



NC MATTERS

Making Access to Treatment, Evaluation, Resources, and Screening Better

Dear Health Care Team,

I want to thank you for providing care for me during my pregnancy/as a new parent. There are some things I'd like to talk about during my visit today:

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| <input type="checkbox"/> I'm worried about my body and/or my energy level (sleeping, headaches, weight, etc.). | <input type="checkbox"/> I have thoughts that bother me and/or sometimes I'm not sure what is real or not. |
| <input type="checkbox"/> I'm concerned about my relationships and/or being a parent. | <input type="checkbox"/> I'm worried about making sure my family has what we need, like food, diapers, clothes, and getting around. |
| <input type="checkbox"/> I'm having a hard time with my feelings lately. | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Dealing with everyday life can be hard. | |

NC Maternal Mental Health MATTERS is a program that can help connect pregnant and postpartum people with resources to support their mental health. They can help in these ways:

- **Find** a mental health care provider near me that takes my insurance and has appointments
- **Schedule** me for a one-time telehealth assessment with an NC MATTERS provider
- **Support** my provider in starting or adjusting mental health medications before, during, and after a pregnancy

To help us decide on next steps for a plan (check all that apply):

- I want to talk about choices with you
- I would like you to call NC MATTERS on my behalf

You can reach the NC MATTERS provider-to-provider consultation line at 919-681-2909.

The NC MATTERS consultation line is open Monday-Friday, 8 am to 5 pm. Perinatal psychiatry providers and Behavioral Health Consultants can work with you directly to develop and support my care plan. NC MATTERS is supported through state and federal funding, so neither patients nor providers are billed for services. Services are available to any perinatal patient in North Carolina regardless of insurance, county of residence, or immigration status.

You or someone on your team can start the consult by calling 919-681-2909.

You can also visit ncmatters.org to learn more.

Thank you for helping me stay healthy!



ncmatters.org



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