

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

**The Healing Circle - Pinehurst**

4<sup>th</sup> Tuesday of every month at 6:00 PM

Please RSVP as space is limited to 10 participants.

Childcare is not provided; however, nursing moms please feel free to bring your baby.

Contact Melissa Cruz at [melissa@fayettevilledouglas.com](mailto:melissa@fayettevilledouglas.com) or at 910-920-0405 for more information.

**The Healing Circle - Fayetteville**

1<sup>st</sup> Tuesday of the month at 7:00PM

Please visit [www.fayettevilledouglas.com](http://www.fayettevilledouglas.com) and check the calendar for location

Please RSVP as space is limited to 10 participants.

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**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://ppddadsproject.wordpress.com/>
4. <http://www.bootcampfornewdads.org/>