




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.pqcnc.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**



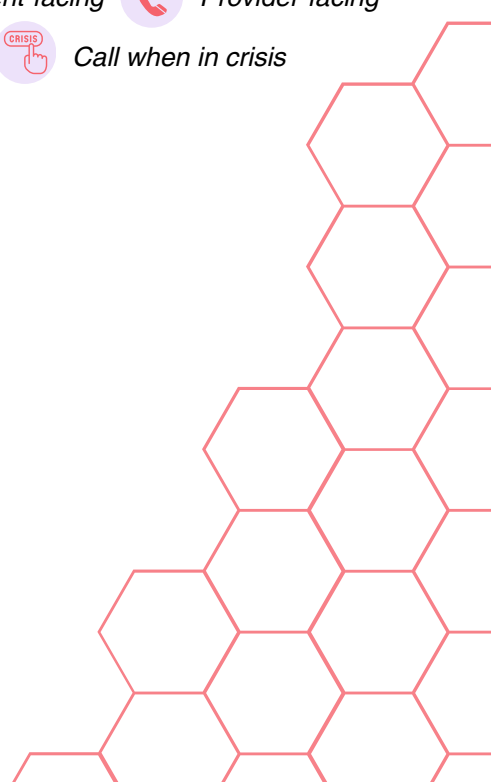
Patient-facing



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://circletogethencarolina.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>