



## Perinatal Psychiatry



### 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.

*A collaboration between NC Department of Health and Human Services, UNC Center for Women's Mood Disorders, and Duke Psychiatry*

# 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](mailto: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](mailto:ncpal@unc.edu)**

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