

Referral & Support Resources for When a Maternal Depression Screen Is Positive

“The goal is to identify mothers who have or are at-risk for postpartum depression and connect them to community mental health providers and resources.”

Dr. Marian Earls, Director of Pediatric Programs at CCNC

Post-partum Support International

For this resource and many more (including and interactive map), please go to www.postpartum.net.

Referrals

To obtain referrals for specialist (psychiatrists, therapist, OBs, FNPs, etc.) and local support groups please contact PSI-NC:

Mountains

Kimberly Garner
(704) 280-2770
Speaks Spanish & English

Piedmont

Erin Richardson
(919) 943-8999
erin_richardson@med.unc.edu

Coastal

Carrie Banks
(919) 428-7119
psi.nc.chapter@gmail.com

Warmline

- You or clients can call the PSI Warmline at 1-800-944-4773 (4PPD to get basic information, support, and resources)
 - Dial extension 1 for Spanish and extension 2 for English
- The PSI Warmline is not a crisis hotline and does not handle emergencies
 - People in crisis should call their physicians, their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255)

Support for Parents: In-person and Online

- Free support groups are located in the following areas: Boone, Asheville, Huntersville, High Point Greensboro, Chapel Hill, Durham, Raleigh, Pinehurst, Fayetteville, Goldsboro, and Greenville
- Parents can also join an online weekly support meeting: www.supportgroupscentral.com/PSI
 - Click the “Join” button
- Parents can chat with a PSI expert: www.postpartum.net/chat-with-an-expert
 - This is available every Wednesday for moms and every first Monday for dads

Parent Materials

- Posters: www.postpartum.net/resources/psi-awareness-poster
- Brochures: www.postpartum.net/resources/psi-brochure
- Videos: www.postpartum.net/resources/psi-educational-dvd
 - “Healthy Mom, Happy Family,” offers information, real stories, and hope. Available in English and Spanish. Buy/watch online: www.vimeo.com/ondemand/postpartumvideo.

Resources for Dyadic Therapy (mother-infant dyad)

- Link to resources: <https://ncchildtreatmentprogram.org/roster.php>
 - Choose your county, then select Child-parent Psychotherapy (CPP) or Attachment and Biobehavioral Catch-up (ABC) therapies