



Mental Health and Substance Use Disorders Resource Guide

FOR PROFESSIONALS SUPPORTING
PREGNANT AND POSTPARTUM WOMEN AND FAMILIES



NC MATTERS

Quick References

 May be useful to share with patients

STATEWIDE EFFORTS

-  **Maternal Mental Health Month**
<https://governor.nc.gov/governor-proclaims-maternal-mental-health-month>
-  **Mom Baby**
<https://www.mombaby.org/> 
-  **NC Maternal Mental Health MATTERS**
<https://www.ncmatters.org> 
-  **North Carolina Maternal Mortality Review Committee**
<https://wicws.dph.ncdhhs.gov/services.htm>
-  **North Carolina Perinatal Association**
<https://ncperinatalassociation.org/>
-  **North Carolina's Perinatal Health Strategic Plan**
https://wicws.dph.ncdhhs.gov/phsp/docs/PerinatalHealthStrategicPlan-9-15-22_WEB.pdf
-  **North Carolina Pregnancy and Opioid Exposure**
<https://ncpoep.org/> 
-  **Perinatal Quality Collaborative of North Carolina**
<https://www.pqnc.org/>
-  **Postpartum Support International - NC Chapter**
<https://psichapters.com/nc/> 
-  **Proof Alliance NC**
<https://www.proofalliancenc.org/> 

PHONE LINES

Alcohol/Drug Council of North Carolina Helpline

 **1-800-688-4232**

National Maternal Mental Health Hotline

 **1-833-852-6262** 

National Suicide Prevention Hotline

 **988** 

NC MATTERS Access Line

 **919-681-2909 x 2**

NC Statewide Peer Warmline

 **1-855-733-7762**

PSI Helpline

 **1-800-944-4773**



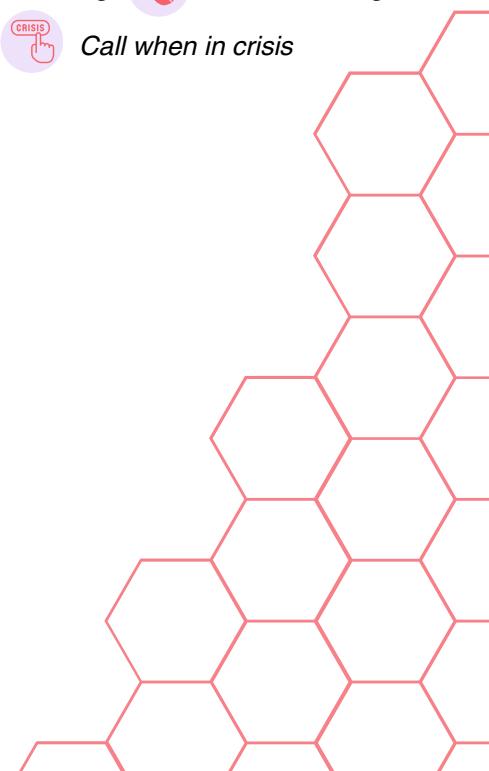
Patient-facing



Provider-facing



Call when in crisis



DATABASES

 **MMHLA Perinatal Mental Health Training Database**
<https://www.mmhla.org/database>

 **NCCARE360 Resource Database**
<https://nccare360.org/resources/> 

 **NC 211 Services Database**
<https://nc211.org/> 

DIRECTORIES

 **Circle Together NC Facilitators Directory**
<https://circletogethercarolina.org/facilitators/facilitators-in-nc/>

 **NC Tracks Medicaid Enrolled Practitioner Search**
<https://www.nctracks.nc.gov/publicPortal/provider/PractitionerSearch.action> 

 **PSI Provider Directory**
<https://psidirectory.com/> 

ADDITIONAL RESOURCES

 **AIM Perinatal Mental Health Conditions Patient Safety Bundle**
<https://saferbirth.org/psbs/perinatal-mental-health-conditions/>

 **MAHEC ITACC Map**
<https://mahec.net/itacc-map> 

 **NC DHHS Mental Health and Substance Use Disorders Assistance**
<https://www.ncdhhs.gov/assistance/mental-health-and-substance-use-disorders> 

 **NC MATTERS Resource Library**
<https://www.med.unc.edu/ncmatters/resources-for-moms-and-families/> 

 **Policy Center for Maternal Mental Health Resources**
<https://www.2020mom.org/>

PROVIDER TOOLKITS



ACOG: Perinatal Mental Health

<https://www.acog.org/programs/perinatal-mental-health>



AIM: Care for Pregnant and Postpartum People with Substance Use Disorder

<https://saferbirth.org/psbs/care-for-pregnant-and-postpartum-people-with-substance-use-disorder/>



APA: Perinatal Mental Health

<https://www.psychiatry.org/psychiatrists/practice/professional-interests/women-s-mental-health/maternal-mental-health-toolkit>



CMS: Increasing Access, Quality, and Equity in Postpartum Care in Medicaid and CHIP

<https://www.medicaid.gov/medicaid/quality-of-care/downloads/ppc-for-state-and-medicaid-toolkit.pdf>



Lifeline for Moms: Perinatal Mental Health

<https://repository.escholarship.umassmed.edu/handle/20.500.14038/44263>



MCPAP for Moms: Substance Use and Mental Health Disorders in Perinatal Individuals

https://www.mcpapformoms.org/docs/MCPAP_for_Moms_Toolkit_SUD_Treatment_Provider.pdf



MMHA: Amplifying Maternal Voices

<https://maternalmentalhealthalliance.org/amv-toolkit/>



MMHLA: Perinatal Mental Health Advocacy

<https://www.mmhla.org/advocacy-toolkit>



NC MATTERS: Zuranolone; Anxiety; ADHD; Sleep; Maternal Suicide; Etc.

<https://www.med.unc.edu/ncmatters/provider-tools/toolkits/>



NHRC: Pregnancy and Substance Use - Harm Reduction

<https://harmreduction.org/issues/pregnancy-and-substance-use-a-harm-reduction-toolkit/>



SAMHSA: Depression in Mothers - Family Service Providers

<https://store.samhsa.gov/sites/default/files/sma14-4878.pdf>