

**Perinatal Mood & Anxiety Disorders Resources in
Perinatal Care Region I**

Perinatal Emotional Health Network of Western North Carolina (PEHN of WNC)

<https://www.facebook.com/pehnwnc/>, 828-771-5532, ashevillepehn@gmail.com

The [Perinatal Emotional Health Network \(PEHN\)](#) is a group of WNC-based professionals dedicated to raising awareness about perinatal depression and its treatment. The bi-annual meetings provide free education about perinatal emotional health to the community of practitioners who work with families during the perinatal period (including physicians, nurses, counselors, chiropractors, doulas, acupuncturists, massage therapists, etc.). PEHN of WNC has a provider list for the area.

Porch Light Counseling - Asheville

<http://www.porchlightcounselingasheville.com/>

44 Merrimon Avenue, Suite 1 Asheville NC 28801

Phone: 828-423-0145

Skipping Stones Counseling

<http://skippingstonescounseling.com/>

12 ½ Wall Street, Suite N, Asheville NC 28801

Julie Derouen, LPC Skipping Stones Counseling

828-398-0147, skippingstonescounseling@yahoo.com

Moms for Moms - Boone

Group meeting time: Every 1st and 3rd Wednesday of each month 6-7:30PM

Location: The Children's Council of Watauga County, 225 Birch Street #3

Boone NC 28607

Please contact Sophie at sophierudisill@thechildrenscouncil.org

or call The Children's Council at **828-262-5424** leave a message with your contact information.

Mother with Courage New Mamas Group - Asheville

Meets the 2nd Monday of each month from 1-2:30 PM

Mother with Courage PMAD Support Group – Asheville

Meets the 4th Monday of each month from 5:30-7 PM

Located at Homegrown Families, 201 Charlotte St. Asheville

contact- jen@homegrownbabies.com or **828-989-9821**

*Babies in arms are welcome

Statewide Resources

Postpartum Support International (PSI):

“The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum... PSI disseminates information and resources through its volunteer coordinators, website and annual conference. Its goal is to provide current information, resources, education, and to advocate for further research and legislation to support perinatal mental health.” (PSI, 2017)

- <http://www.postpartum.net/>
- PSI Toll-free Warmline 800.944.4773 – (English and Spanish)
- PSI has online facilitated support groups for mothers, fathers, and families, in English and Spanish
- [Weekly Chat with an Expert forum](#), facilitated by a licensed perinatal mental health provider
- A support page on Facebook that moms can enter by request, offering support to anyone seeking a place to share, find help, or offer guidance.
- [PSI trainings](#) (in English and Spanish) for providers (including webinars) are ongoing, including frontline provider training serving rural and underserved areas
- **NC State Coordinator: Anne Wimer**
Telephone: 919-434-5986

Suicide Prevention Hotline: 1-800-273-8255

Online Resources for Fathers

1. www.Postpartumdads.org
2. www.Postpartummen.com
3. <https://ppddadsproject.wordpress.com/>
4. <http://www.bootcampfornewdads.org/>