

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

Dallas Bossola, Postpartum Doula, PSI Coordinator
804-986-6262

H.E.A.R.T. for Moms Support Group
First Wednesdays of each month at 7:00PM
Goldsboro Pediatrics
2606 Medical Office Place Goldsboro, NC
Facilitator: Melissa Harrell, LPC
Phone: 919-922-2597

Hopeful Beginnings Postpartum Support – Greenville
Hopeful Beginnings is led by a licensed counselor.
Call for meeting times and more information
Phone: 252.847.4819

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/>