2909 x 2

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