

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

The Prenatal and Postpartum Center of the Carolinas

www.postpartumcarolinas.com

Call for fees/rates/insurance info

Emotional issues during pregnancy, postpartum disorder symptoms, post-adoption depression, risk factors, support for husbands and significant others, support group

1. Charlotte Office

11330 Vanstory Drive, Huntersville, NC 28078

704-947-8115

2. Lake Norman Office

10801 Johnston Rd., Suite 107 Charlotte, NC 28226

704-607-7742

3. Concord Office

250 Branchview Drive Concord, NC 28025

704-947-8115

Psychiatric Services of the Carolinas

839 Majestic Court, Suite 1, Gastonia, NC 28054

Phone: 707-867-6188

Accepts Medicaid

Dr. Nilima Shukla, Psychiatrist

Obstetric and postpartum mental health services

Partners Behavioral Health Management

<http://www.partnersbhm.org/>

28054, 901 S New Hope Rd, Gastonia, NC 28054

Phone: (877) 864-1454

Our HOPE Line is 1-888-235-HOPE (4673); Crisis Line is available 24 hours a day

Monarch Open Access

200-3 South Post Road, Shelby, NC

Phone: (704) 476-4027

Hours Mon-Fri 8am-5pm, prefer intake visits by 3pm; first visit may take 2-3 hours; Accepts Medicaid; No appointment needed; first come/first served

Phoenix Counseling Center: Crisis and Detox Center

609 Washington Street, Shelby, NC, 28150

Phone: 704-487-0710

Women specific services

Mom to Mom Support - Cleveland County

Mom-to-mom peer support group for women who might be experiencing postpartum mood and anxiety disorder symptoms. Positive encouragement and support (no medical advice) is offered in a welcoming, non-judgmental and respectful environment.

Weekly telephone-based support group, Tuesday evening (6:30PM-7:30PM) beginning October 2016 (A Charlotte, NC dial in # will be provided) Additional face-face support group meetings will be meeting monthly in Shelby, NC

Susan Ludwick, RN, MSN - PSI Coordinator

sludwick@windstream.net

Phone: 785-615-9220

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/>