



# 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 or Text 24/7: 988
- [988lifeline.org](https://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](https://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](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)

### **Live Vape Free**

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

- Text: VAPEFREEENC to 873373
- <https://livenvapefree.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](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)

### **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/>

\*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](http://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](http://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](http://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](http://mothertobaby.org)

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

Expert information and resources for families about pregnancy and postpartum health.

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

### NC 211

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

- Call 24/7: 211
- [nc211.org](http://nc211.org)

### Benefits and Energy Assistance

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

- [epass.nc.gov](http://epass.nc.gov)

### NC Diaper Bank

- [ncdiaperbank.org](http://ncdiaperbank.org) (Triangle, Greater Triad, and Lower Cape Fear)
- [babiesneedbottoms.org](http://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>

## 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](http://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](http://parentshelpingparents.org/virtual-support-groups)
- [parentshelpingparents.org/stressline](http://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](http://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](http://compassionatefriends.org)



Learn more at  
**ncmatters.org**

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### Meditation and Mental Health Apps

- Headspace: [headspace.com](http://headspace.com)
- Calm: [calm.com](http://calm.com)
- Insight Timer: [insighttimer.com](http://insighttimer.com)
- Canopie: [canopie.app](http://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**