



# Mental Health Care Package

FOR PREGNANT AND POSTPARTUM WOMEN AND FAMILIES



NC MATTERS

# Helpful Links

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## 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

### **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](https://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://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://postpartum.net)

### **Birth Compass**

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

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

### **North Carolina Coalition Against Domestic Violence**

Find services in your county for survivors of domestic violence

- [nccadv.org](https://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
- [safechildnc.org/moms-supporting-moms](https://safechildnc.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](https://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](https://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](https://mothertobaby.org)

### **4th Trimester Project – Resources for New Parents\***

Expert information and resources for families about pregnancy and postpartum health

- [newmomhealth.com](https://newmomhealth.com)
- [saludmadre.com](https://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](https://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](https://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](https://beearly.nc.gov)

### **NC 211**

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

- Call 24/7: 211
- [nc211.org](https://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](https://epass.nc.gov)

### **NC Diaper Bank**

- [ncdiaperbank.org](https://ncdiaperbank.org) (Triangle, Greater Triad, and Lower Cape Fear)
- [babiesneedbottoms.org](https://babiesneedbottoms.org) (Western NC)

### **NC Medicaid Enrollment**

Healthcare assistance and coverage for low-income individuals

- Call: 1-833-870-5500
- [ncmedicaidplans.gov/home](https://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](https://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](https://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](https://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](https://compassionatefriends.org)



Learn more at  
**ncmatters.org**

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### Meditation Apps

- Headspace: [headspace.com](https://headspace.com)
- Calm: [calm.com](https://calm.com)
- Insight Timer: [insighttimer.com](https://insighttimer.com)
- Canopia: [canopia.app](https://canopia.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**