

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

Cone Heath Women's Hospital - Greensboro

Feelings After Birth

Call for meeting times and more information
Lori Davenport, Coordinator
801 Green Valley Rd, Greensboro, NC 27408
Telephone: 336.832.6682

Mended Hearts Counseling and Recovery Solutions

Hope Filled Hearts Support Group – High Point

Enjonae Anderson, MA, LPC, LCASA
High Point Regional Hospital, 5th Floor Women's Center Classroom # 2
601 North Elm Street, High Point NC
enjonae@mhcrs.com, Phone: 336-609-7383
First Wednesday of each month at noon (feel free to bring a bagged lunch)
Third Tuesday of each month at 6:30pm
Fee: None

Burke Integrated Health

<http://www.burkeintegratedhealth.com/about>
<https://www.facebook.com/burkeintegratedhealth/>

350 E Parker Rd #102 Morganton, NC 28655
Phone: 828-624-0300

Catawba Valley Behavioral Healthcare

<https://cvbh.org/>
327 1st Ave NW Hickory, NC 28601
Phone: 828-695-5900

Prenatal and Postpartum Support Group

Meets monthly at Catawba County Partnership for Children
[738 4th](#) St SW Hickory, NC
Call [828-695-6517](tel:828-695-6517) for information, questions and registration

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/>