



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 or Text 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: 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 24/7: 877-235-4525
- 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

Live Vape Free

A program that offers resources and support to NC young people (age 13-26) who want to quit vaping.

- Text: VAPEFREENC to 873373
- <https://livevapefree.com/>

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

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

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

Support for Dads and Partners

The transition to parenting can be challenging for partners and families, too. Find resources on the NC MATTERS website.

- <https://www.med.unc.edu/ncmatters/for-dads-and-partners/>

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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

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

Benefits and Energy Assistance

Apply for Medical Assistance, Food & Nutrition Services (SNAP), Energy Assistance, or TANF- Work First.

- 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
- <https://ncmedicaidplans.gov/en/enroll>

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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
- parentshelpingparents.org/stressline

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 and Mental Health Apps

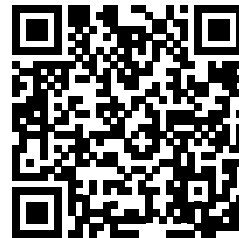
- Headspace: headspace.com
- Calm: calm.com
- Insight Timer: insighttimer.com
- Canopie: canopie.app

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

FindMyCareWNC

The Interactive map for Transitions, Access, and Continuity of Care (ITACC) provides an overview of reproductive healthcare, substance use treatment, and related resources across the 18 westernmost counties of North Carolina. (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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