

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

**Cardinal Innovations Healthcare Solutions**

<https://www.cardinalinnovations.org/community-operations-centers/five-county>

134 S Garnett St, Henderson, NC 27536

Phone: 252-430-1330

**UNC Support Group for Pregnant and Postpartum Women - Chapel Hill**

2nd and 4th Tuesday of every month.

6:30 pm to 8:00pm

Co-sponsored by UNC Department of Psychiatry Perinatal Mood Disorder Clinic and UNC Family Medicine Department of Maternal and Child Health

Contact: Chris Raines, RN MSN WH/PMHNP

Phone: 919-966-3115

**Emerald Doulas Support Group - Durham**

**Second and fourth Mondays of each month at 7 p.m.**

Meetings are always free, and are open to all pregnant women and mothers.

Emerald Doulas, LLC

5315 Highgate Dr. Suite 202

Durham, NC 27713

Phone: 919-864-8361

[www.emeralddouglas.com/pmdsupport/](http://www.emeralddouglas.com/pmdsupport/)

**Coping With Motherhood Support Group - Chapel Hill**

A mother-to-mother support group for perinatal mood disorders facilitated by a registered nurse experienced in perinatal support.

1<sup>st</sup> and 3<sup>rd</sup> Thursday mornings

Women's Birth and Wellness Center

Chapel Hill, NC

For more information, please call or email: Nancy Albrecht, RN, BSN, MA, IBCLC

Phone: 919-933-3301, ext. 207

[nancy@ncbirthcenter.org](mailto:nancy@ncbirthcenter.org)

**Postpartum Education and Support – Moms Supporting Moms Group**

**Raleigh/Cary/Durham/Triangle**

Free peer support groups for women experiencing symptoms of perinatal/postpartum mood disorders (including postpartum depression and anxiety). We also offer email, phone support, local resource connection and online groups. For more information, meeting times and locations, please call or email.

**Phone:** 919-454-6946

**Email:** [support@pesnc.org](mailto:support@pesnc.org)

## 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](http://www.Postpartumdads.org)
2. [www.Postpartummen.com](http://www.Postpartummen.com)
3. <https://ppdadsproject.wordpress.com/>
4. <http://www.bootcampfornewdads.org/>