



NC MATTERS

MENTAL HEALTH CARE PACKAGE

FOR PREGNANT AND POSTPARTUM WOMEN AND FAMILIES



Prepared by: NC Maternal Mental Health MATTERS, 2021
Adapted from: MCPAP for Moms Perinatal Mental Health Care Package, 2020

HELPFUL LINKS FOR PARENTS AND FAMILIES

Mental Health & Safety

National Suicide Prevention Hotline

Call 1-800-273-8255

<https://suicidepreventionlifeline.org/>

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org>

Crisis Solutions North Carolina

<http://crisissolutionsnc.org/>

Postpartum Support International

PSI Hotline: 1-800-944-4773

<https://www.postpartum.net/>

Alcohol/Drug Council of North Carolina Helpline

Call: 1-800-688-4232

Text: 919-908-3196

National Domestic Violence Hotline

1-800-799-7233

<https://www.thehotline.org/>

North Carolina Coalition Against Domestic Violence

Call: 919-956-9124

<https://nccadv.org/contact>

Safe Child NC - Moms Supporting Moms Helpline

Call: 919.454.6946

Text: 910.898.2139

<https://safechildnc.org>

Mother to Baby - Information about Medication & Other Exposures during Pregnancy and Breastfeeding

<https://mothertobaby.org/>

MGH Center for Women's Mental Health Blog

<https://womensmentalhealth.org/blog>



Assistance Programs and Resources

The Women, Infants, & Children (WIC) Nutrition Program

To find a local WIC program and apply: 1-844-601-0365

<https://www.nutritionnc.com/wic/wic-referral.asp>

NC Head Start & Early Head Start

Call: 1-866-763-6481

<https://www.benefits.gov/benefit/1929>

NC Early Intervention Program (CDSA)

<https://beearly.nc.gov>

Triple P Positive Parenting Program (Parenting Education)

<https://www.triplep-parenting.com/nc-en/triple-p/>

Food and Nutrition Services, Energy Assistance, or Medical Assistance

<https://epass.nc.gov>

NC Diaper Banks (Help with diapers and wipes)

<https://ncdiaperbank.org/> (Triangle, Greater Triad, Lower Cape Fear)

<https://babiesneedbottoms.org/> (Western NC)

NC Medicaid Enrollment

<https://ncmedicaidplans.gov>

Resources for New Parents

4th Trimester Project - Resources for New Parents

<https://newmomhealth.com>

NC MATTERS Perinatal Mental Health Resource Database

<https://ncmattersdirectory.med.unc.edu/>

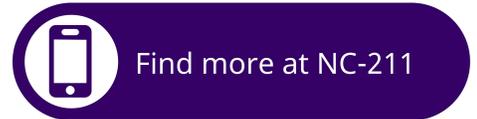
Mother and Infant Support Groups

Support Groups for Parents and Families in North Carolina

<https://www.mombaby.org/wp-content/uploads/2017/12/Support-Groups-for-Parents-and-Families-in-North-Carolina.pdf>

Welcome Baby and Moms Supporting Moms

<https://safechildnc.org/find-a-program>



Try These Relaxation Techniques

[Box Breathing:](#)

This is an exercise that uses paced breathing to help reduce stress.

- If you like, close your eyes. Breathe in through your nose while counting to four slowly.
- Hold your breath and count to four. Try to relax your mouth and face muscles.
- Slowly exhale and count to four.
- Keep your lungs empty and count to four.
- Repeat the cycle at least three times.

[Progressive Muscle Relaxation:](#)

This special way of flexing and relaxing our muscles helps release stress and tension.

- Breathe in while you clench your hands tightly for 5-10 seconds. When you breathe out, relax your hands completely.
- Breathe in and shrug your shoulders up toward your ears. When you breathe out, relax your shoulders down completely.

[Smallest Enjoyable Activity:](#)

Identify a simple, enjoyable activity where you can activate all of your senses (for example, taking a shower or bath, painting nails, baking, or stretching.)

Meditation Apps

[Headspace](#)

<https://www.headspace.com/>

[Calm](#)

<https://www.calm.com/>

[Insight Timer](#)

<https://insighttimer.com/>

Books and Workbooks

[The Pregnancy & Postpartum Anxiety Workbook](#)

by Pamela Wiegartz, PhD

[Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers](#)

by Karen Kleiman, MSW, LCSW



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Need help connecting with resources?

Ask your provider to call NC MATTERS: 919-681-2909