What is NC-PAL?

NC-PAL is a behavioral health telephone consultation program available to primary health care providers serving women and children.

If providers have a question about behavioral health in pregnancy and postpartum, they can call NC-PAL to be connected with the information they need. Our resource specialists respond to clinical questions, make referrals, and connect providers to an on-call perinatal mental health specialist. Our board-certified psychiatry team is on hand to assist with diagnostic clarification and medication management.
What types of questions can we help with?

- Consultation on diagnoses, medications and psychotherapy interventions for a wide range of behavioral health needs (e.g. mental health care guides, screening forms)
- Connection with community resources (e.g. therapy, home visiting, support groups)
- Information on government programs (e.g. enrolling families for WIC, Medicaid for Pregnant Women)
- Guidance on behavioral health issues including, but not limited to, depression, anxiety, intimate partner violence, and substance use

**NOTE:** NC-PAL consultations do not establish a physician/patient relationship with an individual patient. Providers who contact NC-PAL are responsible for providing direct care to their patients.

**NC-PAL Phone Line**
(919) 681-2909

**Phone Line Hours**
8 a.m. – 5 p.m., Monday – Friday
(excluding major holidays)

**Q&A**
Non-clinical provider questions can be sent to:
ncpal@unc.edu

**NC-PAL is not an emergency/crisis line.** If you are in need of emergency support services, please call 911 or go directly to your nearest emergency department.

**Contact NC-PAL today**
(919) 681-2909 | ncpal@unc.edu

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $3,250,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.